

Certificate in Pilates Matwork Instruction



Delivered by

Kath Banks, Katrina Edwards, Helen New & Chantel Roulston

The Certificate in Pilates Matwork Instruction aims to provide a Pilates Matwork Instructor of the highest calibre – someone who is sufficiently versed in the basic science of human movement as well as adaptations to given situations and who has the creativity to blend the two according to the needs of each individual. This type of instructor will be able to work competently with apparently healthy clients in one-on-one to group settings.

The Certificate in Pilates Matwork Instruction is seen as entry level into the Pilates Matwork industry and is designed to reflect the role of those who can work autonomously within the defined range, and with apparently healthy to low risk clients. The Certificate in Pilates Matwork Instruction provides an accredited outcome of six units of competency drawn from the Diploma of Professional Pilates Instruction (10537NAT).

This course provides a Statement of Attainment as partial completion of the Diploma of Professional Pilates Instruction (10537NAT), providing graduates with the recognition of having completed six accredited units of competency drawn from the Diploma course. This is not a formal qualification outcome but a grouping of units drawn from the Diploma course.

National Pilates Training is offering three Certificate intakes for 2018 – commencing at the end of February, start of June and an intensive delivery at the start of August

Visit our website www.nationalpilates.com.au for information on the Certificate in Pilates Matwork Instruction, or contact our Director of Training [Katrina Edwards](#) for an application form.



Katrina Edwards

Advanced Diploma Pilates, Diploma Dance (Aust Ballet School), Cert IV TAE

Katrina has an extensive background in classical ballet and the Pilates Method and is Founder and Director of Training at National Pilates Training.



Kath Banks

Advanced Diploma Pilates, Masters in Exercise Science, Bachelor of Applied Science (Human Movement), Cert IV TAE

Kath is the owner of – and principal instructor at – Aligned for Life Pilates Moonee Ponds, and a Faculty Educator for National Pilates Training



Helen New

Advanced Diploma Pilates, Cert IV TAE

Helen is the owner of Precision Pilates Parkdale and a Faculty Educator for National Pilates Training



Chantel Roulston

Diploma Pilates, Adv Diploma Dance, Cert IV TAE

Chantel is a Faculty Educator at National Pilates Training and a Level 1 Instructor at Aligned for Life CBD and Moonee Ponds