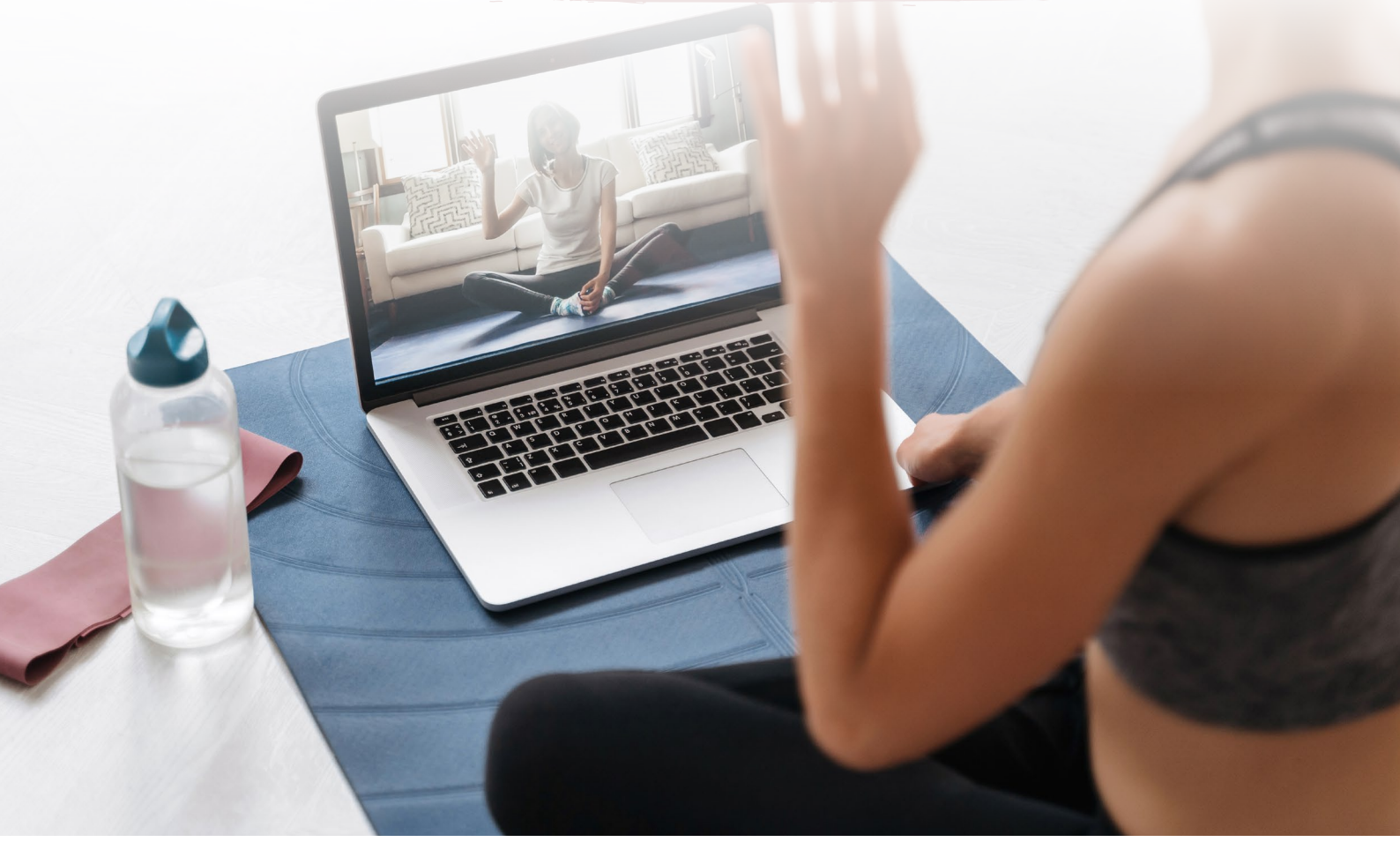
Embrace the Power of Pilates with *Flexi Study*

WHERE FLEXIBILITY
MEETS CONVENIENCE!



