Tensegrity Training 60182

Course Overview

11053NAT Diploma of Contemporary Pilates and Teaching Methodology

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General Course Information:

The Tensegrity Training ***11053NAT Diploma of Contemporary Pilates and Teaching Methodology*** will equip you with the skills and experience to be a capable Pilates Instructor. The course will provide you with client assessment skills, exercise prescription, advanced teaching techniques, as well as a solid understanding of anatomy and physiology and associated pathologies.

The ***11053NAT Diploma of Contemporary Pilates and Teaching Methodology*** is an intermediate level qualification for the Pilates industry, using holistic training principles.

The course equips you with skills to make informed assessments and design improvement strategies for low to moderate risk clients. Graduates will have sophisticated skills in teaching and assessment, be able to problem solve, utilize consistent thinking and be able to apply solutions to a defined range of unpredictable situations.

The ***11053NAT Diploma of Contemporary Pilates and Teaching Methodology*** *i*s a comprehensive course equipping the graduate with a solid understanding of Studio Equipment Pilates and moderate level rehabilitation.

As a graduate of the ***11053NAT Diploma of Contemporary Pilates and Teaching Methodology*** you will enter the Pilates industry with exceptional skills to work in the fitness, health or community sectors. You will become a practitioner with a contemporary approach to the holistic delivery of Pilates drawn from a sound knowledge of the science of human movement, and teaching methodology didactics.

Entry Requirements:

52927WA Certificate IV in Contemporary Pilates and Teaching Methodology.

Language, literacy and numeracy sufficient level to understand anatomy terms, physiology terms and pathologies and being able communicate with other Allied Health practitioners.

Be physically capable of undertaking a range of Pilates exercises and equipment exercises. (A medical practitioner's certificate may be requested at the discretion of the Course Provider).

Units of Competency:

The units of competency for the **11053NAT *Diploma of Contemporary Pilates and Teaching Methodology*** have been specially selected to meet industry requirements for Pilates Instructors. The Units within the course are listed below:

Units of competency for the 11053NAT Diploma of Contemporary Pilates and Teaching Methodology	
Core units of competency	
NAT11053011	Apply Pilates therapy and exercise programming exercise to clinical rehabilitation
NAT11053010	Apply advanced functional anatomy to treat clients
NAT11053009	Incorporate somatic movement exercises in rehabilitation
NAT110503001	Teach Reformer essentials repertoire
NAT110503002	Teach Reformer advanced repertoire
NAT11053008	Teach Pregnancy in motion repertoire
NAT11053006	Teach Wunda Chair repertoire
NAT111053007	Teach Cadillac repertoire
NAT11053005	Teach Barrels repertoire
NAT11053004	Teach Roller repertoire
NAT11053003	Teach Magic Circle repertoire

Career Pathways:

This course is an AQF level 5 qualification and is designed to create a practitioner who can work autonomously with a broad range of low to moderate risk clients with a variety of muscular skeletal needs. The course is perfect for those wanting to continue their education in Pilates and the broader Allied Health industry. Upon successful completion of the ***11053NAT Diploma of Contemporary Pilates and Teaching Methodology*** graduates may want to undertake further studies in the area of Advanced Clinical Training in Somatics and Movement Therapy, also offered by Tensegrity Training. For more information on that and other courses offered through Tensegrity Training, go to our website at www.tensegritytraining.com.au

Target Group:

This course is suited to Matwork Pilates graduates wanting to pursue a part-time or full-time career as a Pilates equipment instructor/practitioner, within an existing Pilates studio/workplace, working as part of an Allied Health team or intending to work independently.

Delivery Mode:

Classroom Delivery (100 hours) - which covers Pilates theory and practical instruction of the Pilates method and includes 40 hrs of Clinical Practice.

Delivered over a minimum of 6 months with mandatory attendance at 5 weekend workshops, covering the theory and science of Pilates, practical instruction of Pilates equipment exercises, teaching

methodology and programing for individual client needs and special populations.

Self-Study (150 hours) – Approximately 5-6 hours per week self-study of the theory and science of Pilates, set weekly by the course provider over duration of the course. This includes undertaking set assessment tasks, selected readings, research, observation, participation in study groups.

Clinical Practice (150 hours) – it is recommended a minimum of 40 hrs are undertaken in the Course Provider's Pilates studio/workplace and student clinics. An additional 110 hrs of Clinical Practice are to be undertaken in one or more Pilates studios/workplaces involving general administration duties and Pilates equipment instruction.

Personal Exercise Practice (100 hours) – includes 100 hours participation in Pilates equipment classes taught by an accredited Pilates instructor and signed off by the instructor. These hours must be recorded in students' log book. Students may accrue some hours by attending the Tensegrity YouTube channel.

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

Scheduling:

Generally, 5 weekend workshops (2 days) are conducted approximately one month apart. Scheduling may vary at the discretion of the Course Provider. For example, some courses may be delivered in blocks of 5 days throughout the year.

Contact your Course Provider for information on their delivery schedule.

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).

Assessment for the 11053NAT Diploma of Contemporary Pilates and Teaching Methodology involves the following:

Evidence of the following must be presented:

- The ability to perform specific equipment exercise repertoire
- Knowledge of anatomy and physiology at a level appropriate to the work of a Studio Pilates Practitioner
- The ability to design and teach Pilates to individuals and small groups following the Tensegrity System of Pilates Instruction™ whilst addressing individual needs of special populations
- Personal Practice
- Supervised clinical practice

Assessment activities include:

- Client health assessments
- Case studies

- Providing feedback during peer activities
- Pilates Equipment session design
- Personal practice log book
- Supervised Clinical Practice – log book
- Demonstration of Pilates equipment repertoire
- Teaching Pilates equipment classes

Assessment for the ***11053NAT Diploma of Contemporary Pilates and Teaching Methodology*** will wherever possible occur through workplace observation within a fully equipped Pilates studio/workplace with access to public clients and in a clinical environment, with competency being developed through significant clinical experience.

Assessment of knowledge will occur through a combination of classroom assessments and workplace based assessment activities. Assessment of knowledge may be undertaken using online assessment methods where appropriate combined with workplace based assessment activities or a combination of these methods.

Assessment of skill development will occur by a combination of Pilates studio/workplace activities and workplace assessments.

If it is not possible to conduct the assessments with public clients, the assessment may occur in a 'simulated workplace' being a Pilates studio /workplace with a full range of Pilate's equipment with access to other students.

Assessment methods include:

- questions – written and/or online and/or oral
- assignments
- scenario and problem solving activities
- role plays – instruction of small groups
- client assessments
- observation during workshops
- workplace clinical practice signed off by supervisor (150 hrs recorded in logbook)
- personal practice (100 hrs recorded in log book)
- major workplace project involving a client case study over the duration of the program

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

RPL:

Experienced and competent Pilates Instructors may apply for Recognition of Prior Learning (RPL). Evidence required includes the following:

- 52927WA Certificate IV in Contemporary Pilates and Teaching Methodology
- Knowledge of will be assessed by interview
- Ability to competently demonstrate a range of exercises from the Pilates equipment repertoire in a Pilates studio/workplace, including for the Reformer, Cadillac, Wunda Chair, Roller, Magic Circle, Spine Corrector, Barrels
- Instruction of different client groups in a Pilates

Studio/workplace over a period of time and include examples of equipment and small apparatus programing, delivery and session plans

- A statutory declaration confirming 150 hours work experience in a Pilates Studio and 100 hours of personal practice.

Applicants will be required to demonstrate underpinning knowledge and skill application to the required level within the 11053NAT Diploma of Contemporary Pilates and Teaching Methodology competencies.

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 Instructor/Practitioner.

A student's capability to undertake the course and their suitability to work as a Pilates Instructor/Practitioner will be determined prior to commencing the course.

If considered necessary, the applicant will be requested to provide a Doctor's Certificate stating that they are physically capable of undertaking the Pilates repertoire.

Students will be provided with information encouraging them to discuss their needs in relation to undertaking their clinical practice and personal Pilates exercise training schedule and are required to seek feedback on their exercise performance.

