



# Tensegrity Training<sup>60182</sup>

## Course Overview

### 52855WA Certificate IV in Contemporary Pilates and Teaching Methodology

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# General Course Information

*The 52855WA*

*Certificate IV in Contemporary Pilates and Teaching Methodology* covers the essential skills and knowledge for executing and instructing Pre-Pilates and Pilates Traditional Matwork exercises and programs in a safe, effective and contemporary manner applying sound knowledge of the philosophical and mechanical Pilates principles, fundamental anatomy and biomechanics, as well as specific teaching methodology.

On successful completion of the *52855WA Certificate IV in Contemporary Pilates and Teaching Methodology* you will be able to demonstrate a range of well-developed skills applicable in health and fitness settings.

Work at this level may be undertaken independently or under guidance and/or supervision.

## Pre-requisites:

This is an entry-level course and there are no pre-requisites for the *52855WA Certificate IV in Contemporary Pilates and Teaching Methodology* course. Ideally, your body should be fit and healthy and capable of reaching a highly competent level with the Pilates repertoire.

A minimum of 30 hours Pilates experience.

## Entry Requirements:

Language, literacy and numeracy skills sufficient to understand anatomy terms, physiology terms, pathology terms and be able to communicate with other Allied Health professionals.

Learners must be physically able to undertake a range of Pilates exercise. A medical practitioner's certificate may be required at the discretion of the RTO.

It is recommended that the learner obtain a basic first aid qualification such as HLTAID003 Provide first aid or its successor unit.

## Units of Competency:

The units of competency for the *52855WA Certificate IV in Contemporary Pilates and Teaching Methodology* have been specially written to meet industry requirements for Pilates Matwork Instructors. The Units within the course are listed below:

CPLMAT401	Apply anatomy and physiology to movement
CPLMAT402	Teach foundation and basic Pre-Pilates matwork repertoire
CPLMAT405	Teach active dynamic pelvic floor training
CPLMAT406	Teach traditional Pilates matwork repertoire
CPLMAT403	Conduct Pilates postural assessment
CPLMAT404	Conduct movement analysis for Pilates programming
CPLMAT407	Design functional Pilates choreography
CPLMAT408	Implement tactile and kinaesthetic instructions
CPLMAR401	Manage and promote a Pilates business
<b>Electives – choose 1 from below</b>	
PILEQU501	Teach Balls repertoire



PILBAR401

Teach Pilates barre functional movement

## Career Pathways:

Completion of the 52855WA Certificate IV in Contemporary Pilates and Teaching Methodology satisfies the entry requirements of the 10596NAT Diploma of Contemporary Pilates and Teaching Methodology

## Target Group:

This course is suited to students wanting to pursue a part-time or full time career as a Pilates Matwork Instructor; either within an existing Pilates Studio, work as part of an allied health team or to work independently.

## Delivery Mode:

**Online** (135 hrs) – the anatomy and physiology knowledge unit of competency and the topics; History of Pilates and WHS are undertaken on line. Assessments and homework for all other units are completed online and included in the online hours total. Login for Tensegrity Training Learning Management System will be provided once the enrolment is completed and the deposit & non-refundable enrolment fee of \$200 is paid.

**Classroom Delivery** (81 hours) – includes formal lectures and workshops covering Pilates theory, practical instruction of the Pilates exercises and 20 hours student clinics.

Delivered over approximately 18 weeks with mandatory attendance at 5 the designated workshops, covering the theory and science of Pilates, practical instruction of Pilates repertoire exercises, teaching methodology and programming for Pilates Matwork Instructors.

**Self-Study** (approx 380 hours) – 6 to 10 hours per week self-study of the theory and science of Pilates, including practical and written assessments set weekly by the course provider over the duration of the course. This includes set assessment tasks, selected readings, research and participation in study groups & student clinics.

**Observation Hours** (20 hours) – involves observing instructors teaching in 2-3 different studios and writing it up as a report in preparation for starting clinical practice

**Clinical Practice** (50 hours) - which involves 50 hours work experience in one or more Pilates studios involving general administration duties and Pilates instruction enabling the consolidation of theoretical knowledge and practical skills.

