

DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION (10537NAT)

The **Diploma of Professional Pilates Instruction (10537NAT)** is a nationally-endorsed and accredited program, and is an entry-level qualification for 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 client groups.

Students completing the **Diploma of Professional Pilates Instruction (10537NAT)** receive a thorough grounding in human movement and biomechanics, and cover all aspects of the Pilates Method. Course content in the Diploma includes:

- History, concepts and principles of the Pilates Method
- Exercise planning and programming
- Postural analysis and appraisal
- Applied correction of faulty posture and postural dysfunction
- Client management, assessment and instructing techniques
- Work Health and Safety and legal requirements within the Pilates industry
- Methods of communication in dealing with clients and colleagues
- Adult learning and instructional techniques for one-on-one and groups
- Interactions and referrals with other health care professionals
- Systematic approaches to Pilates Studio and Matwork programming
- Pilates exercise for special conditions
- Work ethics and professional development
- Pilates repertoire for Mat, Reformer, Cadillac, Wunda Chair, Barrels and Small Apparatus from introductory to intermediate levels.

What will I learn?

Graduates of the Diploma of Professional Pilates Instruction (10537NAT) will know how to:

- Develop, conduct and evaluate Pilates programs
- Instruct and assess Pilates clients who are apparently health or requiring postural address / low-risk rehabilitation
- Prepare and instruct client Pilates sessions in a variety of contexts including:
 - Pilates studio private or semi-private
 - Pilates studio group and Matwork classes
 - Pilates studio group and Matwork classes
 - Health centres
 - Gymnasium group classes
 - Home visits
 - Corporate classes
- Instruct clients of a low-risk apparently healthy nature, including:
 - General conditioning
 - Postural correction
 - Pregnancy
 - Ageing
 - Low-risk referrals from allied health practitioners
- Undertake basic dynamic postural screening using applied biomechanics
- Evaluate performance of individual clients or groups and apply teaching methods and instructional styles in a variety of Pilates settings.

How is the course delivered?

The Diploma of Professional Pilates Instruction (10537NAT) 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 Diploma of Professional Pilates Instruction (10537NAT) comprises 1,150 hours. This equates to:

- 12 months full-time
- 18 months part-time.

How is the course assessed?

Students completing the Standard and Online Delivery of the Diploma of Professional Pilates Instruction (10537NAT) course complete their assessment in a combination of:

- practical teaching demonstrations
- practical tasks
- online assessments.

Work Experience

Students completing the Standard Delivery of the Diploma of Professional Pilates Instruction (10537NAT) course are required to complete **350 hours** of on-the-job practical work experience, comprising:

- 150 observation hours
- 200 teaching hours.

Where to from here?

Graduates who receive the qualification of Diploma of Professional Pilates Instruction (10537NAT) can articulate directly into the Advanced Diploma of the Pilates Method (10538NAT).

What are the prerequisites? People interested in studying the Diploma of Professional Pilates Instruction (10537NAT) must have successfully completed VCE / HSC or equivalent.

Is there any recommended co-learning?

National Pilates Training strongly recommends any prospective students with little or no background in the structure and function of the human body and how it moves (human anatomy and physiology) to undertake our Introduction to Anatomy course. See page 61 of this guide.

What is the peak body recognition?

Graduates of the Diploma of Professional Pilates Instruction (10537NAT) are eligible for Level 1 membership with the Pilates Alliance Australasia (PAA).

Vocational / educational outcomes of the course

The outcome of the Diploma of Professional Pilates Instruction (10537NAT) is employment as a Pilates Studio Instructor, teaching comprehensive Pilates studio work on all apparatus to a variety of clients. Graduates will be able to take up employment in the Pilates industry in established Pilates studios, health centres, fitness centres, community centres, self-employed as a small business owner, and in clinical practices.

A Pilates studio instructor is a Pilates Studio industry Level 1 teacher working within the Pilates specialist environment. These people instruct apparently healthy to low- risk clients in the full scope of the Pilates method work for general conditioning, postural assessment and correction, rehabilitation Pilates studio instructors also devise specific training for apparently healthy or low-risk clients in private to small group situations.