Resources:

Students will be provided with:

Electronic copies of learning and assessment materials, including:

- Learner Materials/Workbooks – for specific topics and specific types of equipment
- Assessment Tasks Workbook

Access to a Pilates studio/workplace with equipment and small apparatus.

Prescribed References:

(To be accessed by students at own expense)

- Joseph Pilates - *Return to Life through Contrology* and Your Health 1945 (reprinted 1998) Bainbridge Press ISBN 1-891696-15-7
- Manual of Structural Kinesiology, by Clem W. Thompson and R.T. Floyd
- Calais-Germain – *Anatomy of Movement* (reprinted 1999) Eastland Press Inc **ISBN** 0939616572

Recommended Reading:

- Kendall et al. *Muscle Testing* 2005. ISBN 0-683-04576-8
- Brukner Peter and Khan Karim *Clinical Sports Medicine* Melbourne

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

Pilates Mat - Estimated cost $60.00

Prescribed References - Estimated cost $120

Computer and internet access - note: it is not plausible to provide a cost estimate for this

Course Outcomes:

At the successful completion of the course students will be awarded the ***11053NAT Diploma of Contemporary Pilates and Teaching Methodology.***

Students who do not complete all the requirements of the course within the specified timeframe will be issued with a Statement of Attainment for units of competency successfully completed.

Note: *All assessment tasks must be completed within 6 months of the last workshop.*

Learner Materials and Workbooks:

Learner Resources: Learner Material /Workbook (LM/WB)		
LM/WB – AFA	Advanced functional anatomy	Each LM/WB consists of the required knowledge for that area of study and the assessment tasks to be undertaken over the duration of the course. These assessment tasks are to be assessed progressively during the course LM/WB's code for specific equipment identifies the level of repertoire within that LM/WB i.e. Essentials, Intermediate and Advanced repertoire.
LM/WB – P	Pregnancy in Motion	
LM/WB - SME	Somatic Movement Education	
LM/WB – PC	Pathologies and Conditions – Exercise Programing and Rehabilitation	
LM/WB – MCR	Magic Circle Repertoire	
LM/WB – RR	Roller Repertoire	
LM/WB – BR	Barrel Repertoire	
LM/WB - REIR	Reformer Essentials and Intermediate Repertoire	
LM/WB - REIR	Reformer Advanced Repertoire	
LM/WB - RAR	Reformer Advanced Repertoire	
LM/WB – WCER	Wunda Chair Essentials Repertoire	
LM/WB – WCIR	Wunda Chair Intermediate Repertoire	
LM/WB – CER	Cadillac Essentials Repertoire	
LM/WB – CIR	Cadillac Intermediate Repertoire	

Skills Development:

*The **11053NAT Diploma of Contemporary Pilates and Teaching Methodology*** takes Pilates Instructors to the skill level required to continue post-rehabilitative work, as it provides the education and level of understanding to work more closely with allied health practitioners such as doctors, physiotherapists, chiropractors, osteopaths, Rolfing practitioners, massage therapists, nurses and midwives.

You will develop a sound, in-depth ***understanding*** of how Functional Anatomy and Somatics can be incorporated into your Contemporary Pilates repertoire.

This course gives you the ***skills*** to:

- Design and teach Contemporary Pilates equipment and small apparatus sessions for a range of populations and client needs.
- Design and instruct personalised Contemporary Pilates training designed for varying levels, body and postural types for low to medium risk clients
- Include a variety of Pilates equipment and small apparatus into all of your sessions.
- Work confidently with post-rehabilitative clients.
- Confidently liaise with other Allied Health professionals.

Enrolment Fee:

A non-refundable enrolment fee of $250 applies to each enrolment.

Cost of Course:

Refer to www.tensegritytraining.com.au for current costs of all courses. Individual Course Providers will have information regarding payment plans. Each student will be required to pay an initial deposit and Learning Materials fee to Tensegrity Training to secure a place in the course.

Scheduled payments are then required to complete the payment plan established by and made payable to your Course Provider. The first payment to your Course Provider must occur one week prior to the commencement of the first workshop.

Payment Plan:

Please contact your Course Provider to arrange your payment plan.