Tensegrity Training 60182

Unleash Your Potential, *Anytime,* Anywhere

Embark on a transformative learning experience with Flexi Study, where state-of-the-art eLearning and accelerated mentoring converge. Our exceptional online platform opens doors to the finest Pilates Teacher Trainers in Australia, paving the perfect path to launch your career with confidence!

Experience the Flexi Study Advantage:

- **Start Your Journey Anytime, Anywhere:** Flexibility tailored to your schedule.
- **Accelerate Learning:** State-of-the-art eLearning for a swift educational ascent.
- **Guided Progression:** Our Learner Management System ensures a seamless and engaging experience with videos, discussions, quizzes, and learning checkpoints.
- **Connect in Real Time:** Elevate your understanding through regular 2-hour Zoom Mentoring Clinics.
- **Study Community:** Embrace collaboration with fellow Flexi Study students, fostering connections through our 'study buddy' system.

Embark on a learning revolution with Flexi Study—where education meets flexibility and community!

Flexi Study is Tailored for YOU

Unlock Learning Anywhere, Anytime with Flexi Study! Tailored for regional, remote, and shift workers, our flexible plans adapt to your unique circumstances:

1. No face-to-face location nearby? No problem! Flexi Study reaches every corner of Australia including remote and regional locations.

2. Juggling weekend shifts in hospitality or healthcare? Our schedule fits yours.

3. Eager to start NOW? Don't wait for the next face-to-face session; Flexi Study gets you moving.

4. Prefer the convenience of online learning? Flexi Study is designed for forward-thinking individuals like you. Embrace the future of education!

Prerequisites Made Simple:

- **No Formal Prerequisites:** Enrol in the 52729WA Certificate IV in Contemporary Pilates and Teaching Methodology with Reformer Specialisation course without prior conditions.
- **Fitness Commitment:** Ensure your health and fitness align with Pilates competency standards.
- **Pilates Experience:** A recommended minimum of 30 hours of Pilates practice enhances your learning journey.
- **Pre-course Prep:** Dive into a seamless start with 5 hours of pre-course study.
- **Language Pro iciency:** Basic English language, literacy, and numeracy skills are essential for understanding anatomy, physiology terms, and effective communication with Allied Health professionals.

Flexi Study paves the way for your Pilates success, making prerequisites easy and accessible!

Embark on Your Flexi Study Journey in 4 Easy Steps:

1 ENROL IN YOUR CHOSEN COURSE:

- Certificate IV in Contemporary Pilates and Teaching Methodology
- Certificate IV in Contemporary Pilates and Teaching Methodology with Reformer Specialisation

2 ACCESS YOUR VIRTUAL LEARNING HUB:

Gain entry to our comprehensive student portal (VETtrak) and learning management system (Canvas), your one-stop source for all course materials.

3 TAILORED ORIENTATION AND FLEXI STUDY SCHEDULE:

- Connect with our student coordinator for a personalised Orientation session.
- Collaboratively design your Flexi Study Schedule based on your enrollment date.

4 DIVE INTO LIVE ZOOM MENTORING CLINICS:

- Join fortnightly Tuesday, Thursday or Friday sessions for a dynamic learning experience.
- Engage with mentors, clarify doubts, and practice teaching under supervision.
- Explore course content alongside fellow students.

What to Expect in Mentoring Clinics:

- Anatomy & Physiology
- Pre Pilates Repertoire Review
- Traditional Matwork Repertoire Review
- Design of a Tensegrity 8-Part System and Detailed Session Plans
- Practice teaching
- Postural and Movement Assessment
- Tactile Cueing
- Pilates Balls Repertoire
- Reformer Essentials
- Reformer Intermediate/Advanced Repertoire
- Exam Preparation and Exercise Performance
- **Bonus Module:** Marketing Your Pilates Business

Timeframe:

- 7 student mentoring sessions over 3 months
- 12 months to complete all practical requirements
- Optional student clinics available for extra support

Flexi Study is not just a program; it's a guided, flexible path to your Pilates career. Enrol now and shape your future at your own pace!

So you want to become a *Pilates* Instructor?

What are my *Graduate* Outcomes?

It's fantastic to know where and what you want and to have a clear goal. We hope that this guide provides you with insight and inspiration to join the dynamic Pilates industry.

Firstly, teaching Pilates is a career path with so many different opportunities and potential workplaces that ensures your work will always be interesting, fun, challenging and incredibly satisfying.

- **Imagine going to work each day and helping people learn to move their bodies, increase their fitness and overall well-being.**
- **Imagine helping clients to improve their posture, to reduce aches and pains and to become more flexible.**
- **Imagine designing and running Pilates classes that your clients truly enjoy attending.**

Secondly, becoming a Pilates instructor is an outstanding way to earn a living while remaining fit and healthy yourself - so it's a perfect combination- a work / life balance.

As a Pilates Instructor you bring together conventional knowledge of anatomy and biomechanics with a social and upbeat work atmosphere - working in fitness, health and well-being. The work hours are often incredibly malleable and can be sculpted to fit whatever you need in your life, and re-molded in the future if need be.

Finally, there is also considerable scope for graduates to open their own businesses and we can certainly assure new Pilates practitioners that the opportunities for growth are everywhere- from the urban centres to regional areas and just about everywhere in between.

GRADUATE OUTCOMES VIDEO

What is the *difference* between Clinical, Classical and Contemporary Pilates?

Over the past several decades as Pilates has expanded from a 'New York – based' discipline to worldwide phenomenon, there have been a few broad categories that have come to define the Pilates industry. The most common terms are simply explained below:

CLINICAL PILATES

This term is used freely around the Pilates sector and generally refers to practitioners who define their style as both practical and hands-on with an emphasis on 1:1 and small group settings in a Studio or Allied Health clinic. There are several training programs that have 'Clinical Pilates' in the course title and the emphasis in Clinical Pilates is on working with actual patients / clients rather than simply offering group classes or choreographed classes in larger fitness settings.

CLASSICAL PILATES

This term refers to Pilates in the most authentic form, as Joseph Pilates originally created. Practitioners of Classical Pilates believe that only the exercises that Joseph designed and documented should be used. Additional modifications to the original equipment and apparatus are also 'frowned upon' by true practitioners who define their style as Classical Pilates. Sometimes this is also known as Traditional Pilates and the venues for both Classical and Traditional Pilates are much like Joseph intended; boutique 'studio' settings where clients are seen 1:1 and in small groups.

CONTEMPORARY PILATES

This term is most commonly used to define modern Pilates, building on the fundamentals that Joseph created and incorporating the science and professional practice that has made many advances since the 1920's. Many of the original exercises designed by Joseph Pilates have been modified, interpreted and, many would believe, improved upon in the decades since they were initially created. Additionally the equipment that Joseph built has evolved considerably in both materials and engineering and practitioners who are considered Contemporary Pilates instructors embrace these new changes. In fact, some find the practice of classical Pilates inflexible when compared to the evidence-based approach of modern medical science.

There are also a huge variety of 'interpretations' of Pilates that have appeared in more recent times including such things as Pilates for dogs (Pup Pilates), fusions with yoga and even Pilates on stand up paddleboards! For the sake of brevity, however, this guide will adhere to the well recognised and scientifically proven Pilates methodologies.

The Pilates industry is so diverse (and potentially confusing) so where do you start?

As with many health disciplines Pilates has grown hugely since the 1920's and today there are an extremely diverse range of specialist studios, gyms, allied health practices and clinics offering Pilates around the world.

So is there a difference between a specialist Pilates Studio offering 1:1 rehabilitation as compared to a large gym or community hall where a group class with dozens of participants is being offered?

Yes there is, and it is incredibly important for any new Pilates client or practitioner to ascertain the qualification(s) and experience of the practitioner offering Pilates in any of the above contexts. This is just like choosing a medical practitioner or a tradesperson to perform a specialised task. As consumers, we would naturally expect the person performing a surgical procedure or fixing our electricity to have the experience and a recognised qualification in the relevant subject area.

