



National
Pilates
Training

Course Guide 2023

Hello and thank you for your interest in becoming a professional Pilates Instructor with National Pilates Training

We offer a selection of Pilates Instructor training courses:

- Advanced Diploma of the Pilates Method (10839NAT)
- Diploma of Professional Pilates Instruction (10838NAT)
- Professional Pilates Matwork Instruction Pathway
- Professional Pilates Reformer Instruction Pathway
- Group Fit Professional Pilates Instruction Pathway

All our courses include the Pre-requisites of Introduction to the Pilates Method and Introduction to Anatomy.

National Pilates Training is a registered training organisation offering government accredited qualifications. These qualifications are industry endorsed by Pilates Alliance Australasia, AUSActive, ESSA and Physical Activity Australia. National Pilates Training delivers these courses in partnership with Pilates International. All our faculty educators have completed a minimum of the Diploma of Professional Pilates Instruction (10838NAT) and have TAE40116 Certificate IV in Training and Assessment training qualification.

The level of experience and quality of our formally trained educators at National Pilates Training ensures each student reaches their full potential and is workplace ready to be employed in a professional setting.

Graduates of National Pilates Training have an extremely high success rate of employability due to our highly regarded and strong reputation in delivering high quality, comprehensive training. Our graduates enter the workforce ready to be employed in various settings including professional sporting club, elite talent development specialised secondary schools, fitness centres/gyms, fully equipped Pilates studios, allied health clinics and various other settings within the community.

National Pilates Training has developed an extensive affiliate community network since our conception in 2001. All students enrolled with National Pilates training will be supported in finding an appropriate work placement site ensuring the crucial practicable skill development is possible. Our students attending "in person" scheduled sessions will work closely with our highly experienced and knowledgeable NPT faculty during the Pilates training journey. We have inbuilt teaching clinics as part of work placement hours ensuring all students have the opportunity to hone the practicable skills required to enter the workforce fully equipped and workplace ready.

The curriculum delivered at National Pilates training across all courses and qualifications is evidence based aligned with current research, advanced in sports medicine and up to date clinical practise ensuring you as a student understand application of the original Joseph Pilates concepts and principles of the Pilates method meets the population and community requirements for the current era.

At National Pilates Training, we provide the best possible start in your new career path. We guarantee the highest quality delivery with the most experienced staff on offer in the Pilates industry today. We are passionate people, strongly committed to keeping the teachings of Joseph Pilates and the Pilates method alive and can assure you that training with us at National Pilates Training will change your life. We look forward to being a part of your Pilates journey.



Kind Regards
Katrina Edwards,

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Prerequisite Course

INTRODUCTION TO PILATES

Getting started

Our uniquely designed Introduction to Pilates course has been created by our Director of Training, Katrina Edwards. The purpose of this course is to provide you with a deeper understanding of your own body investing in your own personal health and physical wellbeing for self-care. The Introduction to Pilates course has been designed to:

- Help you understand the mind-body connection in practise
- Motivate you to make self-care and the practise of the Pilates method and its principles a part of your everyday routine for improved mental, emotional and physical wellbeing
- Build your confidence
- Encourage self-directed practise
- Give you strategies and tools

The Introduction to Pilates course includes an easy to follow at home activities handout encouraging daily practice over the course of the 7 modules. The daily practice is supported and directed by our eLearn resources, alongside a downloadable video library. This Introduction to Pilates course will build physical confidence giving you strategies to take care of yourself mentally and physically as part of your day to day living.

What will you learn?

1. Concepts and principles underlying the Pilates Method
2. A fundamental understanding of the Pilates method
3. Pre- Pilates matwork and functional strength-based exercises
4. How to self-direct your own practice
5. To understand the mind-body connection
6. Improved awareness of your own body
7. How to increase and develop your personal physical conditioning and fitness
8. Strategies to reduce and manage stress

Outcomes

1. Increased energy levels
2. Physical confidence
3. Reduced stress levels
4. Articulation to the **Group Fit Professional Pilates Instruction Pathway, Professional Pilates Reformer Instruction Pathway, Professional Pilates Matwork Instruction Pathway, and the Diploma of Professional Pilates Instruction (10838NAT).**

Who is this course for?

Anybody and everybody with an interest in taking charge of your own physical health and mental wellbeing

and/or

An interest in studying to become a professional Pilates teacher.

This Introduction to Pilates course is the gateway course to get you on your way with your Pilates journey.

Course Delivery Mode

- Delivery – 100% online, self-directed
- Optional weekly live-streamed movement sessions with Katrina Edwards (included in course cost)

Cost:

: \$459.00 (includes ITA)

: Complimentary to all enrolling students in all courses with National Pilates Training.

Further Information

Please contact our Course Administrator, Celine Tricarico via email at admin@nationalpilates.com.au for further details.



Prerequisite Course

INTRO TO ANATOMY

Students come to National Pilates Training from all walks of life – lawyers, IT professionals, osteopaths, teachers, dancers, and everything in between. Our diverse student range is one of the things that people love when they come to study with us.

Some students come to us with a detailed knowledge of human anatomy and physiology – from their previous studies or their current work position.

Some students come to us with no previous exposure to human movement and body structure and function. Such students are **strongly recommended** to undertake a supplementary human anatomy and physiology course prior to commencing Pilates studies with us.

Students can do such courses via external providers, but why not undertake your anatomy studies with National Pilates Training? We offer a competitively priced course which has been expressly designed for the pre-Pilates student. Our **Introduction to Anatomy** course guides students through basic anatomy and physiology principles and practical application to movement. Introduction to Anatomy students will gain an understanding of the body's skeletal structure and the role of bones and muscles in relation to human movement.

This course provides articulation to the **Professional Pilates Matwork Instruction Pathway, Group Fit Professional Pilates Instruction Pathway, Professional Pilates Reformer Pathway, and the Diploma of Professional Pilates Instruction (10838NAT)**.

Course Description

The Intro to Anatomy course comprises six learning modules, detailed in the following table:

Systems, Planes and Movements	In this first unit of Introduction to Anatomy we will be introducing you to the Muscular and Skeletal systems and their roles within the body. Additionally, we will be going through the terminology of orientation and movement and deciphering their meanings and well as the physical movement associated with the terminology.
Lumbar, Abdominals and Pelvic Floor	The structural skeletal characteristics of the lumbar spine paired with the commonly addressed muscles of the lumbar region, abdominal wall, and pelvic floor. Looking at the origin, insertion, and action of these muscles and finally the relationship between the lumbopelvic stabilizers.
Thoracic and Breathing	In the Thoracic and Breathing unit we will look at the structural skeletal characteristics of the thoracic spine and cage, paired with the commonly addressed muscles of the thoracic region. From there we look at breathing as a whole and what muscles are used during passive and forced respiration.
Cervical	The passageway from the head to the body has many roles in such a small space. Here we will be looking structural skeletal characteristics and differences of the cervical spine and its varied range of motion between the different vertebrae. Paired with the commonly addressed muscles of the neck, their origin, insertion, and action.
Shoulder	The shoulder is one of the largest and most complex set of joints in the body made up of several bones and joints. We will look at the characteristics of the shoulder structure and how it moves around the axial skeleton. We will also be going through the muscles of the rotator cuff, shoulder girdle and their origin, insertion, and action.
Pelvic Region	The pelvis is a key structure for supporting organs, load distribution and locomotion and has many supporting muscles and ligaments attached to it. In this final unit we will go over the basic characteristics of the pelvis as well as its surrounding musculature and their actions.

Course Delivery Mode

- Learning materials and resources – self-directed
- Quizzes - directed

Course Cost

: included in ITP enrolment fee

: Complimentary to all enrolling NPT students for all courses with National Pilates Training

Further Information

Please contact our Course Administrator, Celine Tricarico via email at admin@nationalpilates.com.au for further details.



GROUP FIT PROFESSIONAL PILATES INSTRUCTION PATHWAY

At National Pilates Training our **Group Fit Professional Pilates Instruction Pathway** is designed to introduce you to the concepts and principles of the Pilates method with a comprehensive approach to the instruction of group matwork and group reformer classes. This **Group Fit Professional Pilates Instruction Pathway** is suitable for the fitness professional/personal trainer looking to upskill and include Pilates into their services. This customised selection of units will offer the participant the opportunity to understand the concepts and principles of the Pilates method, applied to the Intro-basic matwork and reformer repertoire creating effective and efficient programs for private/one to one or group settings adapting to suit all ages, fitness levels and abilities.

The **Group Fit Pilates Professional Instruction** provides an accredited outcome of three units of competency drawn from the **Diploma of Professional Pilates Instruction (10838NAT)**.

	UNIT CODE	UNIT OF COMPETENCY
THE FOUNDATIONS	NAT10838001	Apply Pilates Method fundamentals to induction and instruction of Pilates
INTEGRATED REPERTOIRE	NAT10838002	Plan and instruct an introductory to basic level Pilates Matwork class
	NAT10838006	Plan and instruct the Pilates studio introductory to basic level Pilates Reformer repertoire

How is the course delivered?

The **Group Fit Professional Pilates Instruction Pathway** is delivered through a combination of:

- e-Learn- self-directed - interactive modules
- Downloadable materials, resources, tools
- Repertoire manuals with images and detailed information to support personal practice.
- Scheduled tutorials for “in person” delivery to support knowledge acquisition
- Scheduled teaching clinics for “in person” delivery where you will apply new skills and knowledge related to matwork and reformer teaching and programming. These are counted as loggable work placement hours
- Work placement hours, self-directed in a suitable setting
- Self-directed learning: self-review and self-mastery

What will I learn?

- History of Joseph Pilates and the Pilates Method
- Foundational Concepts of the Pilates Method
- The Principles of the Pilates method
- The Fundamentals of the Pilates method
- Intro-Basic Pilates matwork repertoire
- Intro – basic Pilates reformer repertoire
- Use of small props to challenge Pilates matwork and Pilates reformer repertoire
- How to plan and program for fun, challenging and effective classes
- How to vary the load and resistance to make exercises more or less challenging

- How to create transitions affecting flow for an effective and continuous workout for improved strength, fitness, and conditioning
- How to tailor workouts
- Goals of exercises
- Analysis of movement patterns
- Application of functional anatomy
- How to progress and regress the repertoire
- The Reformer and all its moving parts

How can I learn?

The **Group Fit Professional Pilates Instruction Pathway** can be undertaken via the following two delivery modes:

- **Online- Supported with “In-Person” Delivery Schedule**
This model of delivery includes scheduled “in-person” Tutorials and Teaching Clinics led by our experienced and knowledgeable National Pilates Training faculty educators, to build the required practicable skills. Learning is enhanced with our comprehensive, highly interactive eLearn- self-directed study, for knowledge acquisition.

or

- **100% “Online Only” – Self-Directed**
This model of delivery includes our highly interactive eLearn along with downloadable supporting resources and tools. This model of learning is 100% online and is a self-directed journey. As a 100% online only- self-directed student you can choose to attend the scheduled Tutorials and Teaching Clinics “in person” at an additional cost. This journey is for the student that is looking for independence, autonomy and will be self-paced.

How long is the course?

The **Group Fit Professional Pilates Instruction Pathway** equates to:

- 3 months full-time
- 6 months part-time.

A **minimum of 6 hours per week** is required to meet requirements, including observation, work placement, self-mastery, and self-directed learning tasks.

Maximum time for full course completion: 12 months

What is included in the course fees?

The course fees for the **Group Fit Professional Pilates Instruction Pathway** include:

- Intro to Pilates with Katrina Edwards- eLearn, self-directed
- Intro to Anatomy – eLearn, digital resources
- Weekly Matwork class “Move with Kat” led by Katrina Edwards- “live-streamed”
- NPT eLearn including repertoire videos, downloadable resources and tools, repertoire workbooks, quizzes
- Scheduled tutorials for “in person” delivery (optional add on for online only students)
- Scheduled teaching clinics - loggable work placement hours for “in person” delivery (Optional add on for online only)

Delivery Pathway

The **Group Fit Professional Pilates Instruction Pathway** is delivered in an integrated structure through a combination of:

	INCLUDES	EXPLANATION
Contact Hours – 28 hours	<ul style="list-style-type: none"> • 2 x Tutorial • 3 Teaching Clinics • Pilates Fundamentals • Assessment Days 	<ul style="list-style-type: none"> • In-person scheduled sessions • Optional attendance for 100% online- self-directed students at an additional cost
Work Placement 38 Total (min) (8 observation 30 teacher training)	<ul style="list-style-type: none"> • Observation (Obs) • Teaching (TT) • Self-mastery • Self-directed study 	<p>Self-mastery comprises of:</p> <ul style="list-style-type: none"> • Unsupervised • Supervised – Compulsory x2 weekly sessions <p>Teaching hours are a combination of:</p> <ul style="list-style-type: none"> • Teaching Clinic hours (TT) built into the delivery schedule • Assisting hours (TT) where the student is assisting a senior teacher on the floor through our WPFS program • Teaching at home, friends or at work (TT) • Observing (Obs) Pilates Anytime classes by
Directed Distance Learning hours	<ul style="list-style-type: none"> • e-Learn – self-directed • Repertoire manuals • Downloadable resources and tools • Assessment tasks 	
Self-Directed Learning hours	<ul style="list-style-type: none"> • Self-review • Self-mastery • e-learning 	<ul style="list-style-type: none"> • Learning done under own guidance

Assessment

Assessment for the **Group Fit Professional Pilates Instruction Pathway** includes the following:

<p>Practical Assessment</p>	<ul style="list-style-type: none"> • Practical Assessment: <ul style="list-style-type: none"> a) Comprises the demonstration of practicable skills including WHS safety, equipment setup, teaching of the fundamentals- pre-exercise screening, matwork and reformer repertoire, cueing techniques applied, concepts and principles applied b) Self-Mastery Assessment- comprises the demonstration of the understanding of the Pilates concepts and principles of the Pilates method in relation to the fundamentals, matwork and reformer repertoire on the student's own body. <p>The practical assessments are a compulsory part of the Group Fit Professional Pilates Instruction Pathway for successful completion.</p>
<p>Online Exams</p>	<p>Each of the three e-Learn units are complete with an on-line exam. This online exam has been designed to enable you to receive immediate feedback improving your capacity to acquire the necessary knowledge.</p> <p>These exams are a combination of multiple choice, true / false questions.</p> <p>The online exams are a compulsory part of the Group Fit Professional Pilates Instruction Pathway for successful completion.</p>
<p>Written Assignment</p>	<p>The written assignment demonstrates your understanding of the knowledge acquired in the self-directed study of the eLearn for the three units of competency.</p> <p>This assignment is a combination of multiple choice, true / false questions, short- and long- answer questions, exercise analysis and programming.</p> <p>The written assignment is a compulsory part of the Group Fit Professional Pilates Instruction Pathway for successful completion.</p>

A variety of assessment methods are used in alignment with the principles of competency-based training. Where possible, reasonable adjustments are made for individual needs in assessment. Individual needs may include:

- Provision of personal support services
- Allowance for fatigue or medication
- Religious/traditional beliefs
- Adaptation/s for any injury/physical limitations
- Literacy or numeracy difficulty
- Using a large print version of any papers
- Oral assessment in place of written

Work placement hours

The work placement component is an essential phase of a student's training, being able to put the knowledge into practice, and a key requirement of the industry. A process of logging of work placement hours has been created whereby the student can carry out work placement

- as a student instructor in a professional setting/studio environment/ gym setting, supported by a qualified instructor
- assisting a qualified instructor in a Pilates studio/gym/suitable setting
- in a student training environment (teaching clinic) where students act as instructors teaching fellow peers.
- As a student instructor in a home-based setting teaching family/friend who have been pre-screened

Students need to complete 38 work placement hours, comprising:

- 30 teaching hours
- 8 observation hours.

National Pilates Training includes a structured Work Placement Facilitation Site (WPFS) Program to enable student placement under faculty members and past graduates as mentors and supervisors, in a controlled manner.

A **minimum of 6 hours per week** for the **Group Fit Professional Pilates Instruction Pathway** is recommended to meet requirements, including observation, work placement, self-mastery, and self-directed learning tasks.

Outcome

Completion of the **Group Fit Professional Pilates Instruction Pathway** provides a Statement of Attainment acknowledging partial completion of the Diploma of Professional Pilates Instruction (10838NAT). Graduates receive recognition for having completed three accredited units of competency drawn from the Diploma of Professional Pilates Instruction (10838NAT). This is not a formal qualification outcome, but a grouping of units drawn from the Diploma.

Pilates Matwork/Reformer Instructor

Role/Function:

Industry Recognition (Peak Body):

Fitness Pilates Instructor Level 1 Full Membership (AUSactive)

What are the prerequisites?

People interested in studying the **Group Fit Professional Pilates Instruction Pathway** will be required to

- complete the Introduction to Pilates- gateway program with National Pilates Training
- complete the Introduction to Anatomy - gateway program or demonstrate prior knowledge and submit evidence
- have completed VCE / HSC or equivalent
- be physically capable of carrying out the necessary requirements of Pilates group matwork and reformer instructor employment.

In addition to the above, applicants from a non-English speaking background are required to have a minimum standard of English language proficiency to undertake the theoretical study involved in this course. The level of English language proficiency specified as appropriate for overseas students of non-English speaking background is prescribed in the following rating systems and is comparable to the rates used by TAFE colleges for overseas students enrolling in accredited training programs:

- Test of English as a foreign language (TOEFL) 94
- International English Language Testing System (IELTS) 6.0

Applicants requiring assistance with language development will be advised of available bridging programs through ACE, TAFE, or English language school

Resources

Essential texts are:

- The Anatomy of Movement* by Calais-Germain
- The Anatomy of Movement-Exercises* by Calais-Germain
- Return to Life Through Contrology* by J. H. Pilates & W. Miller
- Muscles Testing and Function with Posture and Pain* by F. P. Kendal (et al) (2005)

The recommended reading list provided at the beginning of the course will outline further relevant texts that will assist learning and comprehension of the course. It is recommended that each student select materials to purchase from this list for their learning benefit.

Recommended reading material:

- Muscles Testing and Function* by Kendall/McCreary/Provance

- ❑ *The Pocket Book of Anatomy* by Mel Cash
- ❑ *The Pilates Handbook* by Pilates International Pty Ltd
- ❑ *Pilates Anatomy* by Rael Isacowitz and Karen Clippinger
- ❑ *The Pilates Method of Physical and Mental Conditioning* by P Friedman & G Eisen
- ❑ *Principles of Anatomy and Physiology* by Tortora and Derrickson
- ❑ *Fundamentals of Anatomy and Movement* by Carla Z Hinkle
- ❑ *The Complete Illustrated Encyclopaedia of Alternative Healing Therapies* by C Norman Shealy MD. PhD.
- ❑ *Manual of Structural Kinesiology* by Clem W Thompson

Progression from the course

The **Group Fit Professional Pilates Instruction Pathway** articulates directly into the Diploma of Professional Pilates Instruction (10838NAT), allowing for a progressive attainment of skills and knowledge through formal training.

Industry Endorsement – CEC's/PDP's

The **Group Fit Professional Pilates Instruction Pathway** is endorsed by Ausactive, Ausactive – 15 CEC's

Further information

Please contact our Course Administrator Celine Tricarico via email on admin@nationalpilates.com.au



PROFESSIONAL PILATES MATWORK INSTRUCTION PATHWAY

At National Pilates Training our **Professional Pilates Matwork Instruction Pathway** is designed to introduce you to the concepts and principles of the Pilates method with a comprehensive approach to the instruction of group matwork classes. The course will qualify you to teach matwork classes for a group setting or one to one service. You will be comprehensively trained in how to instruct the introductory - intermediate Pilates matwork repertoire including small apparatus, with the ability to create fun and challenging classes promoting the building of functional core strength, improving physical fitness and mental wellbeing suitably catering for all ages and fitness levels.

The **Professional Pilates Matwork Instruction Pathway** is made up of the following endorsed and Pilates-customised units of competency, drawn from the **Diploma of Professional Pilates Instruction (10838NAT)**.

	UNIT CODE	UNIT OF COMPETENCY
THE FOUNDATIONS	NAT10838001	Apply Pilates Method fundamentals to induction and instruction of Pilates
	HLTWHS001	Participate in workplace health and safety
INTEGRATED REPERTOIRE 1	NAT10838002	Plan and instruct an introductory to basic level Pilates Matwork class
	NAT10838003	Plan and instruct a progressive Pilates Matwork class
	NAT10838004	Plan and instruct an intermediate Pilates Matwork class
	NAT10838005	Instruct the Pilates studio basic to intermediate Small Apparatus repertoire

How is the course delivered?

The **Professional Pilates Matwork Instruction Pathway** is delivered through a combination of:

- eLearn -self-directed. Including repertoire videos
- Repertoire workbooks
- Downloadable resources and tools
- Repertoire manuals with images and detailed information to support personal practice.
- Scheduled tutorials – for “in person” students
- Scheduled teaching clinics – for “in person” students
- Work placement: comprising observation and teacher training hours.
- Self-directed learning: self-review and self-mastery

What will I learn?

- The foundation skills and knowledge required to assess, induct, and instruct clients in the Pilates Method, according to the fundamental concepts, philosophy, and approach to the works of Joseph Pilates.
- Movement analysis
- Develop, conduct, and evaluate Pilates Matwork programs.
- Client management, assessment and instructing techniques.
- Work Health and Safety and legal requirements within the Pilates Industry.
- Introductory to intermediate level Pilates repertoire for Matwork and Small Apparatus
- Incorporate the use of Small Apparatus into the delivery of Matwork exercise for clients who are apparently healthy or require postural address.

How can I learn?

To complete this qualification learning can be undertaken via the following two delivery modes:

- **Online- Supported with “In-Person” Scheduled sessions**

This model of delivery includes scheduled “in-person” Tutorials and Teaching Clinics led by our experienced and knowledgeable National Pilates Training faculty educators, to build the required practicable skills. Learning is enhanced with our comprehensive, highly interactive eLearn- self-directed study, for knowledge acquisition.

or

- **100% “Online Only” – Self-Directed**

This model of delivery includes our highly interactive eLearn along with downloadable supporting resources and tools. This model of learning is 100% online and is a self-directed journey. As a 100% online only- self-directed student you can choose to attend the scheduled Tutorials and Teaching Clinics for the “in person” delivery at an additional cost. This journey is for the student that is looking for independence, autonomy and will be self-paced.

How long is the course?

The **Professional Pilates Matwork Instruction Pathway** equates to:

- 4 months full-time
- 8 months part-time.

A **minimum of 7 hours per week** for the **Professional Pilates Matwork Instruction Pathway** is required to meet extra work requirements, including observation, work placement, self-mastery, and self-directed learning tasks.

Maximum time for full course completion: 12 months

What is included in the course fees?

The course fees for the **Professional Pilates Matwork Instruction Pathway** also include:

- Intro to Pilates with Katrina Edwards- eLearn, self-directed
- Intro to Anatomy – eLearn,digital resources
- Weekly Matwork class “Move with Kat” led by Katrina Edwards- “live-streamed”
- Access to our NPT eLearn for knowledge acquisition
- Repertoire workbooks
- Downloadable resources and tools
- tutorials and teaching clinics- ‘In person’ students led by our NPT faculty. Additional charges apply for all 100% online only- self-directed students to attend these sessions.
- Work placement hours

Delivery Pathway

The **Professional Pilates Matwork Instruction Pathway** is delivered in an integrated structure through a combination of:

	INCLUDES	EXPLANATION
Contact Hours – 33 hours	<ul style="list-style-type: none"> • 2 x Tutorials • 3 Teaching Clinics • Pilates Fundamentals 	<ul style="list-style-type: none"> • In-person scheduled sessions • Optional attendance for 100% online- self-directed students at an additional cost
Work Placement 100 Total (min) (30 observation 70 teacher training)	<ul style="list-style-type: none"> • Observation (Obs) • Teaching (TT) • Self-mastery • Self-directed study 	<p>Self-mastery comprises of:</p> <ul style="list-style-type: none"> • Unsupervised • Supervised – Compulsory x2 weekly sessions <p>Teaching hours are a combination of:</p> <ul style="list-style-type: none"> • Teaching Clinic hours (TT) built into the delivery schedule • Assisting hours (TT) where the student is assisting a senior teacher on the floor through our WPFS program • Teaching at home, friends or at work (TT) • Observing (Obs) Pilates Anytime classes by approved instructors, NPT's weekly live online
Directed Distance Learning – 230 hours	<ul style="list-style-type: none"> • e-Learn – self directed • Repertoire manuals • Downloadable resources and tools • Assessment tasks 	
Self-Directed Learning – 170 hours	<ul style="list-style-type: none"> • Self-review • Self-mastery • e-learning 	<ul style="list-style-type: none"> • Learning done under own guidance

How is the course assessed?

Students completing the **Professional Pilates Matwork Instruction Pathway** complete their assessment via a combination of:

- practical assessment:
 - a) demonstration of skills and knowledge related to teaching of the fundamentals and matwork repertoire, pre-exercise screening, WHS, cueing techniques applied
 - b) demonstration of understanding of the Pilates concepts and principles in application to the Pilates fundamentals, matwork repertoire on student's own body
- Online exams
- Written assignments

Assessment

Assessment for the **Professional Pilates Matwork Instruction Pathway** includes the following:

<p>Practical Assessment</p>	<ul style="list-style-type: none"> • Practical Assessment: <ul style="list-style-type: none"> c) Comprises the demonstration of practicable skills including WHS safety, equipment setup, teaching of the fundamentals- pre-exercise screening, matwork repertoire, cueing techniques applied, concepts and principles applied d) Self-Mastery Assessment- comprises the demonstration of the understanding of the Pilates concepts and principles of the Pilates method in relation to the fundamentals and matwork repertoire on the student's own body. <p>The practical assessments are a compulsory part of the Professional Pilates Matwork Instruction Pathway for successful completion.</p>
<p>Online exams</p>	<p>Each of the six e-Learn units are complete with an on-line exam. This online exam has been designed to enable you to receive immediate feedback improving your capacity to acquire the necessary knowledge.</p> <p>These exams are a combination of multiple choice, true / false questions.</p> <p>The online exams are a compulsory part of the Professional Pilates Matwork Instruction Pathway for successful completion.</p>
<p>Written Assignment</p>	<p>The written assignment demonstrates your understanding of the knowledge acquired in the self-directed study of the eLearn for the three units of competency.</p> <p>This assignment is a combination of multiple choice, true / false questions, short- and long- answer questions, exercise analysis and programming.</p> <p>The written assignment is a compulsory part of the Professional Pilates Matwork Instruction Pathway for successful completion.</p>

A variety of assessment methods are used in alignment with the principles of competency-based training. Where possible, reasonable adjustments are made for individual needs in assessment. Individual needs may include:

- Provision of personal support services
- Allowance for fatigue or medication
- Religious/traditional beliefs
- Adaptation/s for any injury/physical limitations
- Literacy or numeracy difficulty
- Using a large print version of any papers
- Oral assessment in place of written

Work Placement

The work placement component is an essential phase of a student's training, being able to put the knowledge into practice, and a key requirement of the industry. A process of logging of work placement hours has been created whereby the student can carry out work placement

- as an instructor in a professional Pilates studio/gym environment.
- assisting qualified instructors in a Pilates studio/gym environment
- in a student training environment (teaching clinic) where students act as instructors teaching fellow peers
- in a suitable environment teaching family and friends who have been pre-screened – self directed

National Pilates Training includes a structured Work Placement Facilitation Site (WPFS) Program to enable student placement under faculty members and past graduates as mentors and supervisors, in a controlled manner.

Students need to complete **100 work placement hours**, comprising:

- 70 teaching hours
- 30 observation hours.

Teaching clinics - Students enrolled in the online- supported “in person” delivery will receive x 5 work placement hours for each x 5-hour teaching clinic attended. Attendance at the x 3 scheduled teaching clinics within the delivery schedules provides a total of 15 teaching hours (approx. 20% of the total required teaching hours).

Students enrolled in the 100% Online only self-directed model can elect to pay an additional fee to attend teaching clinics.

Prerequisites

People interested in studying the **Professional Pilates Matwork Instruction Pathway** must have

- completed the Intro to Pilates – gateway program with NPT
- completed the Intro to Anatomy – gateway program with NPT or completion of HLTAAP001 Recognise Healthy Body Systems qualification or an equivalent).
- completed VCE / HSC or equivalent
- be physically capable of carrying out the necessary requirements of Pilates Matwork instructor employment.

