

Diploma of Professional Pilates Instruction (10537NAT)



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 Dip Dance, Cert IV TAE

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

Delivered by

Kath Banks, Helen New & Chantel Roulston

The Diploma of Professional Pilates Instruction (10537NAT) is seen as an entry point into the Pilates industry. It is designed to reflect the role of Pilates Instructors who operate in a professional and specialised studio environment and who work with low risk (apparently healthy) client groups. It is suitable for those who wish to work in a private/semi-private or group fitness environment. Successful graduates are eligible for Level 1 full membership with the Pilates Alliance Australasia.

The Diploma of Professional Pilates Instruction (10537NAT) is aimed at providing a Pilates Studio Instructor of the highest calibre. This is someone who is soundly versed in the science of human movement, as well as adaptations to given situations, and who has the creativity to apply solutions in a range of circumstances according to the needs of each individual.

The Diploma of Professional Pilates Instruction (10537NAT) is seen as entry level into the Pilates studio industry (Pilates specialist) and is designed to reflect the role of those who can work autonomously within the defined range, and under limited supervision.

Enrolments open now. Accepting applications for online and face-to-face delivery.

Visit our website www.nationalpilates.com.au for more information on the Diploma of Professional Pilates Instruction (10537NAT) or contact our Director of Training [Katrina Edwards](#) for an application



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