

## CLINICAL PILATES TRAINING AND EDUCATION

Students completing the **Clinical Pilates Training and Education** course at National Pilates Training will be able to apply knowledge, concepts, skills and exercises to their existing clinical practice in allied health professions such as:

- Physiotherapy
- Osteopathy
- Remedial Massage
- Exercise Physiology

The **Clinical Pilates Training and Education** course provides an accredited outcome of nine units of competency drawn from the *Diploma of Professional Pilates Instruction* (10537NAT). The course aims to provide already-qualified allied health professionals with additional concepts, skills and exercises to apply to clients in their clinical practice.

### What will I learn?

Graduates of the **Clinical Pilates Training and Education** course will know how to apply Pilates techniques and repertoire to their existing allied health clients, including:

- Developing, conducting and evaluating Pilates Matwork programs
- Instructing the Pilates Method Matwork and Small Apparatus repertoire from introductory to intermediate level
- Instructing the Pilates Method Reformer repertoire from introductory to intermediate level
- Leading and instructing clients of low risk / apparently healthy nature including:
  - general conditioning
  - exercise rehabilitation
- Incorporating the use of Small Apparatus into the delivery of Matwork exercises for their existing clients
- Developing specific Pilates Matwork and Reformer programs for inclusion in their existing clients' routines / rehabilitation
- Identifying Pilates exercises and programs appropriate to their clients' special conditions

### How is the course delivered?

The Clinical Pilates Training and Education course 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 Clinical Pilates Training and Education course equates to:

- 6 months full-time
- 12 months part time

### How is the course assessed?

Students completing the Standard Delivery of the Clinical Pilates Training and Education course complete their assessment in a combination of:

- practical video submissions / practical face-to-face demonstrations

- practical tasks
- Online assessments.

## Work Experience

Students completing the Standard Delivery of the Clinical Pilates Training and Education course are required to complete **145 hours** of on-the-job practical work experience, if they wish to receive a formal Statement of Attainment at the end of their studies. These hours comprise:

- 65 observation hours
- 80 teaching hours
  - Complete these hours at one of NPT's allied studios
  - Completing practicums allows for 5 teaching hours per practicum attended

## Where to from here?

Graduates who receive the Statement of Attainment for the Clinical Pilates Training and Education course can articulate directly into the Diploma of Professional Pilates Instruction (10537NAT) via Direct Credit.

## What are the prerequisites?

People interested in studying the Clinical Pilates Training and Education course must have successfully completed VCE / HSC or equivalent.

## Is there any recommended co-learning?

As allied health professionals, students undertaking this course are expected to have an excellent understanding of the human body's structure and function.

## Units of Competency

The Clinical Pilates Training and Education course 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
<b>THE FOUNDATIONS</b>	PILPOS402B	Plan and instruct Pilates method programming for postural assessment and correction
<b>INTEGRATED REPERTOIRE 1</b>	PILMAT401B	Plan and instruct a Pilates Matwork class from foundation to basic level
	PILMAT402B	Plan and instruct a progressive Pilates Matwork class
	PILSMA401B	Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
<b>INTEGRATED REPERTOIRE 2</b>	PILREF501B	Instruct the Pilates studio introductory to basic Reformer repertoire
	PILREF502B	Instruct the Pilates studio progressive Reformer repertoire
<b>INTEGRATED REPERTOIRE 4</b>	PILMAT403B	Plan and instruct an intermediate Pilates Matwork class
	PILREF503B	Instruct the Pilates studio intermediate Reformer repertoire
<b>PROGRAMMING</b>	PILPRO502B	Undertake exercise planning and programming for a Pilates studio in a variety of situations
<b>WORK PROFESSIONALLY IN THE PILATES INDUSTRY</b>	PILIND501B	Work within a Pilates industry framework

These units contain information relating to:

- Exercise planning and programming
- Systematic approaches to Pilates Matwork programming
- Special conditions and their management
- Exercise rehabilitation
- Pilates repertoire for Matwork and Small Apparatus from introductory to intermediate level
- Pilates repertoire for Reformer 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 eight 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*.

## Delivery of the qualifications

The *Clinical Pilates Training and Education* course ] is delivered in an integrated structure through a combination of:

- directed distance learning (online, workbooks and assessments)
- 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 Clinical Pilates course receive all learning material for the 9 units of competency which comprise the Clinical Pilates Training and Education course. Standard Delivery students are also required to attend nominated **Contact Days, Practicum Days** and **Workshops** to supplement their self-directed learning. Students wishing to receive a Statement of Attainment for their studies are also required to attend the nominated **Assessment Days**, where they will receive the required formal assessment.

