

Pilates Excellence in Training

Instructor Training Program
Course Prospectus 2012

“Study carefully. Do not sacrifice knowledge to speed in building your solid exercise regime on the foundation of Contrology.”

J.H. Pilates
in
Return to Life 1945

Welcome!

Congratulations on beginning your journey into the dynamic and rewarding Pilates industry.

The Pilates Instructor Course offered with Pilates Excellence in Training is a comprehensive educational pathway, accredited by the Australian Pilates Method Association. We aim to provide a challenging and stimulating environment for educational excellence, encouraging the student to be of enquiring mind and to think laterally.

The course has been designed in a flexible style to accommodate the adult learner. This prospectus provides information about the unit structure & content, timetable and the fee schedule & conditions. Options are available for the completion of the theoretical units to provide the flexibility to adapt to your lifestyle.

Should you require any further information please don't hesitate to contact us.

We look forward to guiding you into an exciting future as a Pilates instructor!

The Faculty

Brad Leon

Dip (Dance)

Dip (Pilates)

Cert IV Trainer & Assessor

Pilates Practitioner APMA Level 4

Brad comes from a sports & movement background. He studied performing arts at James Cook University (QLD), where he later returned as a lecturer in Creative Movement. He obtained a diploma in dance at the Centre for Performing Art (S.A.) which launched a career as professional dancer, choreographer, musical theatre performer and acrobat. He has been involved in Pilates since 1996 and has learned from some of the Master Teachers both in Australia and Overseas. He has been co-owner of Leon & Shaw (previously Vass & Shaw) since 1999 and has delivered Pilates teacher training since that time. Brad has a passion for rehabilitation and helping those with chronic pain issues. He currently holds Rehabilitation Certification with Polestar Pilates (USA). Brad was a lecturer in the Pilates faculty at the University Technology of Sydney when the course was run at UTS. Brad is an Australian Pilates Method Association Level 4 Pilates Practitioner & course provider. Brad is also a qualified massage therapist with ATMS.

Larissa Kelloway

B.Sc.(Hons.)Biochem

B.A. (Musical Theatre)

Cert IV Trainer & Assessor

Pilates Practitioner APMA Level 4

Larissa comes to the Pilates industry from both the performing arts and a medical science background, bringing to her Pilates educator role a broad spectrum of skills and interests. Her unending passion for quality education and holistic approach to health and well-being, provides students with foundations in the Pilates method that paved the way towards career excellence. Larissa was also the owner and director of Spring Pilates in North Sydney for nearly a decade until she sold the studio in September 2011.

Larissa is an Australian Pilates Method Association accredited course provider and Level 4 practitioner member. She sat on the Education Committee of the APMA and served 5 years on the Council of the APMA during which time she also assisted in the convening the biannual APMA National Conference program.

About the Course

Designed to facilitate a flexible learning environment, the course allows participants the opportunity to complete the units of study within the normal restrictions of daily life. The participant may undertake face-to-face delivery, distance education learning modules or a combination of both. All repertoire is delivered in a combination of face-to-face and self-directed learning.

Theoretical units run over approximately 140 hours and provide comprehensive training to work in a fully equipped studio or to teach group mat classes. The course aims to teach the participant exercise construction and destruction, across a broad spectrum of exercises drawn from all the apparatus and mat work to ensure the participant becomes competent in appropriate exercise prescription for healthy populations and common physiological conditions experienced in the Pilates studio. Within the repertoire units, the student will participate in small group mat classes in order to develop self mastery of the material and aid the learning process.

Successful completion of all the course components, assessments and registration examinations, leads to recognition with Australia's most highly respected professional Pilates association.

The applicant for this course will ideally come from a movement, allied health, dance or science background. The participant will have a sound understanding of anatomy and physiology and be experienced with the Pilates technique in their own bodies. During the program of study the participant will be mentored through the education process, observing and assisting teaching to facilitate their apprenticeship into the industry.

Pilates Excellence in Training have brought together some of the most respected members of the Sydney Pilates community within the faculty and guest lecturers, who bring to the table a wealth of knowledge and experience to ensure this training program will equip the graduate well for all aspects of the industry in Australia. This course is competitively priced, with course fees of \$6000, so offers a reasonable alternative to other Studio based Instructor training courses in Sydney.

Pathway of Study

Pre Requisites

Anatomy & Physiology
Senior First Aid
Minimum 50 hours Pilates
Interview panel

Tertiary level anatomy & physiology are required prior to course commencement, along with a senior first aid certificate and 50 hours of personal Pilates hours, but up to 100 can be credited.

