

## CERTIFICATE IN PILATES MATWORK INSTRUCTION

The **Certificate in Pilates Matwork Instruction** aims to provide a Pilates Matwork Instructor with the highest calibre training. This course is the ideal choice for someone with no prior education in the Pilates Method. People who complete this course are sufficiently versed in the basic science of human movement, biomechanics and Pilates concepts and principles as well as adaptations to given situations. The graduate Instructor has the creativity to blend the two to create a client program which caters to individual needs. This type of Instructor will be able to work competently with apparently healthy clients in one-on-one and small group Matwork settings.

The **Certificate in Pilates Matwork Instruction** is regarded 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)*.

### What will I learn?

Graduates of the **Certificate in Pilates Matwork Instruction** will know how to:

- Develop, conduct and evaluate Pilates Matwork programs
- Instruct the Pilates Method Matwork and Small Apparatus repertoire from introductory to intermediate level
- Instruct and assess clients who are apparently healthy or requiring postural address
- Lead and instruct clients of low risk / apparently healthy nature including:
  - general conditioning
  - postural correction
- Incorporate the use of Small Apparatus into the delivery of Matwork exercise for clients who are apparently healthy or require postural address
- Contribute to Workplace Health and Safety requirements in the Pilates workplace.

### How is the course delivered?

The Certificate in Pilates Matwork Instruction is delivered in a combination of:

- online and workbooks
- face-to-face workbooks
- work experience
- Self-directed learning (SDL).

### How long is the course?

The Certificate in Pilates Matwork Instruction equates to:

- 4 months full-time
- 8 months part-time.

### How is the course assessed?

Students completing the Standard Delivery of the Certificate in Pilates Matwork Instruction course complete their assessment in a combination of:

- practical video submissions / practical face-to-face demonstrations
- practical tasks
- written assignments
- Online exams.

## Work Experience

Students completing the Standard Delivery of the Certificate in Pilates Matwork Instruction course are required to complete **100 hours** of on-the-job practical work experience, comprising:

- 30 observation hours
- 70 teaching hours.

## Where to from here?

Graduates who receive the statement of attainment of the Certificate in Pilates Matwork Instruction can articulate directly into the Diploma of Professional Pilates Instruction (10537NAT) via Direct Credit.

## What are the prerequisites?

People interested in studying the Certificate in Pilates Matwork Instruction must have successfully completed VCE / HSC or equivalent.

## Is there any recommended co-learning?

National Pilates Training strongly recommends any prospective students with little or no background in the structure and function of the human body and how it moves (human anatomy and physiology) to undertake our Introduction to Anatomy course. See page 52 of this guide.

## What is the peak body recognition?

Graduates of the Certificate in Pilates Matwork Instruction are eligible for Matwork membership with the Pilates Alliance Australasia (PAA).

## Units of Competency

The Certificate is made up of the following endorsed and Pilates-customised units of competency, drawn from the *Diploma of Professional Pilates Instruction (10537NAT)*.

	UNIT CODE	UNIT OF COMPETENCY
THE FOUNDATIONS	PILPOS402B	Plan and instruct Pilates method programming for postural assessment and correction
	HLTWHS001	Participate in workplace health and safety
INTEGRATED REPERTOIRE 1	PILMAT401B	Plan and instruct a Pilates Matwork class from foundation to basic level
	PILMAT402B	Plan and instruct a progressive Pilates Matwork class
	PILMAT403B	Plan and instruct an intermediate Pilates Matwork class
	PILSMA401B	Instruct the Pilates studio basic to intermediate Small Apparatus repertoire

These units contain information relating to:

- History, Concepts and Principles of the Pilates Method
- Exercise planning and programming
- Postural analysis and appraisal
- Applied correction of faulty posture and postural dysfunction
- Client management, assessment and instructing techniques
- Work Health and Safety and legal requirements within the Pilates Industry
- Systematic approaches to Pilates Matwork programming
- Pilates repertoire for Matwork and Small Apparatus from introductory to intermediate level

## The qualification

This course provides a Statement of Attainment which acknowledges 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 of Professional Pilates Instruction (10537NAT)*.

<b>Role/Function:</b>	Pilates Matwork Instructor
<b>Industry Recognition (Peak Body):</b>	Matwork Membership

## Recognition given to the course

The Pilates Alliance of Australasia (PAA) has a membership structure in place to allow for reference of training and experience as well as a hierarchy system for achievement within the industry, and as part of membership requirements, a compulsory Professional Development Points (PDPs) program to ensure currency and continued professional development.