The **Delivery Schedule** on page 29 of this guide contains detailed information about these days. A full Standard Delivery course takes 6-12 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 – 46 hours</b>	<ul style="list-style-type: none"> <li>• 3 x full-day Contact Days</li> <li>• 4 x Practicum days</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>
<b>Work Experience 145 Total (min) (65 observation 80 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 – 150 hours</b>	<ul style="list-style-type: none"> <li>• Online units</li> <li>• workbooks</li> <li>• assessment tasks</li> </ul>	--
<b>Self-Directed Learning – 60 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 8 units of competency which comprise the Clinical Pilates Training and Education 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 Clinical Pilates Training and Education course 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

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 Clinical Pilates Training and Education course includes the following:

TYPE	DESCRIPTION	NOTES
<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> </ul>	<b>Online and Standard Delivery</b> students who wish to receive a Statement of Attainment for their studies are required to complete these assessments

<b>Online assessments</b>	Standard and Online Clinical Pilates students complete online assessments at the conclusion of each unit of competency. These assessments are a combination of multiple choice, true / false questions, short- and long-answer questions, exercise analysis, programming and functional anatomy questions as relevant.,	<b>Online and Standard Delivery</b> students complete these assessments
<b>Written Assignments</b>	Students completing Clinical Pilates Training and Education are required to complete two Written Assignments – one concerning Matwork content, and one concerning Reformer content.	<b>Online and Standard Delivery</b> students complete these assessments

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.

Regarding **Practical Assessments**, ALL students are required to complete all practical assessments related to the units of competency they have enrolled in. Completing the assessments is part of reaching competency, and National Pilates Training can only release statements of attainment when the student is deemed competent in the unit(s) studied. ALL students choose one of the two following options to reach competency:

- **Option 1:**  
Receive all practical assessment information via our electronic document management system. Students complete these assessments remotely, and return to National Pilates Training via USB for assessment.
- **Option 2:**  
Attend the nominated Assessment Day(s) at the Aligned for Life Melbourne CBD studio – view the relevant Delivery Schedule for dates. Online students may attend at an additional cost of \$200.00 per day.

## 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 145 work experience hours, comprising:

- 80 teaching hours
- 65 observation hours.

## 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

## Further information

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

National Pilates Training  
Level 4, 370 Little Bourke Street  
Melbourne 3000  
Phone: 0414 645 455  
Email: [katrina@alignedforlife.com.au](mailto:katrina@alignedforlife.com.au)

Please select the course you are applying for:

- Advanced Diploma of the Pilates Method (10538NAT)
- Certificate in Pilates Matwork Instruction – Standard
- Certificate in Pilates Matwork Instruction – Online
- Diploma of Professional Pilates Instruction (10537NAT) – Standard
- Diploma of Professional Pilates Instruction (10537NAT) – Online
- Upgrade to Diploma of Professional Pilates Instruction (10537NAT)
- Clinical Pilates Training and Education - Standard
- Clinical Pilates Training and Education - Online
- Selected Units of Competency from Diploma of Professional Pilates Instruction (10537NAT)

Delivery Start

 / 

## CONTACT DETAILS

NAME (FIRST, MIDDLE & SURNAME)

DOB

 / 

(Please tick)

 Female  Male

ADDRESS

TELEPHONE

SUBURB

STATE

POSTCODE

EMAIL

## EXPERIENCE

NUMBER OF CLIENT SESSIONS COMPLETED WHERE?

STUDIO:	MATWORK:	<input type="text"/>
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ARE YOU CURRENTLY TEACHING PILATES?

 YES  NO

I have taught for  months/years

NAME OF STUDIO/EMPLOYER?

WHAT IS YOUR HIGHEST COMPLETED SCHOOL LEVEL AND IN WHICH CALENDAR YEAR DID YOU COMPLETE THAT LEVEL (please tick)

<input type="text"/>	Calendar Year Completed	<input type="checkbox"/> Year 12	<input type="checkbox"/> Year 11	<input type="checkbox"/> Year 10	<input type="checkbox"/> Year 9	<input type="checkbox"/> Year 8	<input type="checkbox"/> Did not attend school
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EDUCATIONAL QUALIFICATIONS:

PLEASE INDICATE IF YOU HAVE SUCCESSFULLY COMPLETED ANY OF THE FOLLOWING QUALIFICATIONS (Please tick below)

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Bachelor degree or higher            | <input type="checkbox"/> Certificate IV (or advanced certificate/technician) | <input type="checkbox"/> Certificate 1 Certificate |
| <input type="checkbox"/> Advanced diploma or associate degree | <input type="checkbox"/> Certificate III (or trade certificate)              | <input type="checkbox"/>                           |
| <input type="checkbox"/> Diploma (or associate diploma)       | <input type="checkbox"/> Certificate II                                      |  |

