

Pilates Excellence in Training

Instructor Training Program Narellan Timetable 2012

Page 1

NB: This is a draft timetable and may be subject to change. All information provided is accurate as of 8 Nov 2011.

Week One (6 - 10 Feb 2012)

(NB: dates are not chronological)

Date	Time	Unit hours	Lecture	Trainer
UNIT 1 – Core Fundamentals				
6/2/12	9.30 – 10.30	1 hr	Introduction and Orientation	LK
	10.45 – 1.00	2.25 hrs	Topic 1 – History, philosophy and principles	LK
	2.00 – 6.00	4 hrs	Topic 3 – Core stability and neutral spine	LK
7/2/12	9.30 – 12.00	2.5 hrs	Topic 2d – Biomechanics	LK
			Topic 6 – Original Exercises and Modifications, Topics 7, 8 & 9 – The Pilates Equipment	
	1.00 – 3.00	2 hrs	Topic 4 – Breathing	LK
	3.00 – 6.00	3 hrs	Core Fundamentals Repertoire	LK
10/2/12	9.30 – 6.00	8.5 hrs	Core Fundamentals Repertoire	BL
UNIT 2 - Applied Anatomy and Injury Management in the Pilates Studio				
8/2/12	9.30 – 6.00	8.5 hrs	Topic 2 – Functional/applied anatomy	LK
9/2/12	9.30 – 1.00	3.5 hrs	Topic 11a – Injury/faulty movement	LK
	2.00 – 5.00	3 hrs	Revision and Question Time	LK
10/2/12			Assignment 1 given to students	
12/3/12			ASSIGNMENT 1 DUE	

Week Two (26 - 30 Mar 2012)

(NB: dates are not chronological)

UNIT 4 – The Spine and Trunk				
26/3/12	9.30 – 6.00	8.5 hrs	Spine and Trunk Repertoire	LK
27/3/12	9.30 – 1.00	3.5 hrs	Topic 11b – The Spine	LK
	2.00 – 6.00	4 hrs	Spine and Trunk Repertoire	LK
28/3/12	9.30 – 11.00	1.5 hrs	Spine and Trunk Repertoire	LK
UNIT 7 – Common Conditions and Clinical Presentations in the Pilates Studio				
29/3/12	9.00 – 11.00	2 hrs	Topic 11i – Pregnancy	LK
	11.00 – 1.00	2 hrs	Topic 11j – Arthritis	LK
			Topic 11k – Asthma & Diabetes	
	2.00 – 4.00	2 hrs	Topic 11l – Hypo & Hypertension	LK
	4.00 – 6.00	2 hrs	Topic 11m – Children & Adolescent Bodies	LK
UNIT 3 – Training, Assessment and Ethics in the Pilates Environment				
28/3/12	9.00 – 12.00	3 hrs	Topic 10 – Teaching Methodology and Ethics	LK
	1.00 – 4.00	3 hrs	Topic 12 – Principles of training	LK
30/3/12	12.00 – 6.00	6 hrs	Topic 5 – Assessment procedures	BL
13/4/10			Assignment 2 and 4 given to students	
11/5/10			ASSIGNMENT 2 DUE	

Pilates Excellence in Training

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Narellan Timetable 2012

Page 2

Week Three (30 Apr - 4 May 2012)

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UNIT 5 – Pelvis, Hip and the Lower Limb

30/4/12	9.30 – 6.00	8.5 hrs	Pelvis, Hip and the Lower Limb Repertoire	LK
1/5/12	9.30 – 6.00	8.5 hrs	Pelvis, Hip and the Lower Limb Repertoire	LK
2/5/12	9.30 – 12.30	3 hrs	Topic 11c – The Hip Joint & Pelvis	LK
	1.00 – 3.30	2.5 hrs	Topic 11d – The Knee Joint	LK
	3.30 – 6.00	2.5 hrs	Topic 11e – The Ankle & Foot	LK
3/5/12	9.30 – 1.00	8.5 hrs	Pelvis, Hip and the Lower Limb Repertoire	LK
4/5/12	9.30 – 5.00	4 hrs	Pelvis, Hip and the Lower Limb Repertoire	BL
			Revision, Supervised Teaching and Masterclasses	BL
4/5/12			Assignment 3 given to students	
4/6/12			ASSIGNMENT 3 DUE	

Week Four (18 - 22 June 2012)

(NB: dates are not chronological)

UNIT 6 – Head & Neck and the Upper Limb

18/6/12	9.30 – 12.00	3 hrs	Topic 11f – Head and Neck	LK
	1.00 – 4.00	3 hrs	Topic 11g – The Shoulder & Upper Limb	LK
	4.00 – 6.00	2 hrs	Topic 11h – The Elbow, Wrist & Hand	LK
19/6/12	9.30 – 6.00	9 hrs	Head & Neck and the Upper Limb Repertoire	LK
20/6/12	9.30 – 3.00		Revision, Supervised Teaching and Masterclasses	LK
22/6/12	9.00 – 1.00	4 hrs	Head & Neck and the Upper Limb Repertoire	LK
21/6/12			Revision, Supervised Teaching and Masterclasses	BL
16/7/12			ASSIGNMENT 4 DUE	

Total Course length approximately 160 hours

16/7/12	Commence Case Study (you are given 12 weeks to complete)
8/10/12	Case Study Due
10/9/12	PET Assessment Exam
10 Nov 12	Theory Assessment – APMA Registration Examination
TBA	Practical Assessment (This will be on a weekend or Friday close to the date of the APMA National Registration Examination. Dates will be supplied closer to time.)