

Diploma of Professional Pilates Instruction (10838NAT) Standard Delivery Schedule – March 2021

NPT 212

Date	Time	Type	Title / Description
Saturday 13 th March to 17 th April <u>Online via Zoom.</u>	Saturday 10:00am-12:00pm	Contact	<u>Introduction to Pilates : 5 x weekly sessions</u> Introduction to the concepts and principles of the Pilates Method
Sunday 11 th and 18 th April <u>Online via Zoom</u>	9:00am–1:00pm	Workshop	<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	<u>Live online matwork Classes</u> Recurring twice weekly matwork classes held live online via Zoom with Faculty educator, Chantel Roulston
Friday 7 th May	9:00am-5:00pm	Contact Day	<u>Contact Day 1:</u> Fundamental concepts & principles Introductory to Progressive Matwork Repertoire Practical Task: Pre-exercise Screening & instructing the fundamental repertoire
Sunday 30 th May	10:00 am – 3:00 pm	Practicum	<u>Practicum 1:</u> Fundamental concepts & principles with integrated repertoire (Fundamental Repertoire)
Friday 11 th June	9:00 am – 5:00 pm	Contact Day	<u>Contact Day 2:</u> Intermediate Matwork Repertoire Small Apparatus Repertoire Matwork Programming
Saturday 26 th June	1.00 pm 5.00 pm	Practise	Matwork & Small App Repertoire Practise & Review
Saturday 17 th July	1.00 pm 6.00 pm	Practicum	<u>Practicum 2</u> Matwork Practical Teaching Matwork Programming
Saturday 31 st July	1:00 pm – 6:00 pm	Practicum	<u>Practicum 3:</u> Small Apparatus practical teaching Small Apparatus Programming
Friday 13 th August	9:00 am – 5:00 pm	Contact Day	<u>Contact Day 3:</u> Introduction to Studio Concepts Reformer & Cadillac repertoire instruction & use Studio PIC System for Programming
Saturday 21 st August	1.00 pm 5.00 pm	Practise	Reformer Practise & Review

Sunday 12 th Sept	9:00 am – 3:00 pm	Assessment Day	<u>Assessment Day 1:</u> Matwork and Small Apparatus Assessment
Saturday 18 th Sept	1:00 pm – 5:00 pm	Practise	Cadillac Practise & Review
Saturday 9 th Oct	1.00 pm 6.00 pm	Practicum	<u>Practicum 4:</u> Reformer & Cadillac Practical Teaching
Friday 22 nd Oct	9:00am- 5:00pm	Contact Day	<u>Contact Day 4</u> Wunda Chair & Barrels repertoire instruction & use Practical Task: Equipment Maintenance Check Intro Practical Task: Postural Assessment
Saturday 6 th November	1:00 pm – 5:00 pm	Practise	Wunda Chair Practise & Review
Saturday 20 th November	1:00 pm – 5:00 pm	Practise	Barrels Practise & Review
Saturday 4 th December	1:00 pm – 6:00 pm	Practicum	<u>Practicum 5:</u> Wunda Chair & Barrels Practical Teaching
Friday 17 th December	9:00am- 5:00pm	Contact Day	<u>Contact Day 5:</u> Initial Consultation Studio Programming for General Populations Common Faulty Postures
2022 Sunday 17 th January	10:00 am – 3:00 pm	Practicum	<u>Practicum 6:</u> Initial Consultation Practise Complete Practical Task: Postural Assessment
Friday 21 st January	9:00am- 5:00pm	Contact Day	<u>Contact Day 6:</u> Pre-Pilates Special Conditions including Programming, Pregnancy
Sunday 6 th February	10:00 am – 3:00 pm	Practicum	<u>Practicum 7</u> Instruct the Pilates Method for low risk spinal health
Friday 18 th February	9:00 am – 2:00 pm	Practicum	<u>Practicum 8</u> Instruct the Pilates Method for low risk lower limb injuries & conditions
Saturday 5 th March	1.00 pm 6.00 pm	Practicum	<u>Practicum 9</u> Instruct the Pilates Method for low risk upper limb injuries & conditions
Sunday 3 rd April	9:00 am – 3:00 pm	Assessment Day	<u>Assessment Day 2: Part 1</u> Initial Consultation assessment Practise of studio teaching assessment

2022 Friday 7 TH April	9:00 am – 2:00 pm	Practicum	<u>Practicum 10</u> Instruct the Pilates Method for Pre- & Post-Natal exercise
2022 Sunday 24 th April	9:00 am – 3:00 pm	Assessment Day	<u>Assessment Day 2: Part 2</u> 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 . 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.