Core Study

Core Units of
Study
1 – 7

The Core Study component is made up of seven units that are a combination of theory, repertoire and homework tasks. As well as the homework tasks four written assignments must be completed before the student can commence their case study. The student must also complete 200 supervised teaching hours, 14 observation hours and up to 200 personal hours (including the pre-requisite hours) throughout the duration of the course. These may be commenced during the Core Study, but are not required to be completed prior to commencement of the case study.

Practical

Case Study &
160 hrs

A written case history forms the major work of the Pilates Teachers course. These hours are in addition to the case study 200 hours of supervised teaching hours in no less than 3 recognised studios.

Assessment

Examination Process

The student will sit an in-house assessment in addition to completion of the APMA National Registration Examination to finalise the course of study.

Units of Study

Unit 1

Core Fundamentals

Begin the exploration of the Pilates method and its foundations. The life and work of Joseph Pilates is examined, including the influences that affected the development of his exercise regime “Contrology”. The unit includes the principles of Pilates and the physiology and psychology behind breathing and its integration into the Pilates method. Exercises are explored that require spinal and pelvic stabilisation, with and without load. The exercises presented in the unit are concurrently presented with the theory subjects that are fundamental to your understanding of core stabilisation, breathing and Pilates basics. The concepts of exercise deconstruction and construction both in the matwork and equipment based work are introduced along side the themes of biomechanical analysis and movement re-education.

Unit 2

Applied Anatomy and Injury Management in the Pilates Studio

Fundamental gross anatomy is explored in the Pilates context. The previous tertiary level anatomy and physiology study is drawn on, and extrapolated into a comprehension of movement anatomy and physiology. The main physiological and anatomical outcomes in injury states and current rehabilitation trends is reviewed and contextualised within the Pilates studio including applications of the method to the rehabilitative pathway. Throughout the unit development of analytical and critical reasoning skills facilitates the management of the variety of conditions and diseases that are experienced in the Pilates studio on a daily basis.

Unit 3

Training, Assessment and Ethics in the Pilates Environment

The journey commences into teaching excellence and quality instruction in unit 3. The unit explores the role of a teacher and how teaching styles can be adapted to cater to the needs of different clients and their various styles of learning. Exploration into the tools of client assessment in the context of spoken language, body language and physical assessment provides the foundation for early movement re-education. Finally the participant examines ethics in the Pilates studio, with respect to client treatment, colleague relationships and the industry as a whole.

Units of Study(Cont)

Unit 4 **Spine and Trunk**

Concentration on the anatomy of the spine and trunk region is covered, exploring the various movements that are possible in this area and restrictions that arise. The unit examines some of the common pathologies that occur in the spine and trunk and the appropriate management of these conditions in the Pilates studio. The exercises presented in conjunction with this unit equip the student with repertoire that facilitates spinal articulation and trunk movement in all possible ranges. Traditional sequences utilising equipment and matwork are examined followed by fragmentation of the complex sequences and pre-Pilates deconstructions.

Unit 5 **Pelvis, Hip and the Lower Limb**

The anatomy of the hip, pelvis and the lower limb, associated biomechanics of the regions, and common pathologies that occur are covered in this unit. Exercises focus on the hip, knee and ankle, beginning with the traditional challenging repertoire before exploring appropriate exercise deconstruction.

Unit 6 **Neck and Upper Limb**

The anatomy of the head, neck and the upper limb, the biomechanics of the regions, and the common pathologies seen in those areas is explored in unit 6. Exercises focus on the shoulder and neck anatomy, beginning with the traditional challenging repertoire before exploring appropriate exercise deconstruction.

Unit 7 **Common Conditions & Clinical Presentations in the Pilates Studio**

The Pilates studio is typically a highly varied and challenging environment due to its philosophy of holistic health and well-being, injury rehabilitation, prevention and management. This unit takes the participant through the most common disease, physiological and injury states that present in the Pilates studio, providing a sound comprehension of the condition/injury and safe practises for that client population. The unit also develops critical reasoning, problem solving and research skills enabling the participant to work outside the parameters of the most common conditions in a safe and appropriate manner.

Pilates Excellence in Training

Instructor Training Program Application Form

Name

Address

Suburb

Postcode

Phone

Email

Pre - Requisite Details

(Please attach copies of relevant certificates and/or documentation supporting this application)

A. Student pre-requisites prior to enrolment are as follows (please circle):

Completed Senior First Aid Certificate yes / no

Tertiary Level Anatomy and Physiology yes / no

B. Personal Pilates Hours completed in past 12 months (minimum requirement is 50 hrs):

(Please attach written verification of these hours accrued from current Pilates instructor)

C. If applicable, please describe any Pilates Instructor training you have undergone to date:

.....