So a Pilates Instructor is exactly the same. A Pilates Instructor should be someone who holds a Government Accredited qualification in Pilates or, at the very least, have a qualification that is recognised by the most appropriate regulatory agency. Much like any medical practitioner or tradesperson, the Pilates Instructor may have attained their qualification overseas and therefore gained recognition upon arrival in Australia through the relevant regulatory agency or association.

There are many courses, and 'practitioners' around that talk about "Certification" which needs to be carefully scrutinised, because unless a course has the words Government Accredited (and the Nationally Recognised Training logo) or Unit(s) of Competency listed, graduates won't necessarily be able to gain the professional status that is required to work in any and all potential Pilates venues.

NATIONALLY RECOGNISED TRAINING

ACCREDITED TRAINING VIDEO

Professional *Associations* for Pilates, Exercise, Fitness and Allied Health

As in most industries, in Pilates, Fitness, Exercise and Allied Health there are Professional Associations that broadly oversee the quality of training and practice by regulating membership across the country.

Not just anyone can become a member of a Professional Association, there are requirements to join and additional professional development that all members must undertake in order to maintain a professional standing.

The following is a list of the most relevant Professional Associations for Pilates Instructors:

Pilates Association Australia

Pilates Association Australia (PAA)

The mission of the PAA is to advance the interests of the Pilates industry and its practitioners, and promote the discipline to the public and other health professionals. Members of the PAA gain access to a wide range of continuing education workshops and a biannual National Conference where Pilates professionals gain valuable insight into trends and topics relevant to the industry. The PAA also has a list of Pilates Alliance Australasia Education Bodies, who deliver specialist Pilates courses with Government Accredited outcomes. If the 'training provider' or course provider is not on this list the course or 'certification' is likely not accredited or recognised by the PAA and obtaining membership has the potential to be very difficult.

AUSactive

AUS Active

AUS Active is a not-for-profit industry association that exists to professionalise the fitness industry through engaging in partnerships, advocacy, delivering education, quality and accreditation. AUS Active supports the industry to deliver an environment for more Australians to adopt a healthy, active lifestyle. There are a range of membership levels and business memberships and hundreds of Continuing Education courses to advance the skills and knowledge of AUS Active members.

ESSA
EXERCISE & SPORTS SCIENCE AUSTRALIA
ACCREDITED PROFESSIONAL DEVELOPMENT COURSE

Exercise and Sports Science Australia (ESSA)

Founded in 1991, Exercise & Sports Science Australia (ESSA), is a professional organisation which is committed to establishing, promoting and defending the career paths of trained exercise and sports science practitioners. ESSA's vision is to enhance performance, health and well-being through the science of exercise and sport. And ESSA's mission is to lead and promote excellence in exercise and sports science for the benefits of society and the professions. Members gain access to a wealth of resources including a comprehensive range of workshops and professional development opportunities.

The Dance Movement Therapy Association of Australasia (DTAA)

The Dance Movement Therapy Association of Australasia (DTAA) is the recognised professional body for dance movement therapy in Australasia. It sets the standards for Professional, Provisional Professional and Associate levels of membership, training and supervision. The DTAA also warmly welcomes General and Student members. The DTAA promotes the growth, development and recognition of the dance movement therapy profession in Australasia.

Not everyone may intend to be a member of a professional association, they just want to go out and teach!

We understand that not everyone will place the same value on professionalism and quality control, but it is important anyone working with the public to consider the following points:

