

## Professional Pilates Matwork Instruction Pathway Standard Delivery Schedule – March 2021

### NPT 212

Date	Time	Type	Title / Description
Saturday 13 <sup>th</sup> March to 17 <sup>th</sup> April <b><u>Online via Zoom.</u></b>	Saturday 10:00am-12:00pm	Contact	<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>	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 <sup>th</sup> May	9:00am-5:00pm	Contact Day	<u>Contact Day1:</u> Fundamental concepts & principles Introductory to Progressive Matwork Repertoire Practical Task: Pre-exercise Screening & instructing the fundamental repertoire
Sunday 30 <sup>th</sup> May	10:00 am – 3:00 pm	Practicum	<u>Practicum 1:</u> Fundamental concepts & principles with integrated repertoire (Fundamental Repertoire)
Friday 11 <sup>th</sup> June	9:00 am – 5:00 pm	Contact Day	<u>Contact Day 2:</u> Intermediate Matwork Repertoire Small Apparatus Repertoire Matwork Programming
Saturday 26 <sup>th</sup> June	1.00 pm 5.00 pm	Practise	Matwork & Small App Repertoire Practise & Review
Saturday 17 <sup>th</sup> July	1.00 pm 6.00 pm	Practicum	<u>Practicum 2</u> Matwork Practical Teaching Matwork Programming
Saturday 31 <sup>st</sup> July	1:00 pm – 6:00 pm	Practicum	<u>Practicum 3:</u> Small Apparatus practical teaching Small Apparatus Programming
Sunday 12 <sup>th</sup> Sept	9:00 am – 3:00 pm	Assessment Day	<u>Assessment Day 1:</u> Matwork and Small Apparatus Assessment

### **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.