Units of Competency

The following list details the units comprising the Diploma of Professional Pilates Instruction (10537NAT) qualification:

| | UNIT CODE | UNIT OF COMPETENCY |
|---|------------|---|
| THE FOUNDATIONS | PILPOS402B | Plan and instruct Pilates method programming for induction and postural appraisal |
| | HLTWS001 | Participate in workplace health and safety |
| INTEGRATED REPERTOIRE 1 | 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 |
| WORK PROFESSIONALLY IN THE PILATES INDUSTRY | PILIND501B | Work within a Pilates industry framework |
| | CHCCOM005 | Communicate and work in health or community services |
| | PILEQU502B | Use and maintain core Pilates industry equipment and apparatus |
| INTEGRATED REPERTOIRE 2 | PILREF501B | Instruct the Pilates studio introductory to basic Reformer repertoire |
| | PILREF502B | Instruct the Pilates studio progressive Reformer repertoire |
| | PILCAD501B | Instruct the Pilates studio introductory to basic Cadillac repertoire |
| COMMUNICATIONS | CHCCOM006 | Establish and manage client relationships |
| | BSBMED301 | Interpret and apply medical terminology appropriately |
| INTEGRATED REPERTOIRE 3 | PILWCH501B | Instruct the Pilates studio introductory to intermediate Wunda Chair repertoire |
| | PILBAR501B | Instruct the Pilates studio introductory to intermediate Barrels repertoire |
| | PILCAD502B | Instruct the Pilates studio progressive to intermediate Cadillac repertoire |
| PROGRAMMING | PILPRO502B | Undertake exercise planning and programming for a Pilates studio in a variety of situations |
| INTEGRATED REPERTOIRE 4 | PILMAT403B | Plan and instruct an intermediate Pilates Matwork class |
| | PILREF503B | Instruct the Pilates studio intermediate Reformer repertoire |
| NOMINAL: 1,150 hrs COMPLETION: Diploma of Professional Pilates Instruction (10537NAT) | | |

Qualification Level

The *Diploma of Professional Pilates Instruction* (10537NAT) aims to graduate a student to become 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. This graduate will be able to work competently with apparently

healthy through to low risk clients in a comprehensive studio environment and in co-ordination with Allied Health network personnel.

The *Diploma of Professional Pilates Instruction* (10537NAT) is regarded 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.

| | |
|---|--------------------|
| Role / Function | Pilates Instructor |
| AQF Level | Diploma (Level 5) |
| Industry Recognition (Peak Body) | Level 1 Membership |

Likely functions within the Pilates industry for those who have this level of competency include: working with clients (e.g. Pilates Instructor) and working within clearly-defined contexts (Pilates or Allied Health environment or similar).

Recognition given to the course

The Pilates Alliance of Australasia (PAA) has in place a membership structure to allow for reference of training and experience as well as a hierarchy system for achievement within the industry, and as part of membership requirements, a compulsory Professional Development Points (PDPs) program to ensure currency and continued professional development.

The Diploma of Professional Pilates Instruction will continue to align with expectations set down by the PAA and therefore retain the recognition of the PAA at the relevant membership level.

| Australian Qualifications Framework (AQF) Level | PAA Recognition | Malpractice/ Professional Indemnity/ Insurance | Eligible for Health Fund** provider number | Able to lead a Pilates practice/ studio |
|--|---|--|--|---|
| Enrolled as a student in a recognised training program Student membership | Student Membership | No | No | No |
| Certificate in Pilates Matwork Instruction | Matwork Membership Minimum 120 hours | Yes | No | No |
| Diploma of Professional Pilates Instruction (10537NAT) | Full membership Level 1 | Yes | Yes | No |
| Advanced Diploma of the Pilates Method (10538NAT) | Full membership Level 2 | Yes | Yes | Yes |

Delivery of the qualifications

The *Diploma of Professional Pilates Instruction* 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 Diploma course receive all learning material for the 19 units of competency which comprise the Diploma of Professional Pilates Instruction. Standard Delivery students are also required to attend nominated **Contact Days, Practicum Days** and **Workshops** to supplement their self-directed learning, as well as **Assessment Days** where they will receive formal assessment required to be awarded the full Diploma.

