

## Diploma of Professional Pilates Instruction (10838NAT) Standard Delivery Schedule – September 2020

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
Saturday 5th Sept to 3 <sup>rd</sup> Oct <b>“Live online” via Zoom</b>	Saturday 10.00am-12.00p	Contact	<u>Introduction to Pilates</u> 5x weekly sessions Introduction to the concepts and principles of the Pilates Method
Sunday 4 <sup>th</sup> October	9am – 5pm	Workshop	<u>Introduction to Anatomy –</u> Full day workshop
Weekly recurring: Monday, Saturday	Mon 12-12.45pm Sat 9am-9.45am	Mat class	<u>Live online matwork Classes</u> Recurring twice weekly matwork classes held live online via Zoom with Faculty educator, Chantel Roulston
Friday 9 <sup>th</sup> October	9:00am- 5:00pm	Contact Day	Contact Day 1: Fundamental concepts & principles Introductory to Progressive Matwork Repertoire Practical Task: Pre-exercise Screening & instructing the fundamental repertoire
Sunday 1 November	10:00 am – 3:00 pm	Practicum	Practicum 1: Fundamental concepts & principles with integrated repertoire (Fundamental Repertoire)
Friday 6 <sup>th</sup> November	9:00 am – 5:00 pm	Contact Day	Contact Day 2: Intermediate Matwork Repertoire Small Apparatus Repertoire Matwork Programming
Saturday 14 <sup>th</sup> November	12.00 pm 4.00 pm	Practise	Matwork & Small App Repertoire Practise & Review
Sunday 29 <sup>th</sup> November	10.00 am 3.00 pm	Practicum	Practicum 2 Matwork Practical Teaching Matwork Programming
Friday 4 <sup>th</sup> December	9:00 am – 5:00 pm	Contact Day	Contact Day 3: Introduction to Studio Concepts Reformer & Cadillac repertoire instruction & use  Studio PIC System for Programming
Saturday 12 <sup>th</sup> December	12.00 pm 4.00 pm	Practise	Reformer Practise & Review

<b>2021</b> Sunday 24 <sup>th</sup> January 2021	10:00 am – 3:00 pm	Practicum	Practicum 3: Small Apparatus practical teaching Small Apparatus Programming
Saturday 30 <sup>th</sup> January	12:00 pm – 4:00 pm	Practise	Cadillac Practise & Review
Saturday 13 <sup>th</sup> February	1.00 pm 6.00 pm	Practicum	Practicum 4: Reformer & Cadillac Practical Teaching
Friday 26 <sup>th</sup> February	9:00am- 5:00pm	Contact Day	Contact Day 4 Wunda Chair & Barrels repertoire instruction & use Practical Task: Equipment Maintenance Check Intro Practical Task: Postural Assessment
Sunday 28 <sup>th</sup> February	9:00 am – 3:00 pm	Assessment Day	Assessment Day 1: Matwork and Small Apparatus Assessment
Saturday 13 <sup>th</sup> March	12:00 pm – 4:00 pm	Practise	Wunda Chair Practise & Review
Saturday 27 <sup>th</sup> March	12:00 pm – 4:00 pm	Practise	Barrels Practise & Review
Sunday 11 <sup>th</sup> April	10:00 am – 3:00 pm	Practicum	Practicum 5: Wunda Chair & Barrels Practical Teaching
Friday 23 <sup>rd</sup> April	9:00am- 5:00pm	Contact Day	Contact Day 5: Initial Consultation Studio Programming for General Populations Common Faulty Postures
Sunday 9 <sup>th</sup> May	10:00 am – 3:00 pm	Practicum	Practicum 6: Initial Consultation Practise Complete Practical Task: Postural Assessment
Friday 21 <sup>st</sup> May	9:00am- 5:00pm	Contact Day	Contact Day 6: Pre-Pilates Special Conditions including Programming, Pregnancy
Sunday 6 <sup>th</sup> June	10:00 am – 3:00 pm	Practicum	Practicum 7 Instruct the Pilates Method for low risk spinal health
Friday 18 <sup>th</sup> June	9:00 am – 2:00 pm	Practicum	Practicum 8 Instruct the Pilates Method for low risk lower limb injuries & conditions

Saturday 3 <sup>rd</sup> July	1.00 pm 6.00 pm	Practicum	Practicum 9 Instruct the Pilates Method for low risk upper limb injuries & conditions
Sunday 18 <sup>th</sup> July	9:00 am – 3:00 pm	Assessment Day	Assessment Day 2: Part 1 Initial Consultation assessment Practise of studio teaching assessment
Friday 23 <sup>rd</sup> July	9:00 am – 2:00 pm	Practicum	Practicum 10 Instruct the Pilates Method for Pre- & Post-Natal exercise
Sunday 1 <sup>st</sup> August	9:00 am – 3:00 pm	Assessment Day	Assessment Day 2: Part 2 Studio Teaching assessment-Full Repertoire, 3 Clients

### 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.

### Practise Day

The Practise days are designed for students to take a deeper look at repertoire. These sessions are to foster self mastery and offer the opportunity to practise solo and if needed to receive feedback as an individual on the principles and concepts of the Pilates method.

### 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 10 Work Placement hours –these are logged as Assisted Teaching hours. Each one hour of practicing teaching is equivalent to 2 hours of work placement.

### 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.