

Advanced Diploma of the Pilates Method (10538NAT)



Kath Banks

- Advanced Diploma of the Pilates Method (91490NSW)
- Bachelor of Exercise Science
- Masters of Clinical Exercise Science & Rehabilitation
- Cert IV Training & Education (TAE40110)
- Owner, Aligned for Life Pilates, Moonee Ponds
- Faculty Educator, National Pilates Training



Katrina Edwards

- Advanced Diploma of the Pilates Method (91490NSW)
- Diploma of Dance (Australian Ballet School)
- Cert IV Training & Education (TAE40110)
- Director of Training and Faculty Educator, National Pilates Training
- Founder, Aligned for Life Pilates and National Pilates Training

Delivered by
Kath Banks & Katrina Edwards

The Advanced Diploma of the Pilates Method (10538NAT) is a post-graduate style course following on from the Diploma of Professional Pilates Instruction (10537NAT) or the equivalent level of pre-requisite training. The Advanced Diploma of the Pilates Method provides the practical skills and related scientific knowledge required to become a competent and effective practitioner, health care advisor and therapist in the field of Pilates. Successful completion of this course will mean you are competent at dealing with health to moderate-risk level clients, teach up to the late intermediate repertoire on all apparatus and be able to manage a Pilates / health practice.

Functions within the Pilates industry for those with this qualification include:

- Managing and / or administering a Pilates studio practice with responsibility for supervising and / or managing staff
- Working under guidelines set by medical or allied health professionals in programs or services related to injury rehabilitation and underlying pathologies
- Working closely with at-risk clients in referral with allied health professionals
- Leading and instructing Pilates exercise for clients with musculoskeletal impairment – both individuals and groups
- Leading and instructing Pilates exercises for all client types – up to and including late-intermediate repertoire and specific conditioning

Enrolments for the course close on 6 April 2018

Further information about the Advanced Diploma of the Pilates Method (10538NAT) is available on our website www.nationalpilates.com.au or contact our Director of Training [Katrina Edwards](#) for an application form.

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