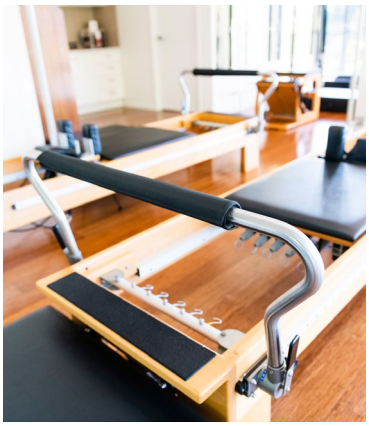
- All of these Professional Associations offer opportunities for students to engage with graduates and existing practitioners- via resources, professional development opportunities and ongoing career guidance and inspiration.
- If you choose to take a course that isn't recognised by the Government or Professional Association– what are you getting really?
- Many of the non-accredited courses may seem cheaper or are structured with sequential "levels" or many different "sections" that are required to achieve a 'certification'. By the time learners actually sign up for every one of these 'levels', it often works out to be of a very similar cost to accredited training. So is it really better to choose a 'cheaper' alternative – without any Government or Professionally recognised outcomes?
- Most of the Professional Associations have provision for members to access a variety of insurance cover options that are suitable to their members. These insurance options have been thoroughly researched by the Association(s) and will provide the surety of cover required.
- If, by some unfortunate circumstance a client gets injured in your class, or as a result of your substandard training and you are NOT a member of any Professional Association with the appropriate insurance cover in place, do you really think that an insurance provider will cover you when you have just done a course that was almost entirely online with no face to face aspect and that is not recognised by the Government or Professional Association?
- All new students can benefit from the expertise and experience that the community of professionals at these associations provides- and doing a course with a Government Accredited training provider gives you the chance to join as a student member for the duration of your course.

What are the different *employment* scenarios for Pilates Instructors?

In general there are a wide range of settings where Pilates is offered and here are some of the most common that graduates will encounter:

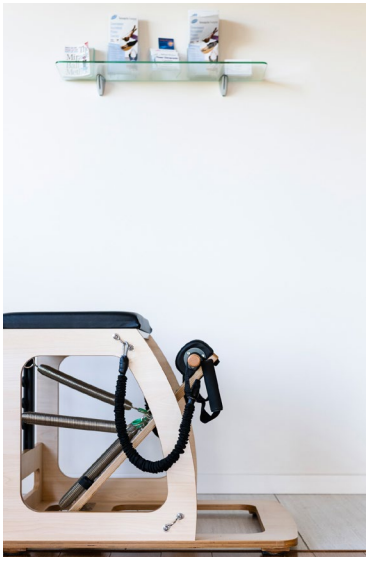
FULLY EQUIPPED PILATES STUDIO

An instructor in this setting either works in or owns a fully equipped Pilates Studio complete with all of the traditional Pilates equipment: Reformer, Cadillac, Wunda Chair and Barrels. The studio also has ample space for Mat work and/or Barre classes. The studio has a good, professional reputation within the Allied Health community and regularly receives client referrals from Chiropractors, Osteopaths and Physiotherapists who respect the exercise prescription and rehabilitation outcomes that are associated with Pilates. The studio sessions have a maximum of 6 participants and each class follows a personally tailored plan that has been designed specifically for the individual client.



BOUTIQUE PILATES STUDIO

An instructor in this style of studio works in or owns a small space, often in a busy urban or regional area. There may be several Reformers and possibly also Wunda chairs or other traditional equipment. Instructors in this environment are well experienced to teach fun, dynamic classes that cater to many different clients' skill levels, and they are comfortable when someone comes into the studio with a chronic injury. An instructor in this style of studio is likely to have a strong social media presence and an excellent rapport with local fitness professionals.

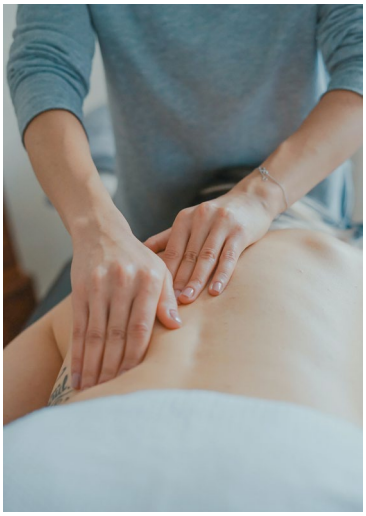


HOME PILATES STUDIO

An emerging trend where the instructor wants the clients to come to a beautiful space that might be a converted garage/room or a custom built, free-standing building. Most of these studios are 'owner operator' arrangements with a setup that has been tailored exactly to the specifications of the space. In general, the more personal approach to clients generates a sense of loyalty and the patrons love the attention to detail and feel inspired every time they step into the movement space. Most of the equipment sessions operate with a maximum of 4 people, and there may also be dynamic Mat classes and fluid Barre classes. The 'owner operator' may include a treatment room in addition to the studio to enable an additional practice of massage and Bowen therapy or a related modality.

