

Professional Pilates Matwork Instruction Pathway Standard Delivery Schedule – May 2021

NPT 212

Date	Time	Type	Title / Description
Saturday 24 th April to 22 nd May <u>Online via Zoom.</u>	10:am- 12.00pm	Contact	<u>Introduction to Pilates</u> : 5 x weekly sessions held live online via Zoom Introduction to the concepts and principles of the Pilates Method
Sunday 16 th and 23 rd May <u>Online via Zoom</u>	9:00am– 1:00pm	Workshop	<u>Introduction to Anatomy:</u> 2x four hour workshops held live online via Zoom
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 educators, Chantel Roulston and Mel Plozza
Friday 7 th 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 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
Contact Administration for assessment day calendar	9:00 am – 3:00 pm	Assessment Day	<u>Matwork Assessment:</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 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 5 Work Placement hours –these are logged as Assisted Teaching hours.

Assessment Days

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.