In addition to the above, applicants from a non-English speaking background are required to have a minimum standard of English language proficiency to undertake the theoretical study involved in this course. The level of English language proficiency specified as appropriate for overseas students of non-English speaking background is prescribed in the following rating systems and is comparable to the rates used by TAFE colleges for overseas students enrolling in accredited training programs:

- Test of English as a foreign language (TOEFL) 94
- International English Language Testing System (IELTS) 6.0

Applicants requiring assistance with language development will be advised or available bridging programs through ACE, TAFE, or English language schools.

Recommended pre-learning/study

National Pilates Training suggested reading list includes the following texts:

- The Anatomy of Movement* by Calais-Germain
- The Anatomy of Movement-Exercises* by Calais-Germain
- Return to Life Through Contrology* by J H. Pilates & W. Miller
- Muscles Testing and Function with Posture and Pain* by F. P. Kendal (et al) (2005)

The recommended reading list provided at the beginning of the course will outline further relevant texts that will assist learning and comprehension of the course. It is recommended that each student select materials to purchase from this list for their learning benefit.

Further recommended reading material includes:

- Muscles Testing and Function* by Kendall/McCreary/Provance
- The Pocket Book of Anatomy* by Mel Cash
- The Pilates Handbook* by Pilates International Pty Ltd
- Pilates Anatomy* by Rael Isacowitz and Karen Clippinger
- The Pilates Method of Physical and Mental Conditioning* by P Friedman & G Eisen
- Principles of Anatomy and Physiology* by Tortora and Derrickson
- Fundamentals of Anatomy and Movement* by Carla Z Hinkle
- The Complete Illustrated Encyclopaedia of Alternative Healing Therapies* by C Norman

- Shealy MD. PhD.
 Manual of Structural Kinesiology by Clem W Thompson

Progression pathway

The **Professional Pilates Matwork Instruction Pathway** articulates directly into the **Diploma of Professional Pilates Instruction (10838NAT)**, allowing for a progressive attainment of skills and knowledge through formal training.

What is the peak body recognition?

Graduates of the **Professional Pilates Reformer Instruction Pathway** are eligible for group instructor Matwork membership with the Pilates Alliance Australasia (PAA) and Fitness Pilates Instructor level 1 full membership with AUSactive.

The qualification

Completion of the **Professional Pilates Reformer Instruction Pathway** provides a Statement of Attainment acknowledging partial completion of the Diploma of Professional Pilates Instruction (10838NAT). Graduates receive recognition for having completed four accredited units of competency drawn from the Diploma of Professional Pilates Instruction (10838NAT). This is not a formal qualification outcome, but a grouping of units drawn from the Diploma.

Role/Function:	Pilates Matwork Instructor
Industry Recognition (Peak Body):	Group Instructor Membership (PAA) Fitness Pilates Instructor Level 1 Full Membership (AUSactive)

Recognition

The Pilates Alliance of Australasia (PAA) and AUSactive has a membership structure in place to allow for reference of training and experience as well as a hierarchy system for achievement within the industry. As part of membership requirements, a compulsory Professional Development Points (PDPs) program ensures currency and continued professional development.

The **Professional Pilates Matwork Instruction Pathway** will continue to align with expectations set down by the PAA and AUSactive therefore retain recognition at the relevant membership level.

Australian Qualifications Framework (AQF) Level	PAA Recognition	AUSactive Recognition	Malpractice/ Professional Indemnity Insurance	Able to lead a Pilates practice/ studio
Enrolled as a student in a recognised training program Student Membership	Student Membership	Student Membership	No	No
Professional Pilates Matwork Instruction	Group Instructor Membership	Fitness Pilates Instructor	Yes	No
Diploma of Professional Pilates Instruction (10838NAT)	Professional Instructor Membership Level 1	Pilates Method Teacher Level 1	Yes	No
Advanced Diploma of the Pilates Method (10839NAT)	Professional Instructor Membership Level 2	Pilates Method Teacher Level 2	Yes	Yes

Industry Endorsement – CEC's/PDP's

The **Professional Pilates Matwork Instruction Pathway** is endorsed by Pilates Alliance Australasia, AUSactive, and Physical Activity Australia.

- Ausactive – 15 CEC's
- Physical Activity Australia – 6 PDP's

Further Information

Please contact our Course Administrator, Celine Tricarico via email at admin@nationalpilates.com.au for further details.



PROFESSIONAL PILATES REFORMER INSTRUCTION PATHWAY

The **Professional Pilates Reformer Instruction Pathway** will qualify you to teach reformer classes in a studio/gym/ fitness setting for a group or one to one service. You will be comprehensively trained in how to instruct the introductory - intermediate Pilates reformer repertoire including small props, with the ability to create fun and challenging classes promoting the building of functional core strength, improving physical fitness and mental wellbeing suitably catering for all ages and fitness levels. The **Professional Pilates Reformer Instruction Pathway** at National Pilates Training is designed to equip you with an understanding of the concepts and principles of the Pilates method for a comprehensive approach to the instruction of group reformer classes.

The **Professional Pilates Reformer Instruction Pathway** is an evidence-based curriculum acknowledging sports medicine advancements and is up to date with current clinical practise.

The **Professional Pilates Reformer Instruction Pathway** is government accredited and industry endorsed by Ausactive, Physical Activity Australia, ESSA, providing an accredited outcome of four units of competency drawn from the **Diploma of Professional Pilates Instruction (10838NAT)**.

	UNIT CODE	UNIT OF COMPETENCY
THE FOUNDATIONS	NAT10838001	Apply Pilates Method fundamentals to induction and instruction of Pilates
INTEGRATED REPERTOIRE	NAT10838006	Instruct the Pilates studio introductory to basic Reformer repertoire
	NAT10838007	Instruct the Pilates studio progressive Reformer repertoire
	NAT10838008	Instruct the Pilates studio intermediate Reformer repertoire

How is the course delivered?

The **Professional Pilates Reformer Instruction Pathway** is delivered through a combination of:

- eLearn -self-directed. Including repertoire videos
- Repertoire workbooks
- Downloadable resources and tools
- Repertoire manuals with images and detailed information to support personal practice.
- tutorials for “in person” students
- teaching clinics for “in person” students
- Work placement: comprising observation and teacher training hours.
- Self-directed learning: self-review and self-mastery

What will I learn?

- History of the Pilates Method
- Concepts and principles of the Pilates Method
- Fundamentals
- Planning and programming
- How to vary the load and resistance to make exercises more or less challenging

- Goals of exercises
- Analysis of movement patterns
- Application of functional anatomy
- Progressions and regressions
- How to operate the Reformer and all its functioning parts
- Intro- Intermediate level reformer repertoire
- Pre exercise screening induction and Instruction

How can I learn?

The **Professional Pilates Reformer Instruction Pathway** can be undertaken via the following two delivery modes:

- **Online- Supported with “In-Person” Scheduled sessions**
This model of delivery includes scheduled “in-person” Tutorials and Teaching Clinics led by our experienced and knowledgeable National Pilates Training faculty educators, to build the required practicable skills. Learning is enhanced with our comprehensive, highly interactive eLearn- self-directed study, for knowledge acquisition.
or
- **100% “Online Only” – Self-Directed**
This model of delivery includes our highly interactive eLearn along with downloadable supporting resources and tools. This model of learning is 100% online and is a self-directed journey. As a 100% online only- self-directed student you can choose to attend the scheduled Tutorials and Teaching Clinics for the “in person” delivery at an additional cost. This journey is for the student that is looking for independence, autonomy and will be self-paced.

How long is the course?

The **Professional Pilates Reformer Instruction Pathway** equates to:

- 4 months full-time
- 8 months part-time.

A **minimum of 7 hours per week** is required to meet requirements, including observation, work placement, self-mastery, and self-directed learning tasks.

Maximum time for full course completion: 12 months

What is included in the course fees?

The course fees for the **Professional Pilates Reformer Instruction Pathway** includes:

- Intro to Pilates with Katrina Edwards- eLearn, self-directed
- Intro to Anatomy – eLearn, digital resources
- Weekly Matwork class “Move with Kat” led by Katrina Edwards- “live-streamed”
- Access to NPT eLearn including downloadable resources tools and repertoire videos.
- *tutorials – in person students
- * teaching clinics – in person students (loggable work placement hours)
*100% online only- self-directed students are welcome to attend these sessions for an additional cost
- Work placement hours – supported by our affiliate network
- Access to our NPT faculty

Delivery of the Pathway

The **Professional Pilates Reformer Instruction Pathway** is delivered in an integrated structure through a combination of:

	INCLUDES	EXPLANATION
Contact Hours – 29 hours	<ul style="list-style-type: none"> • 2 x Tutorial • 4 Teaching Clinics • Pilates Fundamentals • Assessment Days 	<ul style="list-style-type: none"> • In-person scheduled sessions • Optional attendance for 100% online- self-directed students at an additional cost
Work Placement 50 Total (min) (10 observation 40 teacher training)	<ul style="list-style-type: none"> • Observation (Obs) • Teaching (TT) • Self-mastery • Self-directed study 	Self-mastery comprises of: <ul style="list-style-type: none"> • Unsupervised • Supervised – Compulsory x2 weekly sessions Teaching hours are a combination of: <ul style="list-style-type: none"> • Teaching Clinic hours (TT) built into the delivery schedule • Assisting hours (TT) where the student is assisting a senior teacher on the floor through our WPFS program • Teaching at home, friends or at work (TT) • Observing (Obs) Pilates Anytime classes by approved instructors, NPT's weekly live online matwork classes, and observing at affiliate sites.
Directed Distance Learning hours	<ul style="list-style-type: none"> • e-Learn – self directed • Repertoire manuals • Downloadable resources and tools • Assessment tasks 	
Self-Directed Learning hours	<ul style="list-style-type: none"> • Self-review • Self-mastery • e-learning 	<ul style="list-style-type: none"> • Learning under own guidance

How is the course assessed?