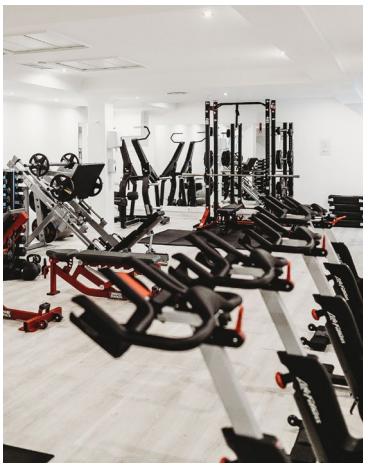
GROUP REFORMER PILATES STUDIO

Another new style of Pilates venue where the emphasis is on using Pilates to get larger groups of people moving and healthy through a diverse range of group classes on the Reformer. Instructors in this style most often work in a studio that has 6-10+ Reformers in the room and run 8+ classes a day. The classes are all usually on a 'membership'/ inclusive package style, catering for people who may be new to Pilates or those who you see Pilates as a dynamic way to exercise. Instructors in this Group Reformer setting may be required to deliver the same program each time they lead a class or may be given the opportunity to develop their own choreography and class design- depending upon the practice of the venue.



PILATES WITHIN AN ALLIED HEALTH PRACTICE

A very popular addition to Physiotherapy or Exercise Science practices is the use of Pilates for clients. An instructor in this setting may already have qualifications in an Allied Health modality but wants to be able to offer Pilates for the many benefits that it can bring to patients of the clinic. Additionally, the venue may employ Pilates instructor(s) specifically to run the exercise/rehabilitation aspects that are prescribed by the practitioners at the location. In general, the Pilates 'space' at an Allied Health Practice will include equipment such as Reformer, Cadillac, Wunda Chair and Barrels and most likely have a focus on 1:1 individual client rehabilitation and exercise prescription.



PILATES ROOM IN A GYM

Instructors in this style of Pilates venue often started out in the fitness industry but wanted to expand their skills and knowledge to add Pilates to their Personal Trainer or Group Fitness leader skillsets. The gym or fitness facility where these Pilates Instructors work has likely offered members a range of additional class options and diversified by adding Pilates Mat sessions or Pilates Reformers to their facility. Running Pilates in a gym presents a new range of clients from weightlifters who come to fine tune muscle movements to older gym goers who feel both safe and challenged in Pilates classes.

PILATES CLASSES IN A HALL

Often with a community-based focus, the Pilates instructor offering classes from a hall/beach/park/community centre generally provides a good 'value for money' Pilates experience for locals. This style of Pilates usually emphasises the use of traditional Mat exercises and can add the smaller, portable props such as foam rollers, balls and magic circles to add variety to the class content.

How do I *decide* which Pilates course is right for me?

At Tensegrity Training we offer *two* of our accredited courses via Flexi Study

- Certificate IV in Contemporary Pilates and Teaching Methodology
- Certificate IV in Contemporary Pilates and Teaching Methodology with Reformer Specialisation

Which course is right for me?

Carefully think about the employment scenarios mentioned previously and set your goals:

- Do you want to open your own Pilates studio?
- Do you intend to gain employment at the local gym running classes?
- Do you already have an Allied Health qualification and want to add Pilates to the practice where you are currently operating?
- Do you want to get some part time work at the Reformer Studio that you attend as a client?
- Do you really just want to learn more about your own body and make your home routines more rigorous?
- Do you need some professional development or continuing education 'points' for your Association?

Each of the two courses we offer via Flexi Study will equip you with a skill set that will suit a role in the dynamic Pilates world, the only thing left is to ask yourself what kind of instructor you would like to be, to then decide how Pilates training can best serve you.

Not ready for a Cert IV?

We offer a range of short courses appropiate to a range of skill and interest levels.

SHORT COURSES

Ready to dive into a Diploma?

We offer accredited options to set you up for a full-fledged professional carer in Pilates.