The **Delivery Schedule** on page 12 of this guide contains detailed information about these days. A full Standard Delivery course takes 8-10 months to complete, excluding the acquisition of work experience, observation and self-mastery hours (detailed in the table below)

| CLASSIFICATION | INCLUDES | EXPLANATION |
|---|---|--|
| Contact Hours – 92 hours | <ul style="list-style-type: none"> • 4 x full-day Contact Days • 10 x 5-hour practicums • 2 x full-day workshops | Workshops include: <ul style="list-style-type: none"> • Postural Assessment and Correction • Pilates for Pregnancy |
| Work Experience 350 Total (min) (150 observation 200 teacher training) | <ul style="list-style-type: none"> • Observation • Teaching | <ul style="list-style-type: none"> • Application within the work environment – either simulated or real-time |
| Directed Distance Learning – 408 hours | <ul style="list-style-type: none"> • Online units • workbooks • assessment tasks | -- |
| Self-Directed Learning – 300 hours | <ul style="list-style-type: none"> • self-review • self-mastery | <ul style="list-style-type: none"> • Learning done under own guidance |

- **Online Delivery**

Students receive the learning material for the 19 units of competency which comprise the Diploma 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

Work Experience

The required 350 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 8 hours a week for the Diploma 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 duration of the course.

Entry requirements

This course does not contain limitations on access and equity; however, we reserve the right to refuse an application for course admission if there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the normal requirements of Pilates training practice.

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 Diploma of Professional Pilates Instruction includes the following:

| | |
|-----------------------------|---|
| Practical Assessment | <p>One mid program, one final, and during contact days. Consists of practical application and demonstration of specific tasks, including WHS safety for apparatus/equipment set up and client safety procedures and policies; program preparation and application; working/communicating within the industry and with other health professions.</p> <p>The practical assessments also involve teaching and demonstrating a selection of given exercises from the course repertoire.</p> |
| Online assessments | <p>Standard and Online Diploma 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.</p> |
| Written Assignments | <p>Students completing the Diploma are required to complete two Written Assignments – one concerning Matwork content, and one concerning Studio content.</p> |

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 Diploma of Professional Pilates Instruction 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 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 350 work experience hours, comprising:

- 200 teaching hours
- 150 observation hours.

Standard delivery students (and online delivery students who pay for attendance at practicums) receive 20 work experience hours for each practicum attended.

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

Direct Credit (DC), Recognition of Prior Learning (RPL) & Current Competency (RCC)

Recognition will be given for skills and knowledge gained in other courses, life experience, or training. DC, RPL and RCC assessment may include a variety of methods such as portfolio, practical test, demonstration, interview or a combination of these methods.

The competencies in this qualification may be attained in several ways:

- Formal or informal training and education, including training at work/in-house staff training
- Work experience
- General life experience; and / or
- Any combination of the above,

All assessment pathways must provide for the recognition of competencies previously attained. Competencies achieved and currently held by individuals can be formally assessed against the Units of Competency in this qualification.

Evidence that may be required can include:

- A current resume that reflects the student's experience in the Pilates and related industries (allied health and fitness)
- Any certificates or statements of attainment that relate to Pilates instruction
- Statement/s of attainment for nationally endorsed competencies that have been successfully completed
- References from employers in relation to professional Pilates instruction
- Membership with a recognised Pilates regulatory body
- Log/documentated evidence of Pilates practical workout sessions, observation hours and/or assisted teaching
- Video of recent practical Pilates instructing session/s
- Current Senior First Aid Certificate
- Academic transcript of successful completion of Anatomy and Physiology to intermediate and/or advanced levels.

This course is customised by the delivery of a course structure which is flexible in terms of recognition of prior learning and previous experience and upon application consideration will be given to advanced standing and/or credits where appropriate. Our Course Administrator and Director of Training can issue applications for RPL and DC upon request at the Application stage for entry to the Course.

Further information

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

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