Students completing the **Professional Pilates Reformer Instruction Pathway** complete their assessment via a combination of:

- practical assessment:
 - c) demonstration of skills and knowledge related to teaching of the fundamentals and matwork repertoire, pre-exercise screening, WHS, cueing techniques applied
 - d) demonstration of understanding of the Pilates concepts and principles in application to the Pilates fundamentals, matwork repertoire on student's own body
- Online exams
- Written assignments

Assessment

Assessment for the **Professional Pilates Reformer Instruction Pathway** includes the following

<p>Practical Assessment</p>	<ul style="list-style-type: none"> • Practical Assessment: <ul style="list-style-type: none"> e) Comprises the demonstration of practicable skills including WHS safety, equipment setup, teaching of the fundamentals- pre-exercise screening, reformer repertoire, cueing techniques applied, concepts and principles applied f) Self-Mastery Assessment- comprises the demonstration of the understanding of the Pilates concepts and principles of the Pilates method in relation to the fundamentals, and reformer repertoire on the student's own body. <p>The practical assessments are a compulsory part of the Professional Pilates Reformer Instruction Pathway for successful completion.</p>
<p>Online exams</p>	<p>Each of the four e-Learn units are complete with an on-line exam. This online exam has been designed to enable you to receive immediate feedback improving your capacity to acquire the necessary knowledge.</p> <p>These exams are a combination of multiple choice, true / false questions.</p> <p>The online exams are a compulsory part of the Professional Pilates Reformer Instruction Pathway for successful completion.</p>
<p>Written Assignment</p>	<p>The written assignment demonstrates your understanding of the knowledge acquired in the self-directed study of the eLearn for the three units of competency.</p> <p>This assignment is a combination of multiple choice, true / false questions, short- and long- answer questions, exercise analysis and programming.</p> <p>The written assignment is a compulsory part of the Professional Pilates Reformer Instruction Pathway for successful completion.</p>

A variety of assessment methods are used in alignment with the principles of competency-based training. Where possible, reasonable adjustments are made for individual needs in assessment. Individual needs may include:

- Provision of personal support services
- Allowance for fatigue or medication
- Religious/traditional beliefs
- Adaptation/s for any injury/physical limitations
- Literacy or numeracy difficulty
- Using a large print version of any papers
- Oral assessment in place of written

Work placement hours

The required 50 hours of on-the-job training is a crucial phase in the development of the student's skills and knowledge. It is essential that students are facilitated in appropriate environments and under appropriately trained supervisors. National Pilates Training includes a structured Work Placement Program and hours are logged in the way of:

- scheduled teaching clinics -enabling students to develop and build the practical skills required supported by our faculty educators
- assisting qualified instructors in a studio/gym setting
- in a student training situation where students teach each other.
- in a student training situation with students teach clients who are willing to attend sessions taught by students in training

Students are required to complete 50 work placement hours, comprising:

- 40 teaching hours
- 10 observation hours.

Prerequisites?

People interested in studying the **Professional Pilates Reformer Instruction Pathway** must have completed

- Intro to Pilates – gateway program
- Intro to Anatomy or equivalent
- VCE / HSC or equivalent and be physically capable of carrying out the necessary requirements of Pilates Reformer instructor employment.

In addition to the above, applicants from a non-English speaking background are required to have a minimum standard of English language proficiency to undertake the theoretical study involved in this course. The level of English language proficiency specified as appropriate for overseas students of non-English speaking background is prescribed in the following rating systems and is comparable to the rates used by TAFE colleges for overseas students enrolling in accredited training programs:

- Test of English as a foreign language (TOEFL) 94
- International English Language Testing System (IELTS) 6.0

Applicants requiring assistance with language development will be advised or available bridging programs through ACE, TAFE, or English language schools.

Recommended Resources

Essential texts recommended by National Pilates Training are:

- The Anatomy of Movement* by Calais-Germain
- The Anatomy of Movement-Exercises* by Calais-Germain
- Return to Life Through Contrology* by J H. Pilates & W. Miller
- Muscles Testing and Function with Posture and Pain* by F. P. Kendal (et al) (2005)

The recommended reading list provided at the beginning of this course will outline further relevant texts that will assist learning and comprehension of this course. It is recommended that each student select materials to purchase from this list to supplement learning.

Recommended reading material:

- *Muscles Testing and Function* by Kendall/McCreary/Provance
- *The Pocket Book of Anatomy* by Mel Cash
- *The Pilates Handbook* by Pilates International Pty Ltd
- *Pilates Anatomy* by Rael Isacowitz and Karen Clippinger
- *The Pilates Method of Physical and Mental Conditioning* by P Friedman & G Eisen
- *Principles of Anatomy and Physiology* by Tortora and Derrickson
- *Fundamentals of Anatomy and Movement* by Carla Z Hinkle
- *The Complete Illustrated Encyclopaedia of Alternative Healing Therapies* by C Norman Shealy MD. PhD.
- *Manual of Structural Kinesiology* by Clem W Thompson

Outcome

Completion of the **Professional Pilates Reformer Instruction Pathway** provides a Statement of Attainment acknowledging partial completion of the Diploma of Professional Pilates Instruction (10838NAT). Graduates receive recognition for having completed x four accredited units of competency drawn from the Diploma of Professional Pilates Instruction (10838NAT). This is not a formal qualification outcome, but a grouping of units drawn from the Diploma.

Role/Function:	Pilates Reformer Instructor
Industry Recognition (Peak Body):	Group Instructor Membership (PAA) Fitness Pilates Instructor (AUSactive)

Where to from here?

The **Professional Pilates Reformer Instruction pathway** articulates directly into the Diploma of Professional Pilates Instruction (10838NAT), allowing for a progressive attainment of skills and knowledge through formal training.

What is the peak body recognition?

Graduates of the **Professional Pilates Reformer Instruction Pathway** are eligible for group instructor Matwork membership with the Pilates Alliance Australasia (PAA) and Fitness Pilates Instructor level 1 full membership with AUSactive.

Recognition

The Pilates Alliance of Australasia (PAA) and AUSactive has a membership structure in place to allow for reference of training and experience as well as a hierarchy system for achievement within the industry. As part of membership requirements, a compulsory Professional Development Points (PDPs) program ensures currency and continued professional development.

The **Professional Pilates Reformer Instruction Pathway** will continue to align with expectations set down by the PAA and AUSactive therefore retain recognition at the relevant membership level.

Australian Qualifications Framework (AQF) Level	PAA Recognition	AUSactive Recognition	Malpractice/ Professional Indemnity Insurance	Able to lead a Pilates practice/ studio
Enrolled as a student in a recognised training program Student Membership	Student Membership	Student Membership	No	No
Professional Pilates Reformer Instruction	Group Instructor Membership	Fitness Pilates Instructor	Yes	No
Diploma of Professional Pilates Instruction (10838NAT)	Professional Instructor Membership Level 1	Pilates Method Teacher Level 1	Yes	No
Advanced Diploma of the Pilates Method (10839NAT)	Professional Instructor Membership Level 2	Pilates Method Teacher Level 2	Yes	Yes

Industry Endorsement – CEC's/PDP's

The **Professional Pilates Reformer Instruction pathway** is endorsed by Pilates Alliance Australasia, ESSA, Ausactive, and Physical Activity Australia.

- ESSA – 15 CEC's
- Ausactive– 15 CEC's

Further information

Please contact our Course Administrator Celine Tricarico via email on admin@nationalpilates.com.au for further details.



DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION (10838NAT)

The **Diploma of Professional Pilates Instruction (10838NAT)** is a nationally endorsed and government accredited qualification. This qualification is an entry-level qualification for the professional Pilates industry. The **Diploma of Professional Pilates Instruction (10838NAT)** is designed to reflect the role of Pilates Instructors who can work autonomously in a professional and specialised studio environment. Diploma graduates work with low- risk clients within the defined range.

The following list details the units comprising the **Diploma of Professional Pilates Instruction (10838NAT)** qualification:

	UNIT CODE	UNIT OF COMPETENCY
THE FOUNDATIONS	NAT10838001	Apply Pilates method fundamentals to induction and instruction of Pilates
	HLTWHS001	Participate in workplace health and safety
INTEGRATED REPERTOIRE 1	NAT1083802	Plan and instruct a Pilates Matwork class from foundation to basic level
	NAT1083803	Plan and instruct a progressive Pilates Matwork class
	NAT1083804	Plan and instruct an intermediate Pilates Matwork class
	NAT1083805	Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
WORK PROFESSIONALLY IN THE PILATES INDUSTRY	NAT10838009	Work within a Pilates industry framework
	NAT10838010	Use and maintain core Pilates industry equipment
INTEGRATED REPERTOIRE 2	NAT10838006	Instruct the Pilates studio introductory to basic Reformer repertoire
	NAT10838007	Instruct the Pilates studio progressive Reformer repertoire
	NAT10838008	Instruct the Pilates studio intermediate Reformer repertoire
COMMUNICATIONS	CHCCOM006	Establish and manage client relationships
	CHCCOM005	Communicate and work in health or community services
	BSBMED301	Interpret and apply medical terminology appropriately
INTEGRATED REPERTOIRE 3	NAT10838012	Instruct the Pilates studio introductory to basic Cadillac repertoire
	NAT10838013	Instruct the Pilates studio progressive to intermediate Cadillac repertoire
	NAT10838014	Instruct the Pilates studio introductory to intermediate Wunda Chair repertoire
	NAT10838015	Instruct the Pilates studio introductory to intermediate Barrels repertoire
PROGRAMMING	NAT10838011	Plan and instruct Pilates Method programming for postural assessment and corrections
	NAT10838016	Undertake exercise planning and programming for Pilates Method clients
COMPLETION: Diploma of Professional Pilates Instruction (10838NAT)		

What will I learn?

- The foundation skills and knowledge required to assess, induct, and instruct clients in the Pilates Method, according to the fundamental concepts, philosophy, and approach of the works of Joseph Pilates
- Exercise planning and programming
- Postural analysis and appraisal
- Applied correction of faulty posture and postural dysfunction
- Client management, assessment and instructing techniques
- Work Health and Safety and legal requirements within the Pilates industry
- Methods of communication in dealing with clients and colleagues
- Adult learning and instructional techniques for one-on-one and groups
- Interactions and referrals with other health care professionals
- Systematic approaches to Pilates Studio and Matwork programming
- Pilates exercise for special conditions
- Work ethics and professional development
- Pilates repertoire for Mat, Reformer, Cadillac, Wunda Chair, Barrels and Small Apparatus from introductory to intermediate levels.
- Analysis of human movement and biomechanics
- To develop, conduct and evaluate Pilates programs
- Instruct and assess Pilates clients who are apparently healthy or requiring postural address / low-risk rehabilitation
- Prepare and instruct client Pilates sessions in a variety of contexts including:
 - Pilates studio private or semi-private
 - Pilates studio group and matwork classes
 - Health centres
 - Gymnasium group classes
 - Home visits
 - Corporate classes
- Instruct clients of a low-risk apparently healthy nature, including:
 - General conditioning
 - Postural correction
 - Pregnancy
 - Ageing
 - Low-risk referrals from allied health practitioners
- Undertake basic dynamic postural screening using applied biomechanics
- Evaluate performance of individual clients or groups and apply teaching methods and instructional styles in a variety of Pilates settings.

How can I Learn

The **Diploma of Professional Pilates Instruction** qualification can be undertaken via the following two delivery modes:

- **Online- Supported with “In-Person” Scheduled sessions**
This model of delivery includes scheduled “in-person” Tutorials, Teaching Clinics led by our experienced and knowledgeable National Pilates Training faculty educators, to build the required practicable skills. Learning is enhanced with our comprehensive, highly interactive eLearn- self-directed study, for knowledge acquisition.
or
- **100% “Online Only” – Self-Directed**
This model of delivery includes our highly interactive eLearn along with downloadable supporting resources and tools. This model of learning is 100% online and is a self-directed journey. As a 100% online only- self-directed student you can choose to attend the scheduled Tutorials and Teaching Clinics for the “in person” delivery at an additional cost. This journey is for the student that is looking for independence, autonomy and will be self-paced.

How is the course delivered?

The **Diploma of Professional Pilates Instruction (10838NAT)** is delivered through a combination of:

- eLearn -self-directed. Including repertoire videos
- Repertoire workbooks
- Downloadable resources and tools
- Repertoire manuals with images and detailed information to support personal practice.
- tutorials – for “in person” students
- teaching clinics – for “in person” students
- Work placement: comprising observation and teacher training hours.
- Self-directed learning: self-review and self-mastery

How long is the course?

The **Diploma of Professional Pilates Instruction (10838NAT)** comprises 1,585 hours.

This equates to

- 12 months full-time
- 18 months part-time.

A minimum 8 hours a week for the **Diploma of Professional Pilates Instruction** is required to meet work requirements, including observation, work placement, self-mastery, and self-directed learning tasks.

Maximum time for full course completion: 18 months

What is included in the course fees?

The course fees for the **Diploma of Professional Pilates Instruction (10838NAT)** includes:

- 24/7 access to our NPT eLearn including downloadable resources and tools, repertoire videos, repertoire workbooks, journals quizzes.
- Scheduled tutorials- for “in person” students. Additional charge for 100% online – self-directed students
- Scheduled teaching clinics for “in person” students. Additional charge for 100%online – self-directed students
- Work placement hours – teaching clinics hours, logged at x 5 per clinic.

Delivery of the qualifications

An **Online – supported “In-person” student will** take approximately 12 -18 months to complete the qualification (maximum of 18 months)

CLASSIFICATION	INCLUDES	EXPLANATION
Contact Hours – 122	<ul style="list-style-type: none"> • 7 x Tutorials • 14 Teaching Clinics • Assessment days • Pilates Fundamentals 	<ul style="list-style-type: none"> • In person delivery schedule. • Additional cost for 100% online-self-directed students
Work Placement 300 Total (min) (100 Obs 200 TT)	<ul style="list-style-type: none"> • Observation (Obs) • Teaching (TT) • Self-mastery • Self-directed study 	<p>Self-mastery comprises of:</p> <ul style="list-style-type: none"> • Unsupervised • Supervised – Compulsory x2 weekly sessions in the fully equipped Pilates studio with a diploma qualified instructor <p>Teaching hours are a combination of:</p> <ul style="list-style-type: none"> • Teaching clinics hours (TT) built into the delivery schedule • Teaching fellow students/peers in a suitable setting/environment (TT) • assisting hours (TT) where the student is assisting a senior teacher through our WPFS program • Teaching at home, friends or at a suitable workplace (TT) • Observing (Obs) Pilates Anytime classes by approved instructors, NPT's weekly live online
Directed Distance Learning – 885 hours	<ul style="list-style-type: none"> • e-Learn study, • Repertoire manuals • Programming tasks • journals 	
Self-Directed Learning – 400 hours	<ul style="list-style-type: none"> • self-review • self-mastery • e-learn study 	<ul style="list-style-type: none"> • Learning done under own guidance

Assessment

A variety of assessment methods are used in alignment with the principles of competency-based training.

Assessment for the **Diploma of Professional Pilates Instruction (10838NAT)** includes the following methods

<p>Practical Assessment</p>	<p>Consists of demonstration of practical application of specific tasks, including WHS safety for apparatus/equipment set up and client safety procedures and policies; program preparation and application; working/communicating within the industry and with other health professions.</p> <p>The practical assessments also involve teaching and demonstrating a selection of given exercises from the course repertoire across all apparatus.</p>
<p>Online exams</p>	<p>Each e-Learn unit is supported by an on-line exam enabling the student to received immediate feedback improving understanding and assisting knowledge acquisition.</p> <p>All Diploma students complete online exams at the conclusion of each eLearn unit. These assessments are a combination of multiple choice and true / false questions.</p>
<p>Written Assignments</p>	<p>The written assignments require you to demonstrate your understanding of the knowledge acquired in the eLearn units.</p> <p>Students completing the Diploma of professional Pilates Instruction (10838NAT) are required to complete three Written Assignments –</p> <ul style="list-style-type: none"> • relating to the study of the Pilates Matwork content, • relating to working within a Pilates Industry Framework • relating to the Pilates Studio content. • these written assignments are a combination of multiple choice, true / false questions, short- and long-answer questions, exercise analysis, programming, functional anatomy and WHS questions as relevant.

A variety of assessment methods are used in alignment with the principles of competency-based training. Where possible, reasonable adjustments are made for individual needs in assessment. Individual needs may include:

- Provision of personal support services
- Allowance for fatigue or medication
- Religious/traditional beliefs
- Adaptation/s for any injury/physical limitations
- Literacy or numeracy difficulty
- Using a large print version of any papers
- Oral assessment in place of written

Work Placement

Students completing the **Diploma of Professional Pilates Instruction (10838NAT)** course are required to complete **300 hours** of work placement, comprising

- 100 observation hours
- 200 teaching hours.

Work placement hours are logged through a combination of

- assisting qualified instructors in a professional Pilates studio setting
- in a student training situation where students act as instructors with willing clients, who understand they are being trained by students
- in scheduled teaching clinics- for "in person" delivery. Each hour equates to 1 hour of loggable work placement. Attendance at all x 14 scheduled teaching clinics with NPT faculty provides a total of 70 teaching hours (total tally for this qualification is 200)

The work placement component is an essential phase of a student's training, being able to put the knowledge into practice, and a key requirement of the industry.

National Pilates Training includes a structured Work Placement Facilitation Site (WPFS) Program to enable student placement under faculty members and past graduates as mentors and supervisors, in a controlled manner.

Students enrolled in the 100% Online only self-directed model can elect to pay an additional fee to attend teaching clinics.

Prerequisites

People interested in studying the **Diploma of Professional Pilates Instruction (10838NAT)** will need to complete

- Intro to Pilates gateway program
- Intro to Anatomy or equivalent
- VCE / HSC or equivalent
- Be physically capable of carrying out the necessary requirements of Pilates Matwork instructor employment.

In addition to the above, applicants from a non-English speaking background are required to have a minimum standard of English language proficiency to undertake the theoretical study involved in this course. The level of English language proficiency specified as appropriate for overseas students of non-English speaking background is prescribed in the following rating systems and is comparable to the rates used by TAFE colleges for overseas students enrolling in accredited training programs:

- Test of English as a foreign language (TOEFL) 94
- International English Language Testing System (IELTS) 6.0

Applicants requiring assistance with language development will be advised or available bridging programs through ACE, TAFE, or English language schools.

Vocational / educational outcomes of the course

The outcome of the **Diploma of Professional Pilates Instruction (10838NAT)** is employment as a Pilates Studio Instructor, teaching comprehensive Pilates studio work on all apparatus to a variety of clients. Graduates will be able to take up employment in the Pilates industry in established Pilates studios, health centres, fitness centres, community centres, self-employed as a small business owner, in clinical practices, elite sporting clubs, elite talent development specialised secondary schools.

Qualification Level

A Pilates studio instructor is a Pilates Studio industry Level 1 teacher working within the Pilates specialist environment. These people instruct apparently healthy to low-risk clients in the full scope of the Pilates method work for general conditioning, postural assessment and correction, and rehabilitation. Pilates studio instructors also devise specific training for apparently healthy or low-risk clients in private to small group situations.

The **Diploma of Professional Pilates Instruction (10838NAT)** aims to graduate a student to become a Pilates Studio Instructor of the highest calibre. This is someone who is soundly versed in the science of human movement, as well as adaptations to given situations, and who has the creativity to apply solutions in a range of circumstances according to the needs of each individual. This graduate will be able to work competently with apparently healthy through to low-risk clients in a comprehensive studio environment and in co-ordination with Allied Health network personnel.

The **Diploma of Professional Pilates Instruction (10838NAT)** is regarded as entry level into the Pilates studio industry (Pilates specialist) and is designed to reflect the role of those who can work autonomously within the defined range, and under limited supervision.

Role / Function	Pilates Instructor
AQF Level	Diploma (Level 5)
Industry Recognition (Peak Body)	Level 1 Membership (PAA) Pilates Method Teacher Level 1 Full Membership (AUSactive)

Likely functions within the Pilates industry for those who have this level of competency include working with clients (e.g., Pilates Instructor) and working within clearly defined contexts (Pilates or Allied Health environment or similar).

Recognition given to the course

The Pilates Alliance of Australasia (PAA) and AUSactive has a membership structure in place to allow for reference of training and experience as well as a hierarchy system for achievement within the industry. As part of membership requirements, a compulsory Professional Development Points (PDPs) program ensures currency and continued professional development.

Graduates of the **Diploma of Professional Pilates Instruction (10838NAT)** are eligible for Level 1 membership with the Pilates Alliance Australasia (PAA) and Pilates Method Teacher Level 1 with AUSactive.

The Diploma of Professional Pilates Instruction will continue to align with expectations set down by the PAA and AUSactive therefore retain the recognition at the relevant membership level.

Australian Qualifications Framework (AQF) Level	PAA Recognition	AUSactive Recognition	Malpractice/ Professional Indemnity Insurance	Able to lead a Pilates practice/ studio
Enrolled as a student in a recognised training program Student Membership	Student Membership	Student Membership	No	No
Professional Pilates Matwork or Reformer Instruction	Group Instructor Membership	Fitness Pilates Instructor	Yes	No
Diploma of Professional Pilates Instruction (10838NAT)	Professional Instructor Membership Level 1	Pilates Method Teacher Level 1	Yes	No
Advanced Diploma of the Pilates Method (10839NAT)	Professional Instructor Membership Level 2	Pilates Method Teacher Level 2	Yes	Yes

Direct Credit (DC), Recognition of Prior Learning (RPL) & Current Competency (RCC)

Recognition will be given for skills and knowledge gained in other courses, life experience, or training. DC, RPL and RCC assessment may include a variety of methods such as portfolio, practical test, demonstration, interview, or a combination of these methods.

The competencies in this qualification may be attained in several ways:

- Formal or informal training and education, including training at work/in-house staff training
- Work placement
- General life experience; and / or
- Any combination of the above,

All assessment pathways must provide for the recognition of competencies previously attained. Competencies achieved and currently held by individuals can be formally assessed against the Units of Competency in this qualification.

Evidence that may be required can include:

- A current resume that reflects the student's experience in the Pilates and related industries (allied health and fitness)
- Any certificates or statements of attainment that relate to Pilates instruction
- Statement/s of attainment for nationally endorsed competencies that have been successfully completed
- References from employers in relation to professional Pilates instruction
- Membership with a recognised Pilates regulatory body
- Log/documentated evidence of Pilates practical workout sessions, observation hours and/or assisted teaching
- Video of recent practical Pilates instructing session/s
- Current Senior First Aid Certificate
- Academic transcript of successful completion of Anatomy and Physiology to intermediate and/or advanced levels.

This course is customised by the delivery of a course structure which is flexible in terms of recognition of prior learning and previous experience and upon application consideration will be given to advanced standing and/or credits where appropriate. Our Course Administrator and Director of Training can issue applications for RPL and DC upon request at the application stage for entry to the Course.

Recommended essential texts

Our suggested reading list includes the following texts:

- ❑ *The Anatomy of Movement* by Calais-Germain
- ❑ *The Anatomy of Movement-Exercises* by Calais-Germain
- ❑ *Return to Life Through Contrology* by J H. Pilates & W. Miller
- ❑ *Muscles Testing and Function with Posture and Pain* by F. P. Kendal (et al) (2005)

The recommended reading list provided at the beginning of this course will outline further relevant texts that will assist learning and comprehension of the course. It is recommended that each student select materials to purchase from this list for their learning benefit.

Further recommended reading material includes:

- ❑ *Muscles Testing and Function* by Kendall/McCreary/Provance
- ❑ *The Pocket Book of Anatomy* by Mel Cash
- ❑ *The Pilates Handbook* by Pilates International Pty Ltd
- ❑ *Pilates Anatomy* by Rael Isacowitz and Karen Clippinger
- ❑ *The Pilates Method of Physical and Mental Conditioning* by P Friedman & G Eisen
- ❑ *Principles of Anatomy and Physiology* by Tortora and Derrickson
- ❑ *Fundamentals of Anatomy and Movement* by Carla Z Hinkle
- ❑ *The Complete Illustrated Encyclopaedia of Alternative Healing Therapies* by C Norman Shealy MD, PhD.
- ❑ *Manual of Structural Kinesiology* by Clem W Thompson

Where to from here?

Graduates who receive the qualification of **Diploma of Professional Pilates Instruction (10838NAT)** can articulate directly into the **Advanced Diploma of the Pilates Method (10839NAT)**.

Further information

Please contact our Course Administrator Celine Tricarico via email on admin@nationalpilates.com.au



ADVANCED DIPLOMA OF THE PILATES METHOD (10839NAT)

The **Advanced Diploma of The Pilates Method (10839NAT)** is an advanced level, post-graduate course following on from the Diploma of Professional Pilates Instruction (10838NAT) or the equivalent level of pre-requisite training. The **Advanced Diploma of The Pilates Method** provides the practical skills and related scientific knowledge required to become a competent and effective practitioner, health care advisor and therapist in the field of Pilates. Successful completion of this course will mean graduates are:

- competent at dealing with healthy to moderate risk level clients
- able to teach up to the late intermediate repertoire on all apparatus
- able to manage a Pilates/health practice.

The outcome of the **Advanced Diploma of the Pilates Method (10839NAT)** is a graduate who is recognised as a Pilates Practitioner.

Functions within the Pilates industry for those with this qualification include:

- Managing and/or administering a Pilates studio practice with responsibility for supervising and/or managing staff
- Working under guidelines set by medical or allied health professionals in programs or services related to injury rehabilitation and underlying pathologies
- Working closely with at risk clients in referral with allied health professionals
- Leading and instructing Pilates exercise for clients with musculoskeletal impairment -both individuals and group
- Leading and instructing Pilates exercise for all client types up to and including late intermediate repertoire and specific conditioning
- Advanced conditioning and sport / art-specific training and rehabilitation

Qualification Level

As a graduate of the **Advanced Diploma of The Pilates Method (10839NAT)**, you will enter the Pilates method industry at a senior level. You will work unsupervised with clients of a low to moderate risk nature, be at the senior supervisory level and may perform studio management duties. You will have the practical skills and related scientific knowledge required to become a competent and effective practitioner and health care advisor in the field of Pilates.

Successful graduation gives you immediate eligibility for Level 2 membership as a Pilates Practitioner with the Pilates Alliance Australasia (PAA). As a Level 2 practitioner you will be consolidating your journey of learning and have demonstrated your commitment to continuing education by increasing your skills and understanding of more complex client requirements.

Role/Function:	Pilates Practitioner
AQF Level:	Advanced Diploma (Level 6)
Industry Recognition (Peak Body):	PAA- Level 2 Membership AUSactive- Pilates Method Teacher Level 2 Full Membership

Entry requirements

Minimum pre-requisites and requirements for entry into this course is a successful completion of the **Diploma of Professional Pilates Instruction (10838NAT)**, or demonstrated equivalent

This course does not contain limitations on access and equity; however, it reserves the right to refuse an application for course admission if there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the normal requirements of Pilates training practice.

What will I study?

The following program areas describe the content for the **Advanced Diploma of the Pilates Method (10839NAT)** qualification:

- **CARING FOR AT RISK CLIENTELE** - This includes advanced anatomy and physiology with application of advanced knowledge, including Pre-Pilates and specific Pilates repertoire, to systems of the body, the study of low to moderate level musculoskeletal injuries and conditions, programming strategies for low to moderate risk client conditions and injuries, programming strategies for rehabilitation of in depth musculoskeletal injuries, critical analysis of research relevant to the Pilates method as an allied health modality.
- **MANAGE A PRACTICE** - This includes managing and administering a Pilates studio or Healthcare practice
- **INTEGRATED REPERTOIRE 5** - This includes late-intermediate repertoire on the Reformer, Cadillac (Trap Table), Wunda Chair, High Barrel, Spine Corrector and Low Barrels, Ped-a-Pull, and all Small Apparatus, as well as Matwork. This repertoire also includes programming applications and considerations for the Studio and Matwork environment.

The following table lists the units of competency achieved upon successful completion of the **Advanced Diploma of the Pilates Method** qualification:

PROGRAM AREA	UNIT CODE	TITLE
CARING FOR AT RISK CLIENTELE	HLTAAP003	Analyse and respond to client health information
	CHCPRP505	Engage with health professionals and the health system
	CHCPOL003	Research and apply evidence to practice
	NAT10839001	Provide exercise for Pilates Clients with special conditions
	NAT10839002	Deliver Pilates Method strategies for musculoskeletal rehabilitation
	NAT10839003	Instruct Pre-Pilates repertoire for musculoskeletal rehabilitation
STUDIO MANAGEMENT	BSBESB406	Establish operational strategies and procedures for new business ventures
	BSBESB407	Manage finances for new business ventures
WORK PROFESSIONALLY	CHCPRP003	Reflect on and improve own professional practice
	TAEDEL404	Mentor in the workplace
INTEGRATED REPERTOIRE	NAT10839004	Instruct the late intermediate Matwork and Small Apparatus repertoire
	NAT10839005	Instruct the Pilates studio late intermediate Reformer repertoire
	NAT10839006	Instruct the Pilates studio late intermediate Cadillac repertoire
	NAT10839007	Instruct the Pilates studio late intermediate Wunda Chair and Barrels repertoire

Delivery and nominal hours

This qualification is undertaken via a blended delivery mode:

Blended Delivery

The **Advanced Diploma of the Pilates Method** is delivered through a combination of

- Private Mentoring sessions – in person or live streamed with Kath Banks -senior faculty for NPT
- Private sessions – in person or live streamed with Katrina Edwards, Director of Training
- Work Placement - 200 hours of on-the-job practical observation/teaching
- Self-Directed Learning – online/eLearn
-(self-review and self-mastery).

The table below details the nominal course hours:

WORK PLACEMENT	DISTANCE LEARNING	SELF-DIRECTED	MENTORING/TUTORIALS	TOTAL
200 hours on-the-job (professional work placement)	1,017 hours off-the-job Directed Distance Learning – eLearn study, online workbooks and assessment tasks	700 hours (self-mastery and self-review)	18 hours comprising 5 x private / one-one mentoring sessions with Katrina Edwards or Kath Banks and 4 x private repertoire review tutorial sessions.	1,935 hours

Work placement hours (WP) are practical hours devoted to applying the course content in a studio environment. For Advanced Diploma students, WP hours can be completed at your principal place of work or an affiliated studio which has attained our Work Placement Facilitation Site (WPFS) accreditation.

Self-directed learning hours include reading and study within the eLearn as well as homework tasks, self-guided tutorials, self-study, and time spent practising repertoire on the equipment. Your self-mastery hours are workout hours – students are required to maintain a schedule of workouts at a minimum of two per week for the duration of the course, with a minimum of one of these weekly workouts being supervised by a qualified instructor. These workouts are at an additional cost.

In order to complete the course within 2 years, students at this level will be expected to self-manage the number of minimum hours per week they will need to dedicate to meet the work requirements. These include work placement hours, self-mastery, and self-directed learning tasks as outlined above.

Maximum time for full course completion: 24 months

Study Approach

Students can undertake the course on a Part-Time or Full-Time basis. Students undertaking the course as Full-Time study with an aim to complete the program over 18 months will be required to attend all contact sessions as specified in their enrolment confirmation plus maintain regular weekly directed distance learning, work placement and self-directed learning hours.

Students undertaking the course as Part Time study with an aim to complete the program over 24 months will be required to attend all contact sessions as specified in their course timetable plus maintain regular directed distance learning, work placement and self-directed learning hours, either weekly, fortnightly, or in regular blocks as agreed with National Pilates Training.

How will I be assessed?

All units are assessed through a variety of methods in alignment with the principles of competency-based training. These will include formal assessment by way of practical and written assessments / assignment tasks / projects and ongoing assessment via self-assessment and supervisor feedback during all in-person or live-streamed contact sessions. There is an online assessment component to complete at the end of each unit.

Resources

Essential texts are:

- *"Principles of Anatomy and Physiology"*. Tortora, G. J. & Derrickson, B. (2006) USA: Wiley
- *"Dance Anatomy and Kinesiology"* Clippinger, K. (2007)

The recommended reading list provided at the beginning of the course will outline further relevant texts that will assist learning and comprehension of the course. It is recommended that each student select materials to purchase from this list for their learning benefit.

Recommended reading material:

- *"Muscles Testing and Function with Posture and Pain"* Kendall, F. P. et al (2010) Baltimore
- *"The Pilates Handbook"* by Pilates International Pty Ltd
- *"Pilates Anatomy"* by Rael Isacowitz and Karen Clippinger
- *"Anatomy of Movement - Exercises"*. Calais-Germain, B. (2008) Seattle: Eastland Press
- *"Fundamentals of Anatomy and Movement"* by Carla Z Hinkle
- *"Manual of Structural Kinesiology"* Thompson, Clem W. (2011)
- *"The Complete Illustrated Encyclopedia of Alternative Healing Therapies"* Shealy, C Norman. MD. PhD
- *"Anatomy Trains – Myofascial Meridians for Manual and Movement Therapies"* Thomas W. Myer
- *"Medical Terminology: Language for Health Care"* Becker, Galewick, Thierer & Thomas

Direct Credit (DC), Recognition of Prior Learning (RPL) & Current Competency (RCC)

Recognition will be given for skills and knowledge gained in other courses, life experience, or training. DC, RPL and RCC assessment may include a variety of methods such as portfolio, practical test, demonstration, interview, or a combination of these methods.

The competencies in this qualification may be attained in several ways:

- Formal or informal training and education, including training at work/in-house staff training
- Work experience
- General life experience; and/or
- Any combination of the above,

All assessment pathways must provide for the recognition of competencies previously attained. Competencies achieved and currently held by individuals can be formally assessed against the Units of Competency in this qualification.

This course is customised by the delivery of a course structure which is flexible in terms of recognition of prior learning and previous experience and upon application consideration will be given to advanced standing and/or credits where appropriate. Our Director of Training can issue applications for RPL and DC upon request at the application stage for entry to the course.

Evidence that may be required can include:

- A current resume that reflects the student's experience in the Pilates and related industries (allied health and fitness)

- Any certificates or statements of attainment that relate to Pilates instruction
- Statement/s of attainment for nationally endorsed competencies that have been successfully completed
- References from employers in relation to professional Pilates instruction
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- Academic transcript of successful completion of Anatomy and Physiology to intermediate and/or advanced levels.

Continued Learning after the Advanced Diploma

The Advanced Diploma of The Pilates Method now articulates to:

- Bachelor of Exercise Science (commencing June 2013); and
- Bachelor of Exercise Physiology (commencing January 2014).

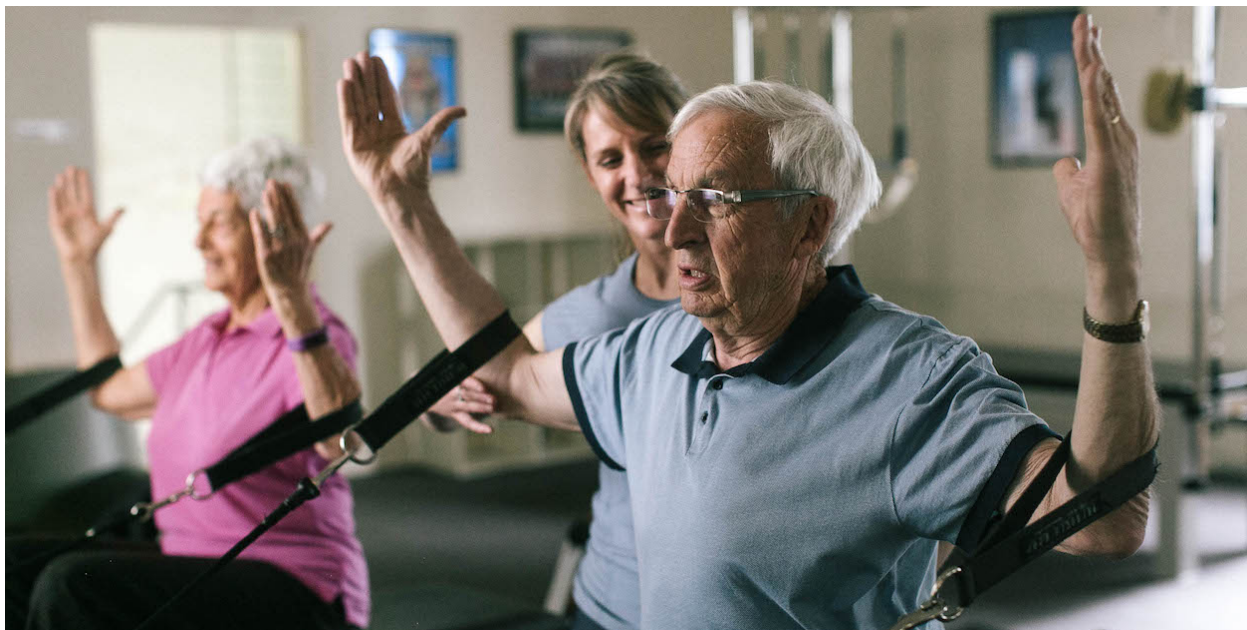
Both articulation processes have been devised by Pilates ITC in collaboration with the University of Canberra. Articulation from the Advanced Diploma effectively credits a year's worth of subjects from those required by either degree, thereby reducing study by a full year.

Further information

Please contact Katrina Edwards, Director of Training, for further details

Phone: 0414 645 455

Email: katrina@nationalpilates.com.au





Contact Us

<https://nationalpilates.com.au>

National Pilates Training
4/370 Little Bourke Street
Melbourne VIC 3000
P 0414 645 455
E katrina@alignedforlife.com.au

Pilates Alliance
— Australasia —



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