.....

.....

Personal Details

(Please attach additional pages if insufficient space has been provided)

Current Employer:

Job Title:

Qualifications:

Other Interests:

Tuition Fees and Conditions

Tuition Fees are \$6000 (inc GST) which includes all teaching manuals and supplementary material.

A. Payment of the course tuition fees are to be made according to the schedule list below:

A deposit of \$500 to secure a placement in the course.

First Instalment of \$2500 paid by commencement date.

Second Instalment \$1500 at the end of the first month of tuition.

Third Instalment \$1500 at the end of the second month of tuition.

Enrolments will not be finalised until the first instalment has been received.

B. Tuition fees are **not refundable** or transferable.

C. Payment of tuition fees is accepted via VISA, Mastercard, cash or cheque. Credit cards attract a 5% surcharge on fees.

Pilates Excellence in Training

Instructor Training Program

Application Form (Page 2)

Course Structure

Please read through and consider the following information. Your signature at the end of this page acknowledges that you understand the course structure and requirements.

- A. From the commencement of the first course lecture, you have 18 months from this date to complete all the course requirements including all homework questions, assignments, observation, supervised teaching and personal practise hours, and the written case history. Any incomplete components require extension approval from the course co-ordinator and is issued at the discretion of the course provider. In the event that a deferment or extension is granted the candidate must re-commence within 3 years of the original enrolment date. Any extensions beyond that time frame require expressed approval from the APMA Education Committee.
- B. Throughout the duration of the course you are required to complete supervised teaching, personal practise and observation hours. Personal hours & observation hours must be completed in no less than (but not limited to) 3 different studios. Supervised teaching may be in one studio however the student is actively encouraged to attend more than one studio. It is highly recommended that a majority of supervised teaching hours are undertaken within the studio of enrolment or referral.
- C. No less than 200 hours of supervised teaching, 150 hours of personal practise and 14 hours of observation hours are to be logged and completed during the 18 month duration of the course. The supervised teaching hours completed in one site must be no less than 12 hours. It is at the student's discretion if they choose to undertake more than this minimum requirement.
- D. All seven units of study must be completed with the associated assignments and homework tasks, before the student is eligible to start their written case history.
- E. The student will not be eligible for submission for the APMA National Registration Examination until no less than 120 hours of supervised teaching has been logged and signed off.

Terms and Conditions of Participant Enrolment

Please read the following terms and conditions carefully. Your signature at the end of this document is your written agreement to the application and terms of your student enrolment.

1. All the information provided in this application is true and all supporting documentation is a true and accurate copy.
2. The course providers at Pilates Excellence in Training will provide information that is current and up to date to the best of their knowledge.
3. The instruction provided to you in both class and tutorial sessions is intended as professional guidance and for educational development. It is your responsibility to keep the teaching staff up to date of any physical condition, injury or impediment that may affect your participation in classes and tutorial.
4. Any personal information supplied to us will remain confidential, except for the sharing of necessary information between different instructors with whom you may complete supervised teaching or personal hours with.
5. All reasonable care is taken by Pilates Excellence in Training to ensure your safety, however you acknowledge that you will take full responsibility for your conduct in the Pilates studios and teaching spaces.
6. At Pilates Excellence in Training we aim to keep the amount of paper communication to a minimum. All course correspondence, homework and assignments will be received or supplied in an electronic format.
7. The hours of supervised teaching are not to be commenced until permission to start is granted by the course directors, Brad Leon & Larissa Kelloway, and must initially be undertaken at the studio of enrolment or referral for a minimum of 50hrs (or longer if deemed necessary), before attending other APMA or approved studios.
8. All material supplied for the purposes of course tuition are the intellectual property of Brad Leon, Larissa Kelloway and Pilates Excellence in Training and are not to be plagiarised, copied, or distributed without the written permission of the authors. Failure to comply will result in immediate course expulsion and further legal action.
9. The fees paid by the student include the admission fees for the APMA National Registration Examination and associated assessors fees. Should the student be unsuccessful in their first attempt, the student will be required to pay for any further attempts. The current fees are \$50 APMA Resit Administration Fee, \$45 NRE Written Paper Assessor Fee and \$75 NRE Practical Assessor Fee (2 Assessors are required). The total cost is \$245 plus any additional travel expenses that are incurred by the assessor.
10. Course completion and certification is only finalised once the student has undertaken and successfully completed the APMA National Registration Examination process, which provides entrance into the APMA membership at Level 2.

I have read and understood the enrolment application form and agree to the conditions stated, and have provided information to support my application that is true and accurate.

Signature:

Date: