Tensegrity Training

60182

Course Overview

Integrated Diploma of Contemporary Pilates and Teaching Methodology

(Includes both the 52927WA Certificate IV in Contemporary Pilates and Teaching Methodology and 11053NAT Diploma of Contemporary Pilates and Teaching Methodology)

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General Course Information:

The ***Integrated Diploma of Contemporary Pilates and Teaching Methodology*, includes** the 52927WA Certificate IV in Contemporary Pilates and Teaching Methodology and the 11053NAT Diploma of Contemporary Pilates and Teaching Methodology.

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

The ***Integrated 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 ***Integrated Diploma of Contemporary Pilates and Teaching Methodology*** *i*s a comprehensive course equipping the graduate with a solid understanding of Matwork Pilates and Studio Equipment Pilates.

As a graduate of the ***Integrated 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.

Pre-requisites:

Minimum of 30 hours personal Pilates experience.

Entry Requirements:

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

Physically capable of being able to undertake a range of Pilates exercises and equipment exercises. (A medical practitioner's certificate may be requested at the discretion of the RTO).

Units of Competency:

The units of competency for the ***Integrated Diploma of Contemporary Pilates and Teaching Methodology*** have been specially selected to meet industry requirements for Pilates Instructors. The Units within the course include the Certificate IV and 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

Electives – choose 1 from below

CPLMAT409	Incorporate Balls repertoire into movement sessions
PILBAR401	Teach Pilates barre functional movement

Units of competency from the 11053NAT Diploma of Contemporary Pilates & Teaching Methodology	
NAT11053010	Apply Pilates therapy and exercise programming to clinical rehabilitation
NAT11053011	Apply advanced functional anatomy to treat clients
NAT11053009	Incorporate somatic movement exercises in rehabilitation
NAT11053001	Teach Reformer essentials
NAT11053008	Teach pregnancy in motion repertoire
NAT11053006	Teach Wunda Chair repertoire
NAT11053007	Teach Cadillac repertoire
NAT11053005	Teach Barrel 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 ***Integrated Diploma of Contemporary Pilates and Teaching Methodology*** graduates may want to undertake further studies in the area of Advanced Clinical Training in Somatics & 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 students wanting to pursue a part-time or full time career as a Pilates instructor, either within an existing Pilates studio, intending to work as part of an allied health team or intending to work independently.

Delivery Mode:

Online (40 hrs) –anatomy and physiology knowledge and History of Pilates is undertaken on line prior to course commencement. Login to the Tensegrity Training website will be provided once the enrolment is complete by paying the enrolment fee, deposit & learner material fees. Online quizzes are completed for each unit of competency and must be completed within 21 days of the relevant face-to-face learning.

Classroom Delivery (180 hours) - which covers Pilates theory and practical instruction of the Pilates method. This includes(60 hrs) additional student clinics.

Delivered over 12 months with mandatory attendance at 10 scheduled workshops, covering the theory and science of Pilates, practical instruction of Pilates repertoire exercises, teaching methodology and programing for Pilates Instructors.

Self-Study (400 hours) – 6 - 8 hours per week self-study of the theory and science of Pilates set weekly by the course provider over the course. This includes set assessment tasks, selected readings, research, and participation in study groups and Pilates practice sessions.

Clinical Practice (200 hours) - which work experience in Pilates studios and/or via Zoom, involving general administration duties and Pilates instruction using equipment. 150 hours for the Diploma part and 50 hours completed for Certificate IV.

Observation hours (10 hrs) – involves observing instructors teaching in different studios & writing up observations in preparation for starting clinical practice.

Personal Exercise Practice (150 hours) – 100 hours participation in Pilates equipment classes taught& signed by an accredited Instructor for the Diploma component; and 50 hours of personal practice of Pilates exercises for Certificate IV. These hours must be recorded in students' log book. Some classes maybe accrued by accessing classes on 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, 10 weekend workshops (2 days) are conducted approximately one month apart over the duration of the course. Scheduling may vary at the discretion of your Course Provider. Some courses are delivered in blocks of 5 days throughout the year.

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 Integrated Diploma of Contemporary Pilates involves the following:

Evidence of the following must be presented:

- The ability to perform the Matwork and 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
- Completing 150 hrs of Personal Practice
- Completing 200 hrs of supervised clinical practice

Assessment methods include:

- 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 Pilates equipment repertoire
- Teaching Pilates equipment classes (simulated activities within the learning environment and involves training peers)

Assessment for the Integrated Diploma of Contemporary Pilates and Teaching Methodology should wherever possible occur through workplace observation (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 should occur through a combination of classroom assessments and workplace based assessment activities. Alternatively assessment of knowledge may be undertaken using online assessment methods and workplace based

assessment activities or a combination of assessment methods.

Assessment of skill development should occur through a combination of classroom and workplace assessments.

If, for safety reasons it is not possible to conduct the assessments with public clients, the assessment may occur in a 'simulated workplace'. A 'simulated workplace' must occur in a Pilates studio/workplace with a full range of Pilate's equipment and access to other Pilate's students to undertake the required assessments.

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 observation/practice under supervision (200 hrs recorded in logbook)
- personal practice (150 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), which requires providing evidence of the required knowledge and skill application.

- Knowledge will be assessed by interview
- The candidate must provide evidence of their ability to competently undertake a range of exercises from the Pilates exercise repertoire in a Pilates studio/workplace
- The candidate must provide evidence of having instructed different client groups in a Pilates Studio over a period of time and include examples of matwork, equipment and small apparatus programing and delivery
- A statutory declaration confirming 200 hours work experience in a Pilates Studio and 150 hours of personal practice.

Applicants will be required to demonstrate knowledge and skills required level within the Integrated 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.

Students will be assessed prior to enrolment to determine their capability to undertake the course and their suitability to work as a Pilates Instructor.

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:

- Login and password to Tensegrity Training Learning Management System
- Course Materials – Module Booklets
- Equipment Workbooks
- Assessment requirements

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

Recommended Reading:

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

Pilates Anatomy
Human Kinetics
Rael Isacowitz, Karen Clippinger
ISBN-13: 978-0736083867

Teaching Pilates for Postural Faults, Illness & Injury – A Practical Guide
Butterworth Heinemann-Elsevier
Jane Paterson
ISBN 978-0-7506-5647-4

Clinical Sports Medicine
Brukner Peter and Khan Karim
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

Course Outcomes:

At the successful completion of the course students will be awarded the

- ***52927WACertificate IV in Contemporary Pilates and Teaching Methodology*** and
- ***NAT11053 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 12 months of completing the workshops.

Topic Delivery:

	Learner Materials		Content
Integrated Diploma of Contemporary Pilates and Teaching Methodology		Learner Materials	Anatomy and Physiology, WHS, History of Pilates
		Manual	Teaching Methodology, Exercise Programming, Stretching
		Manual	Stretching – Theory and Practice
		Manual	Postural Assessment Guidelines
		Manual	Movement Assessment - Lower Limb and Gait Analysis
		Manual	Tactile and Kinaesthetic Instructions
		Manual	Manage and Promote your Pilates Business
		Manual	Pilates Barre for Functional Movement
		Manual	Advanced Functional Anatomy
		Manual	Pathologies and Conditions – Clinical Rehabilitation
		Manual	Roller Repertoire and Teaching Methodology
		Manual	Magic Circle Repertoire and Teaching Methodology
		Manual	Balls Repertoire and Teaching Methodology
		Manual	Reformer Essentials Teaching Methodology
		Manual	Reformer Essentials Repertoire
		Manual	Reformer Intermediate and Advanced Repertoire and Teaching Methodology
		Manual	Somatic Movement Education
		Manual	Pregnancy in Motion
		Manual	Wunda Chair Essentials Repertoire and Teaching Methodology
		Manual	Wunda Chair Intermediate Repertoire and Teaching Methodology
		Manual	Cadillac Essentials Repertoire and Teaching Methodology
		Manual	Cadillac Intermediate Repertoire and Teaching Methodology
		Manual	Barrel Repertoire and Teaching Methodology
	Equipment Workbooks		Matwork & Equipment workbooks are used constantly throughout the delivery of the course:

Skills Development:

*The **Integrated 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 specialised Contemporary Pilates Matwork group classes at all levels.
- 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 applies to each enrolment.

Once you have completed the enrolment form and paid the non-refundable enrolment fee and deposit you will receive a login to enable you to undertake the Tensegrity Training online units for the course. These units must be completed within 21 days of enrolment. Failure to do so will require re-enrolling in that online unit at a cost of $50.

Cost of Course:

All course fees are published at www.tensegritytraining.com.au

Individual Course Providers will have information regarding cost of the course and 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 individual Course Provider. The first payment to your Course Provider must occur prior to the commencement of the first workshop.

Payment Plan:

Please contact your Course Provider to arrange your payment plan.