

CERTIFICATE IN PILATES REFORMER INSTRUCTION (10537NAT – UOC)

The **universal reformer** is one of the most widely used pieces of Pilates equipment today. We love it and so do all of our clients. The **Certificate in Pilates Reformer Instruction** aims to provide a Pilates Reformer Instructor with the highest calibre training.

At National Pilates Training our **Certificate in Pilates Reformer Instruction** will teach you how to instruct the basic reformer exercises, at the same time, you will learn to create fun and challenging sequences suitable to both the male and female body. The **Certificate in Pilates Reformer Instruction** course at National Pilates Training is designed to introduce you to the concepts and principles of the Pilates method for a comprehensive approach to the instruction of group reformer classes. This course will offer you the participant the opportunity to study beginner repertoire across both matwork and reformer and create effective and creative programs for group settings.

The **Certificate in Pilates Reformer Instruction** provides an accredited outcome of three units of competency drawn from the **Diploma of Professional Pilates Instruction (10537NAT)**.

How is the course delivered?

The course will be delivered with online study modules and face to face lessons & practicums, and will include;

- Online Videos & learning resources.
- Repertoire workbooks with images and detailed information to support personal practice.
- Face-to-face learning through contact days.
- Practicums where you will apply new skills and knowledge related to teaching and programming, and log work experience hours.
- Written assignment.
- Practical assessments
- Practical sessions / classes at Aligned for Life Pilates to change learning

What will I learn?

Lessons & contact sessions will explore: Progressions and regressions

- Transitions that will create flow for an effective and continuous workout for fitness and conditioning
- Fun and challenging class plans
- How to vary the load and resistance to make exercises more or less challenging
- Gender specific workouts
- Goals of exercises
- Analysis of movement patterns
- Application of functional anatomy

How long is the course?

The Certificate in Pilates Matwork Instruction equates to:

- 1 month full-time
- 2 months part-time.

Units of Competency

The Certificate in Pilates Reformer Instruction 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
THE FOUNDATIONS	PILPOST	Postural analysis, assessment, correction and function
INTEGRATE D REPERTOIRE 1	PILMAT401B	Plan & instruct a Pilates Matwork class from foundation to basic level
	PILREF401B	Instruct the Pilates studio introductory to basic Reformer repertoire

These units contain information relating to:

- Postural analysis, assessment, correction and function.
- Basic matwork, repertoire – breakdown and analysis
- Introduction – basic reformer repertoire – breakdown and analysis

The qualification

Completion of the Certificate in Pilates Reformer Instruction provides Statements of Attainment acknowledging partial completion of the Diploma of Professional Pilates Instruction (10537NAT). Graduates receive recognition for having completed three accredited units of competency drawn from the Diploma of Professional Pilates Instruction (10537NAT). This is not a formal qualification outcome but a grouping of units drawn from the Diploma Pilates.

Role/Function: Pilates Reformer Instructor

This course is undertaken in a standard delivery mode:

- **Standard Delivery**
Students undertaking the Standard Delivery of the Certificate in Pilates Reformer course receive all learning materials for the 3 units of competency. Students are required to attend nominated **Contact Days and Practicum** to supplement their self-directed learning, as well as **Assessment Days** where they will receive formal assessment and be awarded statements of attainment for their Certificate in Pilates Reformer Instruction course.

The **Delivery Schedule** on page 28 of this guide contains detailed information about these days. A full Standard Delivery course takes 1-2 months to complete, excluding the acquisition of work experience, observation and self-mastery hours.

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

The required 20 hours of on-the-job training is a crucial phase in the development of the student's skills and knowledge. It is essential that students are facilitated in appropriate environments and under appropriately trained supervisors. National Pilates Training includes a structured Work Experience Program to enable student to develop and build the practical skills required under faculty members in a controlled environment.

A **minimum of 4 hours per week** for the Certificate in Pilates Reformer Instruction is required to meet 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 Certificate in Pilates Reformer Instruction includes the following:

Practical Assessment	<ul style="list-style-type: none"> • Final Practical Assessment, which comprises practical demonstrations including WHS safety, equipment setup and teaching / demonstrating a selection of given exercises. • Final Matwork Teaching Assessment, which involves teaching and demonstrating a selection of given exercises from the course repertoire. • Final Self-Mastery Assessment
Online assessments	Standard and Online Certificate 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, functional anatomy and WHS questions as relevant.,
Written Assignments	Students completing the Certificate are required to complete one Written Assignment –concerning Matwork content

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 and / or the Certificate in Pilates Reformer Instruction when the student is deemed competent in the unit(s) studied.

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 70 work experience hours, comprising:

- 60 teaching hours
- 10 observation hours.

Standard delivery students receive 20 work experience hours for each five-hour practicum attended.

What are the prerequisites?

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

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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