

## Professional Pilates Matwork and Reformer Instruction Pathway Standard Delivery Schedule – March 2021 -NPT 211

Date	Time	Type	Location	Title / Description
Saturday 13 <sup>th</sup> March to 17 <sup>th</sup> April <b><u>Online via Zoom</u></b>	Saturdays 10:00am- 12:00pm	Intro to Pilates	Online	<u>Introduction to Pilates :</u> 5 x weekly sessions Introduction to the concepts and principles of the Pilates Method
Sunday 11 <sup>th</sup> and 18 <sup>th</sup> April <b><u>Online via Zoom</u></b>	Sundays- 9:00am- 1:00pm	Anatomy Workshop	Online	<u>Introduction to Anatomy :</u> 2x four hour workshops
Weekly recurring:  Monday, Saturday	Mon 12:00pm- 12:45pm  Sat- 9:00am- 9:45am	Mat class	Online	<u>Live online Matwork Classes :</u> Recurring twice weekly matwork classes held live online via Zoom with Chantel Roulston & Mel Plozza
Friday 5 <sup>th</sup> March	9:00am- 5:00pm	Matwork Contact Day	CBD Studio	Contact Day 1: Fundamental concepts & principles Introductory to Progressive Matwork Repertoire Practical Task: Pre-exercise Screening & instructing the fundamental repertoire
Saturday 20 <sup>th</sup> March	1:00 pm – 6:00 pm	Matwork Practicum	CBD Studio	Practicum 1: Fundamental concepts & principles with integrated repertoire (Fundamental Repertoire)
Saturday 27 <sup>th</sup> March	1.15-2.15pm 2.15 – 3.15 pm 3.15 – 6.15pm	Reformer Fundamentals Class Rep Review	Moonee Ponds Studio	Intro to Pilates / Fundamentals Introduction to Apparatus and Reformer class Fundamentals review
Friday 9 <sup>th</sup> April	9:00 am – 5:00 pm	Matwork Contact Day	CBD Studio	Contact Day 2: Intermediate Matwork Repertoire Small Apparatus Repertoire Matwork Programming
Saturday 17 <sup>th</sup> April	1.15-2.15pm 2.15 – 3.15 pm 3.15 – 6.15pm	Reformer Fundamentals Class Rep Review	Moonee Ponds Studio	Intro to Pilates / Fundamentals Reformer class Repertoire Review
Saturday 24 <sup>th</sup> April	1.00 pm 5.00 pm	Matwork Practise	CBD Studio	Matwork & Small App Repertoire Practise & Review
Saturday 8 <sup>th</sup> May	1.00 pm 6.00 pm	Matwork Practicum	CBD Studio	Practicum 2 Matwork Practical Teaching Matwork Programming

Saturday 15 <sup>th</sup> May	1:15-2:15 pm 2.15 - 6.15pm	Reformer Class Practicum	Moonee Ponds Studio	Reformer class Practicum: <ul style="list-style-type: none"> <li>• Repertoire review and practise</li> <li>• Programming for group reformer</li> </ul>
Saturday 22 <sup>nd</sup> May	1:00 pm – 6:00 pm	Matwork Practicum	CBD Studio	Practicum 3: Small Apparatus practical teaching Small Apparatus Programming
Saturday 12 <sup>th</sup> June	1:15-2:15 pm 2.15 - 6.15pm	Reformer Class Practicum	Moonee Ponds Studio	Reformer class Practicum <ul style="list-style-type: none"> <li>• Repertoire review and practise.</li> <li>• Reformer practical teaching</li> <li>• Programming for group reformer</li> </ul>
Sunday 27 <sup>th</sup> June	9:00 am – 3:00 pm	Matwork Assessment Day	CBD Studio	Assessment Day 1: Matwork and Small Apparatus Assessment
Saturday 3 <sup>rd</sup> July	1:15 – 6:15pm	Reformer Assessment Day	Moonee Ponds Studio	Practical teaching assessment

## **Matwork:**

### **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 Days**

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.

### **Practicums**

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.

### **Delivery Location for Matwork**

All Face to Face contact days, tutorials, practise sessions and assessment days occur at the **Aligned for Life CBD studio at Level4, 370 Little Bourke Street, Melbourne.**



## **Reformer:**

### **Fundamentals class**

Covering the concepts and principles of the Pilates Method and their application

### **Reformer class**

Practice of the introductory to intermediate level Reformer repertoire, application of the fundamentals and programming.

### **Practise and repertoire review sessions**

Introduction to the apparatus, WHS, repertoire review, programming, application of the fundamentals, teaching practise.

### **Practicum**

These four-hour sessions will provide the student with the equivalent of 8 Work Placement hours –these are logged as Assisted Teaching hours. Each one hour of practising teaching is equivalent to 2 hours of work placement.

### **Delivery Location for Reformer**

All Face to Face contact days, tutorials, practise sessions and assessment days occur at the **Aligned for Life Moonee Ponds Studio at 633a Mt Alexander Rd, Moonee Ponds, Victoria, 3039.**

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)

**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.