

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 an Initial Consultation and first group Matwork session
Saturday 15 June	1:00 pm – 6:00 pm	Practicum	Practicum 4 Instruction of Pilates Method for Common Faulty Postures
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 an Initial Consultation and first group Matwork session
Saturday 05 October	1:00 pm – 6:00 pm	Practicum	Practicum 4 Instruction of Pilates Method for Common Faulty Postures
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 five-hour Practicum will provide the student with the equivalent of 20 Work Experience hours – these are logged as Assisted Teaching hours. Each one hour of practicum work provides the student with 4 work experience 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. 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.