The Certificate in Pilates Matwork Instruction will continue to align with expectations set down by the PAA and therefore retain the recognition of the PAA at the relevant membership level.

Australian Qualifications Framework (AQF) Level	PAA recognition	Malpractice/ Professional Indemnity Insurance	Eligible for Health Fund** provider number	Able to lead a Pilates practice/ studio
Enrolled as a student in a recognised training program Student membership	Student Membership	No	No	No
<b>Certificate in Pilates Matwork Instruction</b>	Matwork Membership Minimum 120 hours	Yes	No	No
<b>Diploma of Professional Pilates Instruction (10537NAT)</b>	Full membership Level 1	Yes	Yes	No
<b>Advanced Diploma of the Pilates Method (10538NAT)</b>	Full membership Level 2	Yes	Yes	Yes

## Delivery of the qualifications

The *Certificate in Pilates Matwork Instruction* is delivered in an integrated structure through a combination of:

- directed distance learning (online, workbooks and assessments / assignments)
- off-the-job contact sessions (workshops, lectures)
- professional work experience and self-directed learning (self-mastery and self-study)

The qualification can be undertaken over two distinct delivery modes:

- **Standard Delivery**  
Students undertaking the Standard Delivery of the Certificate course receive all learning material for the 6 units of competency which comprise the Certificate in Pilates Matwork Instruction. Standard Delivery students are also required to attend nominated **Contact Days, Practicum Days** and **Workshops** to supplement their self-directed learning, as well as **Assessment Days** where they will receive formal assessment required to be awarded the statement of attainment for their Certificate in Pilates Matwork Instruction.

The **Delivery Schedule** on page 28 of this guide contains detailed information about these days. A full Standard Delivery course takes 3-6 months to complete, excluding the acquisition of work experience, observation and self-mastery hours (detailed in the table below)

CLASSIFICATION	INCLUDES	EXPLANATION
<b>Contact Hours – 41 hours</b>	<ul style="list-style-type: none"> <li>• 2 x full-day Contact Days</li> <li>• 4 x 5-hour Practicums</li> <li>• 1 x full-day workshop</li> </ul>	Workshop title: <ul style="list-style-type: none"> <li>• Postural Assessment and Correction</li> </ul>
<b>Work Experience 100 Total (min) (30 observation 70 teacher training)</b>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Teaching</li> </ul>	<ul style="list-style-type: none"> <li>• Application within the work environment – either simulated or real-time</li> </ul>
<b>Directed Distance Learning – 130 hours</b>	<ul style="list-style-type: none"> <li>• Online units</li> <li>• workbooks</li> <li>• assessment tasks</li> </ul>	--
<b>Self-Directed Learning – 54 hours</b>	<ul style="list-style-type: none"> <li>• self-review</li> <li>• self-mastery</li> </ul>	<ul style="list-style-type: none"> <li>• Learning done under own guidance</li> </ul>

- **Online Delivery**

Students receive the learning material for the 6 units of competency which comprise the Certificate course. Online students can choose to attend Contact Days, Assessment Days, Practicum Days and Workshops (at an additional cost), or can simply enrol in the Online Delivery to receive the knowledge.

Contact days are held at our affiliated Aligned for Life Pilates – Melbourne CBD studio, 4/370 Little Bourke Street, Melbourne

The required 100 hours of on-the-job training is a crucial phase in the development of the student's skills and knowledge, and it is essential that students are facilitated in appropriate environments and under appropriately trained supervisors. National Pilates Training includes a structured Work Experience Facilitation Site (WEFS) Program to enable student placement under faculty members and past graduates as mentors and supervisors, in a controlled manner.

A **minimum of 4 hours per week** for the Certificate in Pilates Matwork Instruction is required to meet extra work requirements, including observation, work experience, self-mastery and self-directed learning tasks. Your personal commitment will determine the overall course duration.

## Assessment strategy

A variety of assessment methods are used in alignment with the principles of competency-based training. Where possible, reasonable adjustments are made for individual needs in assessment. Individual needs may include:

- Provision of personal support services
- Allowance for fatigue or medication
- Religious/traditional beliefs
- Adaptation/s for any injury/physical limitations
- Literacy or numeracy difficulty
- Using a large print version of any papers
- Oral assessment in place of written

Assessment for the Certificate in Pilates Matwork Instruction includes the following:

<b>Practical Assessment</b>	<ul style="list-style-type: none"> <li>• Final Practical Assessment, which comprises practical demonstrations including WHS safety, equipment setup and teaching / demonstrating a selection of given exercises.</li> <li>• Final Matwork Teaching Assessment, which involves teaching and demonstrating a selection of given exercises from the course repertoire.</li> <li>• Final Self-Mastery Assessment</li> </ul>
<b>Written Assignments</b>	Students completing the Standard Certificate are required to complete one Written Assignment
<b>Examinations</b>	Standard Certificate students complete online exams at the conclusion of each unit of competency. These examinations are a combination of multiple choice, true / false questions, short- and long- answer questions, exercise analysis, programming, functional anatomy and WHS questions as relevant.,

Assessment for all practical activities is undertaken in a controlled environment under the supervision of the assessor in real workplace and/or simulated conditions. All assessment systems are recorded and accessed for evaluation.

## Workplace assessment

The work experience component is an essential phase of a student's training, being able to put all their knowledge into practice, and a key requirement of industry. A process of logging of work experience hours has been created whereby the student can carry out work experience as an instructor in a professional studio environment.

Work experience may be performed in either assisting qualified instructors in an actual studio situation; or in a student training situation where students act as instructors with willing clients, who understand they are being trained by students, rather than qualified instructors; or in a student training situation where students teach each other.

Students are still under the supervision of a qualified and experienced practitioner in a student training situation, and must have completed all course Contact Sessions before they can teach clients on their own.

Graduate students are not only well versed in the theoretical aspect but also in practice ensuring that they are able to confidently work as a Pilates professional within a complementary health environment.

Students need to complete 100 work experience hours, comprising:

- 70 teaching hours
- 30 observation hours.

Standard delivery students (and online delivery students who pay for attendance at practicums) receive 20 work experience hours for each practicum attended.

## Resources

Essential texts are:

- The Anatomy of Movement* by Calais-Germain
- The Anatomy of Movement-Exercises* by Calais-Germain
- Return to Life Through Contrology* by J H. Pilates & W. Miller
- Muscles Testing and Function with Posture and Pain* by F. P. Kendal (et al) (2005)

The recommended reading list provided at the beginning of the course will outline further relevant texts that will assist learning and comprehension of the course. It is recommended that each student select materials to purchase from this list for their learning benefit.

Recommended reading material:

- Muscles Testing and Function* by Kendall/McCreary/Provance
- The Pocket Book of Anatomy* by Mel Cash
- The Pilates Method of Physical and Mental Conditioning* by P Friedman & G Eisen
- The Pilates Body* by Brooke Siler
- Fundamentals of Anatomy and Movement* by Carla Z Hinkle
- Rules of the Bones* by Bruce King
- The Complete Illustrated Encyclopaedia of Alternative Healing Therapies* by C Norman Shealy MD. PhD.
- Manual of Structural Kinesiology* by Clem W Thompson

## Progression from the course

The *Certificate in Pilates Matwork Instruction* articulates directly into the *Diploma of Professional Pilates Instruction* (10537NAT), allowing for a progressive attainment of skills and knowledge through formal training.

## Further information

Please contact our Director of Training, Katrina Edwards for further details.

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## Certificate in Pilates Matwork Instruction (UOC 10537NAT) Standard Delivery Schedule – February 2019

National Pilates Training delivers our nationally-accredited Pilates Instructor training courses using a variety of teaching methods, all integrated to provide current content in an innovative way. The foundation of the learning model surrounds self-directed, online learning, and is supplemented by face-to-face learning days, detailed below.

Date	Time	Type	Title / Description
Friday 22 February	9:00 am – 5:00 pm	Contact Day	Contact Day 1
Saturday 16 March	1:00 pm – 6:00 pm	Practicum	Practicum 1 Matwork Instruction: Introductory to Intermediate
Sunday 24 March	9:00 am – 5:00 pm	Contact Day	Contact Day 2
Saturday 13 April	1:00 pm – 6:00 pm	Practicum	Practicum 2 Instruction of Small Apparatus: Introductory to Intermediate
Sunday 14 April	9:00 am – 5:00 pm	Workshop	Postural Function and Correction
Friday 24 May	10:00 am – 3:00 pm	Practicum	Practicum 3 Instruction of Pilates Method for Common Faulty Postures
Saturday 15 June	1:00 pm – 6:00 pm	Practicum	Practicum 4 Instruction of an Initial Consultation and first group Matwork session
Sunday 30 June	10:00 am – 4:00 pm	Assessment Day	Assessment Day