DIPLOMA COURSES

IS MATWORK YOUR PASSION?

The Certificate IV in Contemporary Pilates & Teaching Methodology 52927WA

- Do you love teaching group classes with good music and an energetic, fun atmosphere?
- Do you want to be able to go to work in a gym or other Allied Health/studio environment?
- Perhaps you already are employed at a gym or are running your own Yoga classes and want to add Pilates.

COURSE OVERVIEW

LOCATION & DATES

This qualification covers Pre-Pilates and Traditional Pilates Matwork. Pre-Pilates was developed by one of Joseph Pilates' original students – Eve Gentry. They are a wonderful diagnostic tool when assessing clients' movement capacity. This extensive repertoire is taught in conjunction with how to conduct an initial postural assessment, analyse movement and as a means of design dynamic exercise programs to address the specific needs of clients.

Becoming a Pilates Matwork instructor gives you the freedom to set the level and style of your classes. To have a job where you can flex your creativity (as well as your abdominals) through dynamic class design that will have your clients feeling moved, stretched and challenged in a way that they haven't experienced before, makes Pilates a unique choice of career.

DO YOU WANT TO TEACH GROUP REFORMER CLASSES?

The Certificate IV in Contemporary Pilates & Teaching Methodology with Reformer Specialisation 52927WA

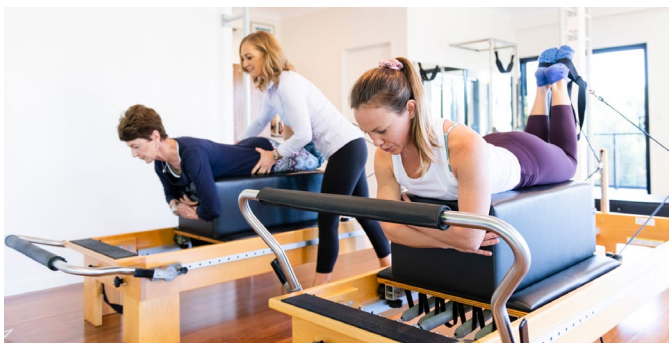
- Do you have a passion for the Pilates Reformer and want to deliver great sessions?
- Do you want to gain all the foundations of Pilates plus a plethora of Reformer exercises and applications?
- Take your current work venue to new heights or kickstart your dream of owning a Reformer Studio in your area. Get the qualifications you need to make it happen!

COURSE OVERVIEW

LOCATION & DATES

Get ready to level up your Pilates game! This comprehensive course covers all the essential Pilates matwork, from Anatomy & Physiology, Postural Assessment and Tactile Cueing to Choreography and session programming. But that's not all – we've also got you covered with Reformer Essentials, Intermediate & Advanced exercises, and even tips on managing and promoting your own Pilates business.

Designed to transform you into a Pilates pro, this course equips you with the skills and knowledge to work in a Pilates context using the Reformer and Mat. And here's the best part – with FLEXI Study, you can conveniently complete this course from the comfort of your own home. Just make sure you have access to a Pilates Reformer during the course delivery. Don't miss out on this amazing opportunity to enhance client health, fitness, and functional movement. Enrol now!



I'M NOT SURE I HAVE THE TIME/SPACE IN MY LIFE FOR STUDYING PILATES

Pilates is very flexible and can grow and change to fit whatever your lifestyle requires at any given time.

If you are a parent and would like some extra income it can easily become a flexible job that can work around school pick up and drop off times. Or you could operate a home studio which gives you the flexibility to take clients at the times that best suit yourself and your family.

If investing in a home studio seems like too much of an undertaking now, there are many job opportunities in studio settings. You can find stable work hours and continue to grow the studio's client base if you'd like to increase your earnings. We receive many enquiries from studio owners and employers seeking our graduates for employment in their workplaces.

Pilates Studios are welcoming, beautiful places that generate a sense of wellbeing. What a perfect environment to work in!

Why should I study with *Tensegrity* Training?

ALL OUR UNITS OF COMPETENCY ARE WRITTEN BY OUR CEO

The CEO has worked in Pilates, Dance, Movement Therapy and rehabilitation since 1991. The units of competency reflect her extensive knowledge.

