

Clinical Pilates Training and Education 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 1
Sunday 21 July	9:00 am – 5:00 pm	Contact Day	Contact Day 3
Friday 02 August	10:00 am – 3:00 pm	Practicum	Practicum 5 Instruction of the Reformer: Introductory to Intermediate
Friday 23 August	9:00 am – 5:00 pm	Contact Day	Contact Day 4
Sunday 8 September	9:00 am – 1:00 pm	Workshop	Pilates for Pregnancy
Saturday 21 September	1:00 pm – 6:00 pm	Practicum	Practicum 7 Instruct the Pilates Method for low-risk spinal health exercise applications - including Disc Pathology, Priformis Syndrome and NSLBP

Date	Time	Type	Title / Description
Friday 11 October	10:00 am – 3:00 pm	Practicum	Practicum 8 Instruct the Pilates Method for Low Risk Joint Health Exercise Applications, - including Shoulder Impingement, Ankle Sprain and Patellofemoral Syndrome
Saturday 26 October	1:00 pm – 6:00 pm	Practicum	Practicum 9 Instruct the Pilates Method for Bone Health – Osteoporosis and Ageing Exercise applications
Friday 8 November	10:00 am – 3:00 pm	Practicum	Practicum 10 Instruct the Pilates Method for Pre- and Post-Natal exercise
Sunday 24 November	10:00 am – 4:00 pm	Assessment Day	Assessment Day 2

Clinical Pilates Training and Education 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
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 1
Friday 29 November	10:00 am – 3:00 pm	Practicum	Practicum 5 Instruction of the Reformer: Introductory to Intermediate

Date	Time	Type	Title / Description
Friday 06 December	9:00 am – 5:00 pm	Contact Day	Contact Day 4
Sunday 02 February 2020	9:00 am – 5:00 pm	Workshop	Pilates for Pregnancy
Saturday 15 February 2020	1:00 pm – 6:00 pm	Practicum	Practicum 7 Instruct the Pilates Method for low-risk spinal health exercise applications - including Disc Pathology, Priformis Syndrome and NSLBP
Friday 28 February 2020	10:00 am – 3:00 pm	Practicum	Practicum 8 Instruct the Pilates Method for Low Risk Joint Health Exercise Applications, - including Shoulder Impingement, Ankle Sprain and Patellofemoral Syndrome
Saturday 14 March 2020	1:00 pm – 6:00 pm	Practicum	Practicum 9 Instruct the Pilates Method for Bone Health – Osteoporosis and Ageing Exercise applications
Friday 28 March 2020	10:00 am – 3:00 pm	Practicum	Practicum 10 Instruct the Pilates Method for Pre- and Post-Natal exercise
Sunday 19 April 2020	10:00 am – 4:00 pm	Assessment Day	Assessment Day 2

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 practice teaching 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