

## Diploma of Professional Pilates Instruction (10537NAT) Standard Delivery Schedule – Sept 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 13th September, 2019	9:00 am – 5:00 pm	Contact Day	Contact Day 1
Saturday 12 th October	1:00 pm – 6:00 pm	Practicum	Practicum 1 Matwork Instruction: Introductory to Intermediate
Friday 8th November	9:00 am – 5:00 pm	Contact Day	Contact Day 2
Saturday 30 <sup>th</sup> November	1:00 pm – 6:00 pm	Practicum	Practicum 2 Instruction of Small Apparatus: Introductory to Intermediate
Sunday 15th December	9:00 am – 5:00 pm	Workshop	Postural Function and Correction
Saturday 18 <sup>th</sup> January, 2020	1.00pm-6.00pm	Practicum	Practicum 3 Instruction of an Initial Consultation and first group Matwork session
Saturday 8 <sup>th</sup> February	1:00 pm – 6:00 pm	Practicum	Practicum 4 Instruction of Pilates Method for Common Faulty Postures
Sunday 1st March	10:00 am – 4:00 pm	Assessment Day	Assessment Day 1
Friday 20th March	9:00 am – 5:00 pm	Contact Day	Contact Day 3
Saturday 4th April	1.00pm – 6:00 pm	Practicum	Practicum 5 Instruction of the Reformer & Cadillac: Introductory to Intermediate
Friday 1 <sup>st</sup> May	9:00 am – 5:00 pm	Contact Day	Contact Day 4
Saturday 23 <sup>rd</sup> May	1:00 pm – 6:00 pm	Practicum	Practicum 6 Instruction of the Chair and Barrels: Introductory to Intermediate
Sunday 14 <sup>th</sup> June	9:00 am – 5:00 pm	Workshop	Pilates for Pregnancy

Date	Time	Type	Title / Description
Friday 3 <sup>rd</sup> July	10.00am – 3.00pm	Practicum	Practicum 7 Instruct the Pilates Method for low-risk spinal health exercise applications - including Disc Pathology, Priformis Syndrome and NSLBP
Friday 24 <sup>th</sup> July	10:00am – 3:00pm	Practicum	Practicum 8 Instruct the Pilates Method for Low Risk Joint Health Exercise Applications, -including Shoulder Impingement, Ankle Sprain and Patellofemoral Syndrome
Friday 14 <sup>th</sup> August	10.00am-3.00pm	Practicum	Practicum 9 Instruct the Pilates Method for Bone Health – Osteoporosis and Ageing Exercise applications
Sunday 6 <sup>th</sup> September	10:00am – 3:00pm	Practicum	Practicum 10 Instruct the Pilates Method for Pre- and Post-Natal exercise
Sunday 27 <sup>th</sup> September	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 practicing teaching is equivalent to 4 hours of work experience.

#### 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](http://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.