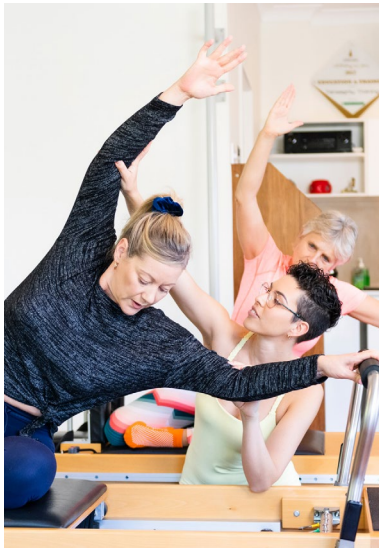
Tensegrity Training has developed specific Units of Competency based on extensive knowledge of traditional and contemporary Pilates practice. The learning material provided in our courses is comprehensive, and it isn't over yet - we add more to these materials each year, refining it further so the course structure continues to have diverse and relevant content available to our students.

OUR COURSES ARE TAUGHT BY EXPERTS IN THE PILATES INDUSTRY AND DELIVERED BY PROFESSIONALS WITH DECADES OF EXPERIENCE

Our trainers have worked in Pilates, movement therapy and rehabilitation for decades and assisted thousands of clients to overcome painful ailments through exceptional knowledge of the human body.

DEMONSTRATING EXTENSIVE PROFESSIONAL KNOWLEDGE

Our trainers have been selected based on meticulous selection criteria. We handpick our trainers like we write our courses - with knowledge, care and attention to detail. Our trainers have come from varied fields including dance, academia, physical therapy, martial arts and education.



A few other *reasons* to study with Tensegrity Training

Our courses have the greatest hands-on component available in the industry

We are very hands-on with our students, making sure they have all the support available to complete their qualification. By the end of the course you will have the skills and knowledge of a confident Pilates Instructor, and have great fun doing so!

We understand the Pilates industry

We know what is required for students to gain employment upon completion of their course. Many of our graduates have job offers before they have finished their qualification. Our graduates are definitely sought after in the Pilates Industry.

The focus on clinical practice will make you a better instructor

We are not in the practice of passing judgement on other training providers, we let our graduates speak for themselves. Our students must complete many hours of supervised practice teaching and are well supported in regular Student Clinics which are offered to help students get as much practice teaching as possible.

Contemporary Pilates is research driven

While staying true to the principles of Pilates Tensegrity stays abreast of current research and trends in health, fitness and wellbeing.

Traditional principles of Pilates, married with the latest anatomy and biomechanics research means our courses are modern, without compromising the original principles created by Joseph Pilates.

We teach adaptability in our courses

As instructors you must be able to respond to what is presented by clients in class. Whether it is an acute injury, a chronic illness or condition or something more transient, we will teach you protocols for providing best care to your clients.

We will be with you every step of the way

Whether it is in the classroom, the student clinics or via email or phone, our support team is ready to lend support throughout your learning journey.

Our online learning system houses all learning and assessment materials. The online submissions of assessments gives your trainer the opportunity to view your work immediately and provide valuable feedback.

The learning system is designed to suit every type of learner - audio, visual and kinaesthetic.

Tensegrity Training provides a Somatic approach to working with the body

Somatics works well with Pilates by providing graduates with a neurophysiological approach, which facilitates greater mind-body integration, ease of movement and freedom in the body.

We are building an international reputation

Our graduates are well received worldwide and are eligible for membership to national Pilates associations in the USA, Canada and the United Kingdom.

Our courses have been offered in Bali and prior to the COVID-19 Pandemic trainings were scheduled for Hong Kong and Singapore with many other locations on the horizon.

Pilates is an energetic, growing industry, with many passionate practitioners and so many possible specialisations.

You'll never be bored and the activewear section of your wardrobe will be as colourful and multi faceted as the Pilates industry itself.

Above all, if you are intending to study Pilates and teach Pilates to the general public; the first thing to do is select a course that is Government Accredited.

Tensegrity Training 60182

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