**Personal Exercise Practice** (50 hours) – includes a minimum of 38 hours participation in Pilates sessions taught by an accredited Pilates Instructor and signed off by that instructor; and 12 hours personal practice of Pilates exercises as set by the course provider on a weekly basis (1hr per week). These hours must be recorded in students' personal exercise journal.

Costs associated with undertaking these Personal Practice sessions will be in addition to the cost of your course fees.

## Scheduling:

Workshops are conducted approximately one month apart for the duration of the course. Scheduling may vary at the discretion of the Course Provider. Contact your Course Provider for specific workshop dates.

## Assessment:

Assessment involves gathering evidence of competency through a combination of formative assessment (during the learning process) and summative assessment (which occurs at the end of the learning process).

### Evidence of the following must be presented:

- The ability to perform the Pre-Pilates and Traditional Pilates exercise repertoire using small equipment where required
- Knowledge of anatomy and physiology at a level appropriate to the work of a Pilates Matwork or Pilates Barre Instructor
- The ability to design and teach Pilates Matwork and or Barre classes to individuals and classes following the Tensegrity System of Pilates Instruction
- Completing 50 hrs of Personal Practice
- Completing 50 hrs of supervised clinical practice

### Assessment methods include:

- Online Quizzes
- Undertaking client health assessments – simulated or under supervised clinical practice time
- Case studies
- Providing feedback during peer activities
- Pilates Session design
- Personal Practice – log book
- Supervised Clinical Practice – log book
- Demonstration of Pre-Pilates and Traditional Pilates repertoire with use of small equipment
- Teaching Pre-Pilates and Traditional Pilates Matwork classes (simulated activities within the learning environment and involves training with peers)

### Reasonable adjustment:

Reasonable adjustments to the assessment methodology may be made on a case-by-case basis.

## RPL:

Experienced and competent Pilates Matwork instructors may apply for recognition of prior learning (RPL) which requires the demonstration of the required knowledge and skill application.

- Candidates' knowledge will be assessed by interview
- The candidate will demonstrate their own ability to competently undertake a range of exercises from the Pilates exercise repertoire in a Pilates studio.
- The candidate must provide evidence of having instructed client groups in Pilates sessions of at least 45 minutes duration. This instruction of clients will need to have been undertaken over a period of time.
- A statutory declaration confirming that the candidate has instructed clients to the required standard of the Pilates exercise repertoire consistently and over time will be required.

## Access and Equity:

Whilst Tensegrity Training practices a policy of non-discrimination, they reserve the right to refuse an application for enrolment where there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the normal requirements of a Pilates Matwork Instructor.

Students may be assessed prior to course commencement to determine capability to undertake the course and their suitability to work as a Pilates Matwork Instructor.



Tensegrity Training may at their discretion require an applicant to provide a Doctor's Certificate stating that they are physically capable of undertaking Pilates exercises contained in the course.

## Resources:

Internet access and computer are necessary.

Students will be provided with:

Access to a Pilates studio

Login password to Tensegrity Training's Learning Management System and Student Management System for online unit(s)

Electronic copies of learning and assessment materials, including:

- Course Materials – Learning Manuals
- Pre-Pilates Workbook
- Traditional Workbook
- Assessment requirements
- Access to online learning resource Library

## Course Outcomes:

This course is intended to provide participants with the knowledge and skills to perform the tasks associated with Pilates instruction including:

- Design, structure and independently teach contemporary Pilates Matwork classes using a selection of small apparatus to groups or individuals
- Work either as self employed or working within a Pilates, fitness or other Allied Health studio
- Teach classes in both Pilates studios and health or fitness centres where they may be responsible for teaching participants with varying experience for fitness or remedial purposes

Students are encouraged to discuss their needs in relation to undertaking their personal Pilates exercise schedule and clinical practice with their course provider and are required to seek feedback on their exercise performance.

Students must complete a total of 10 Units of Competency.

At the successful completion of the course students will be awarded the 52855WA Certificate *IV in Contemporary Pilates and Teaching Methodology*

Students who do not complete all the requirements of the course within the specified timeframe (6 months from last workshop) will be issued with a Statement of Attainment for Units of Competency successfully completed.