## Certificate in Pilates Matwork Instruction (UOC 10537NAT) Standard Delivery Schedule – June 2019

Date	Time	Type	Title / Description
Friday 14 June	9:00 am – 5:00 pm	Contact Day	Contact Day 1
Saturday 13 July	1:00 pm – 6:00 pm	Practicum	Practicum 1 Matwork Instruction: Introductory to Intermediate
Sunday 11 August	9:00 am – 5:00 pm	Contact Day	Contact Day 2



Date	Time	Type	Title / Description
Saturday 17 August	1:00 pm – 6:00 pm	Practicum	Practicum 2 Instruction of Small Apparatus: Introductory to Intermediate
Sunday 18 August	9:00 am – 5:00 pm	Workshop	Postural Function and Correction
Friday 06 September	10:00 am – 3:00 pm	Practicum	Practicum 3 Instruction of Pilates Method for Common Faulty Postures
Saturday 05 October	1:00 pm – 6:00 pm	Practicum	Practicum 4 Instruction of an Initial Consultation and first group Matwork session
Sunday 27 October	10:00 am – 4:00 pm	Assessment Day	Assessment Day

### Contact Days

These face-to-face sessions have been designed to help you apply what you have been learning online and in your Work Experience hours, as well as to provide you with an opportunity to clarify any aspects of the course learnt to date.

#### Practicum

A face-to-face and highly-practical session, the purpose of the Practicum is to offer the student a chance to work in pairs and in small groups – to learn how to practically apply the new-found skills and knowledge. Students will be allocated tasks to further explore and expand understanding of the Pilates Method, concepts and principles in the Matwork and Studio setting. Each Practicum will provide the student with the equivalent of 20 Work Experience hours – these are logged as Assisted Teaching hours.

#### Workshop

A face-to-face session where a mixture of theory and practical content will be offered. The Faculty have chosen key topics for these workshops, to assist students in understanding these topics more deeply.

#### Assessment Day

Students attend Assessment Days to complete required practical tasks and assessments with Faculty Members.

For further details (units of competency, pre-requisites, vocational outcomes, course fees and inclusions), please visit [www.nationalpilates.com.au](http://www.nationalpilates.com.au). All contact days, practicum days, workshops and assessment days occur at the Aligned for Life CBD studio at Level4, 370 Little Bourke Street, Melbourne.

**Note:** Numbers are limited and National Pilates Training reserves the right to vary delivery schedule at any time as deemed necessary. This includes cancellation or delay due to insufficient numbers. In such circumstances, National Pilates Training will provide full refunds.



## 2019 Payment Plans – Certificate in Pilates Matwork Instruction

The following tables detail the payment plans available to study the Certificate in Pilates Matwork Instruction in 2019 – for both Standard and Online deliveries.

### Certificate in Pilates Matwork Instruction – Feb 2019 STANDARD delivery

Option	Due Date(s)	Total Payable
Payment Plan 1	\$1,000.00 due on enrolment - must be paid 21 days prior to course commencement \$1,250.00 due on or before second Friday of March \$1,250.00 due on or before second Friday of May	\$3,500.00
Payment Plan 2	\$1,000 due on enrolment – must be paid 21 days prior to course commencement \$700.00 due on or before second Friday of March \$700.00 due on or before second Friday of April \$700.00 due on or before second Friday of May \$700.00 due on or before second Friday of June	\$3,800.00

### Certificate in Pilates Matwork Instruction – June 2019 STANDARD delivery

Option	Due Date(s)	Total Payable
Payment Plan 1	\$1,000.00 due on enrolment - must be paid 21 days prior to course commencement \$1,250.00 due on or before second Friday of July \$1,250.00 due on or before second Friday of August	\$3,500.00
Payment Plan 2	\$1,000 due on enrolment – must be paid 21 days prior to course commencement \$700.00 due on or before second Friday of July \$700.00 due on or before second Friday of August \$700.00 due on or before second Friday of September \$700.00 due on or before second Friday of October	\$3,800.00

### Certificate in Pilates Matwork Instruction –2019 ONLINE delivery

Option	Due Date(s)	Total Payable
Base Fees	\$1,000.00 due on enrolment - must be paid 21 days prior to course commencement \$1,000.00 due one month after enrolment \$750.00 due two months after enrolment	\$2,750.00
Add-ons	<ul style="list-style-type: none"> <li>\$395.00 for attendance at nominated Contact Day</li> <li>\$150.00 for attendance at nominated Practicum Day</li> <li>\$200.00 for attendance at nominated Assessment Day</li> </ul>	N/A

**Note:**

National Pilates Training accepts payments via EFT Direct Credit, or via Credit Card (Visa or MasterCard). All credit card invoices are issued with a 1.05% credit card surcharge.