



Tensegrity Training 60182

Course Overview
Pilates Group Reformer Instructor Training



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General Course Information:

The Tensegrity Training Pilates Group Reformer Instructor Training Program will equip you with the skills and experience to be a capable group reformer trainer. The course description below includes details of assessments, learner materials, online learning access and attendance at the face-to-face training delivery.

Pilates Group Reformer Instructor Training Program

Introduction to Pilates Group Reformer (Part 1)

This is the first component of the Group Reformer Instructor Training Program - designed to teach participants the history & philosophy of Pilates, the anatomy & physiology relevant to Pilates, the movement and anatomical terminology, functional anatomy and biomechanics of the body and the application of this acquired anatomical knowledge to compliment teaching methodology skills. A wide range of teaching techniques and various communication styles will be illustrated. The focus will be on the safe use of Pilates Reformer equipment and how adjusting the components of the Reformer can alter or enhance the benefits of an exercise.

This course will also cover the anatomy of the pelvic floor and the function of active dynamic pelvic floor training within Pilates sessions. Students will design and instruct Pilates Reformer sessions following the Tensegrity System of Pilates Instruction – The 8 Part Session, and will learn exercise performance and teaching skills from our Reformer Essentials, Intermediate and Advanced repertoire.

Our approach to training that includes a strong theoretical framework supported by sound knowledge of the history and philosophy of Pilates, thorough study of anatomy and physiology relevant to Pilates, teaching methodology techniques ensures that graduates are skilled to work in both fitness and/or clinical settings. This is achieved by paying attention to knowledge of an exercise as well as how to modify, progress or dissect an exercise in order to address the needs of the client. We pride our training on its ability to produce confidently skilled Instructors with the capacity to offer Clinical Pilates to a wide range of populations in a variety of settings.

The following Government Accredited Units make up this course:

- CPLMAT401 Apply basic Pilates anatomy
- CPLMAT407 Design functional Pilates choreography
- CPLMAT405 Teach active dynamic pelvic floor training
- NAT110503001 Teach Reformer essential repertoire
- NAT110503002 Teach Reformer advanced repertoire



Pilates Group Reformer Instructor Training Program

Pilates Group Reformer (Part 2)

This is the second component of the Group Reformer Instructor Training Program - designed to educate students about session design and delivery for clients presenting with special needs & conditions and the importance of exercise modification, progression and regression. They will also learn demonstration skills and how to explain and discuss the correct execution of Pilates Reformer Essentials, Intermediate and Advanced repertoire.

Covered in this course are how to demonstrate, explain and check the correct and safe set up and use of equipment in addition to safe and progressive exercise sequencing. Also there is a focus on the purpose and benefits of using props within a Reformer session and students will learn movement and breathing patterns and how breathing patterns may enhance the benefits of the Reformer Essentials, Intermediate and Advanced repertoire.

Another important component of this course is developing strategies for identifying and documenting changes to the clients' Pilates program based on their own observations and client feedback. Students will learn to collect, analyse and document information relating to clients' health, changes in their physical, biochemical, metabolic, physiological and emotional status and their goals. They will also design, instruct, modify and document a session that includes the use of props.

The following Government Accredited Units make up this course:

- CPLMAT401 Apply basic Pilates anatomy

- CPLMAT405 Teach active dynamic pelvic floor training
- CPLMAT407 Design functional Pilates flow choreography
- NAT110503001 Teach Reformer essentials repertoire
- NAT110503002 Teach Reformer Intermediate and Advanced repertoire

Graduates of this course will be awarded Statement of Attainment in five Government Accredited Units of Competency enabling them to be excellent Pilates Group Reformer Instructors equipped with an exceptional underpinning knowledge of Pilates.

Graduates are eligible for membership to the Pilates Alliance Australasia and AUSactive.

Prerequisites

There are no pre-requisites, however it is suggested that some prior experience in Pilates is beneficial

Course Duration

20 hours of face-to-face training and an additional timeframe of approximately 3 months will be required to complete the necessary practical and theoretical assessments together with the online learning components

Assessment:

The course has an accredited outcome of the following Units of Competency. This skill set will comprise of 5 Units of Competency from our Integrated Diploma of Contemporary Pilates & Teaching Methodology



Units of competency for the Pilates Group Reformer Instructor Training

Core units of competency

CPLMAT401	Apply basic Pilates anatomy
CPLMAT405	Teach active dynamic pelvic floor training
CPLMAT407	Design functional Pilates flow choreography
NAT110503001	Teach Reformer essentials repertoire
NAT110503002	Teach Reformer advanced repertoire

Delivery Mode:

Online (15 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 (20 hours) – includes workshops covering Pilates theory and practical instruction of the Pilates exercises.

Clinical Practice (20 hours) - These hours of work experience in Pilates studios and/or via Zoom, Pilates instruction enabling the consolidation of theoretical knowledge and practical skills.

Personal Exercise Practice (15 hours) –under the supervision of a qualified Reformer

instructor. These hours must be recorded in students' personal practice logbook.

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

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 design and teach Pilates Reformer classes to individuals and groups following the Tensegrity System of Pilates Instruction
- Completing 15 hrs of personal practice
- Completing 20 hrs of supervised clinical practice

Assessment methods include:

- Online Quizzes
- Case studies
- Pilates Session design
- Personal Practice – logbook
- Supervised Clinical Practice – logbook
- Demonstration of the entire Reformer repertoire
- Teaching Reformer classes