## Prescribed Texts:

(To be accessed by the student at his or her own expense)

Joseph Pilates - *Return to Life through Contrology* and Your Health 1945 (reprinted 1998) Bainbridge Press ISBN 1-891696-15-7 (also available through Pilates Institute of Australasia)

Calais-Germain – *Anatomy of Movement* (reprinted 1999) Eastland Press Inc ISBN 0939616572

## Recommended References:

Staugaard-Jones - *The Anatomy of Exercise & Movement for the Study of Dance, Pilates, Sports, and Yoga*– North Atlantic Books, 2011  
ISBN-13: 978-1583943519

Rael Isacowitz, Karen Clippinger -*Pilates Anatomy Paperback* – Human Kinetics 2011  
ISBN-13: 978-0736083867



Prescribed Texts - Estimated cost \$60.00

Pilates Mat - Estimated cost \$50.00

**Students are required to purchase or have access to the above items for use in their own environment:**

## Skills Development:

The 52855WA Certificate IV in Contemporary Pilates and Teaching Methodology gives you the skills to:

- Design and teach specialised Contemporary Pilates Matwork classes
- Design and instruct personalised Contemporary Pilates Matwork sessions suitable for all body and postural types
- Include a variety of progressions into all of your sessions
- Utilise carefully selected tactile and kinaesthetic instructions as required
- Conduct postural assessment and Movement Analysis on clients
- Design sessions with a variety of Mat exercises using small equipment and stretch bands



## Topic Delivery:

Learner Materials	Content
<b>401</b> Undertaken online	Anatomy and Physiology WHS History of Pilates
<b>402</b>	Pre-Pilates Repertoire Teaching Methodology Exercise Programming Pathologies and Conditions Stretching
<b>403</b>	Postural Assessment Guidelines
<b>404</b>	Movement Assessment Lower Limb Gait Analysis
<b>405</b>	Active Dynamic Pelvic Floor Training
<b>406</b>	Traditional Pilates Progressions and Modifications
<b>407</b>	Teaching Methodology Exercise Programming Session Design Choreographic Flow Workplace Health & Safety
<b>408</b>	Tactile and Kinaesthetic Instructions
<b>508</b>	Small apparatus such as Balls as tools for assisting or challenging clients
<b>BAR401</b>	Pilates Functional Movement





<b>MAR401</b>	Manage and promote a Pilates business
<b>Pre-Pilates Workbook and Traditional Workbook</b>	These Workbooks are used constantly throughout the delivery of the course Pre-Pilates Workbook has 31 Pre-Pilates exercises and the Traditional Workbook has 27 Traditional Pilates exercises





## Contractual Agreement:

Tensegrity Training requires each student to read and agree to the terms and conditions of enrolment at the time of enrolling, which forms a legally binding agreement between Tensegrity Training Pty Ltd and the student. The agreement includes information on:

- Payment schedules, which must be adhered to
- 'Cooling off' period where required by law
- Our training courses are for dedicated and motivated students looking to become exceptional Pilates Instructors
- Please ensure that the course you are enrolling in is what you really want to undertake as we will not cancel this contractual agreement because you 'have changed your mind'
- Our Refund Policy is firmly adhered to and is clearly outlined in the Student Handbook and Student Agreement

## Enrolment Fee:

A non-refundable enrolment fee of \$250 applies to each enrolment and is a separate additional fee to the course fee.

Once you have completed the enrolment form and paid the non-refundable \$250 enrolment fee, course deposit and Learning Material fee you will receive a login to enable you to undertake the Tensegrity Training online learning section of the course.

## Cost of Course:

**\$4,600**

Individual Course Providers will have information regarding cost of the course. Each student will be required to pay an initial deposit and a Learning Materials fee to Tensegrity Training to secure a place in the course at the time of enrolment.

Scheduled payments are then made of the duration of the course. The payment plan is established by and made payable to your Course Provider.

## Payment Plan:

Please contact your Course Provider to arrange payment after the initial deposit is paid.