PLEASE LIST QUALIFICATIONS AND/OR EXPERIENCE (INCLUDE QUALIFICATIONS NOT RELEVANT TO THE PILATES INDUSTRY)

I WISH TO APPLY FOR RECOGNITION OF PRIOR LEARNING (RPL) OR DIRECT CREDIT TRANSFER (DC):

 YES  NO

CURRENT EMPLOYMENT (Please tick below)

- |                                    |  |  |
|------------------------------------|--|--|
| <input type="checkbox"/> Full time | <input type="checkbox"/> Self Employed (no staff)          | <input type="checkbox"/> Unemployed (seeking full-time work) |
| <input type="checkbox"/> Part Time | <input type="checkbox"/> Employed (unpaid family Business) | <input type="checkbox"/> Unemployed (seeking part-time work) |
| <input type="checkbox"/> Employer  |  | <input type="checkbox"/> Unemployed (not seeking employment) |

## OTHER INFORMATION

ARE YOU:  Aboriginal  Torres Strait Island  Neither

COUNTRY OF BIRTH:  ARE YOU AN AUSTRALIAN RESIDENT?  YES  NO

IF NO, WHAT TYPE OF VISA DO YOU HOLD?

DO YOU SPEAK A LANGUAGE OTHER THAN ENGLISH AT HOME?  YES  NO

IF YES, PLEASE SPECIFY:

HOW WELL DO YOU SPEAK ENGLISH (Please tick):

Very well  Well  Not well  Not at all

DO YOU CONSIDER YOU HAVE ANY DISABILITIES? (Please tick)

None  Hearing/deaf  Physical  Intellectual  Learning  Mental Illness  Vision  Medical Condition  Other

IF YES, PLEASE PROVIDE DETAILS:

REASONS FOR STUDY:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> To get a job                    | <input type="checkbox"/> To try for a different career    | <input type="checkbox"/> I wanted extra skills for my job       |
| <input type="checkbox"/> To develop my existing business | <input type="checkbox"/> To get a better job or promotion | <input type="checkbox"/> To get into another course of study    |
| <input type="checkbox"/> To start my own business        | <input type="checkbox"/> It was a requirement of my job   | <input type="checkbox"/> For personal interest/self development |
|  |   | <input type="checkbox"/> Other reasons                          |

## APPLICATION FEE - PAYMENT DETAILS

I wish to pay my \$60 application fee by:

Electronic Transfer: BSB: 633 000 Account No: 126 166 867 (Please include your full name and a screenshot as a payment reference)

Credit Card (Please tick one)  Visa  MasterCard

CARD NUMBER

EXPIRY

CVV

NAME ON CARD

CARD HOLDERS SIGNATURE

DATE

### Terms and Conditions

1. If insufficient enrolments are obtained, National Pilates Training reserves the right to cancel or postpone courses at short notice. If cancellation occurs by National Pilates Training, fees will be refunded in full.
2. The application fee is not refundable.
3. Payments by credit card attract a 1.05% surcharge

## CHECKLIST

Send this completed application form to register your interest for enrolment in training with National Pilates Training. **Please ensure the following are included with your application form.**

Your application should include:

- Completed application form (2 pages)
- Application fee
- Certified copy of HLT11P001 (previously HLTAP301A/HLTAP301B) or Anatomy & Physiology equivalent such as A&P for Pilates & Movement
- Certified copy of logged hours (ie. Letter from your studio)
- Certified copy of Senior First Aid Certificate (optional)
- Brief resume detailing educational experience & work experience, including references from employers and/or industry colleagues in verification of your experience
- Certified copies of Certificates of Membership to Pilates Industry regulatory body (for Advanced Diploma only)
- Certified copy of Diploma Pilates qualification; OR justification of equivalent (for Advanced Diploma only)
- Certified copies of any previous qualifications (please include qualifications not relevant to the Pilates industry)

## ADDRESS DETAILS

Please return your documents via post or email (making sure you have completed the checklist):

### National Pilates Training

4/370 Little Bourke St,  
Melbourne, Vic, 3000.

P 0414 645 455

E [katrina@alignedforlife.com.au](mailto:katrina@alignedforlife.com.au)

W [www.nationalpilates.com.au](http://www.nationalpilates.com.au)



## Contact Us

If you would like detailed information about our instructor training, please visit our website or call us.

[www.nationalpilates.com.au](http://www.nationalpilates.com.au)

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4/370 Little Bourke Street  
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