

SESSION	UNITS OF COMPETENCY
1	PILPOS402B – Part 1 Plan and instruct Pilates Method programming for postural assessment and correction
2	PILMAT401B – Part 1 Plan and instruct a Pilates Matwork class from foundation to basic level
3	PILMAT401B – Part 2 Plan and instruct a Pilates Matwork class from foundation to basic level
4	PILREF501B Instruct the Pilates studio introductory to basic Reformer repertoire
5	PILPOS402B – Part 2 Plan and instruct Pilates Method programming for postural assessment and correction
6	PILMAT402B Plan and instruct a progressive Pilates mat work class
7	PILPOS402B – Part 3 Plan and instruct Pilates Method programming for postural assessment and correction
8	PILSMA401B – Part 1 Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
9	PILPOS402B – Part 4 Plan and instruct Pilates Method programming for postural assessment and correction
10	PILSMA401B – Part 2 Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
11	PILPOS402B – Part 5 Plan and instruct Pilates Method programming for postural assessment and correction
12	PILCAD501B Instruct the Pilates studio introductory to basic Cadillac/Trapeze repertoire
13	WORK PROFESSIONALLY – PILIND501B, HLTWHS001, PILEQU502B Work within a Pilates industry framework ; Use and maintain core Pilates Industry equipment; Participate in workplace health and safety
14	PILWCH501B – Part 1 Instruct the Pilates studio introductory to intermediate Wunda Chair repertoire
15	Review Day HLTIR301C, HLTCOM404C, HLTCOM408D Work effectively in health; Communicate effectively with clients; Use specific health terminology to communicate effectively
Assess	Mid-term Assessment
16	PILWCH501B – Part 2 Instruct the Pilates studio introductory to intermediate Wunda Chair Repertoire
17	PILREF502B Instruct the Pilates studio progressive Reformer repertoire
18	PILMAT403B Plan and instruct an intermediate Pilates Matwork class
19	PILPRO502B – Part 1 (PISPEC01 #1) Undertake exercise planning and programming for a Pilates studio in a variety of situations
20	PILREF503B – Part 1 Instruct the Pilates studio intermediate Reformer repertoire
21	PILPRO502B – Part 2 Undertake exercise planning and programming for a Pilates studio in a variety of situations.

SESSION	UNITS OF COMPETENCY
22	PILBAR501B Instruct the Pilates studio introductory to intermediate Barrels repertoire
23	PILREF503B – Part 2 Instruct the Pilates studio intermediate Reformer repertoire
24	PILCAD502B Instruct the Pilates studio progressive to intermediate Cadillac/Trapeze repertoire
25	PILPRO502B – Part 3 Undertake exercise planning and programming for a Pilates studio in a variety of situations
26	PILCAD502B/PILBAR501B (review) Instruct the Pilates studio progressive to intermediate Cadillac/trapeze repertoire
27	PILPRO502B – Part 4 Undertake exercise planning and programming for a Pilates studio in a variety of situations
28	PILPRO502B – Part 5 Undertake exercise planning and programming for a Pilates studio in a variety of situations
29	PILPRO502B – Part 6 Undertake exercise planning and programming for a Pilates studio in a variety of situations
30	Review
Assess	Final Assessment