

## TIMETABLE FOR THE COURSE STARTING SEPTEMBER -

(One weekend a month for 6 months)

From 9.00 – 17.00 on below dates



DAY	MORNING 3.5 hrs	AFTERNOON 3.5 hrs	INDEPENDENT STUDY
<b>1 SAT</b> <b>23/09/17</b>	Intro to course (30mins) Origins of Pilates (30mins) Principles of Pilates (30mins) Role of a Matwork Teacher (30mins) Understand how to cue (30mins) Muscle Revision (30mins)	Anatomy and Philosophy lecture 1 (2hrs) LAP Tutorials/Lecture (45mins)	
<b>2 SUN</b> <b>24/09/17</b>	Participate beginners Mat class (45mins) Muscle revision (30 mins) Talking the Pilates Principles (30mins) Postural Types (60mins)	Participate in a warm-up (60mins) Participate in a cool Down (60mins) Participate planes and positions of exercise (30mins)	Observe assigned class Attend a Pilates class weekly Prepare a warm-up and cool down to teach Answer questions in Lab Manuals for units 2,3 & 5 Revise for Unit 1,4
<b>3 SAT</b> <b>14/10/17</b>	Anatomy and Philosophy lecture 2 (2hrs) Participant practises teaching warm-up and cool down	Participants teach warm-up (60mins) Learn repertoire, core supine (60mins) Participant teach cool down (60mins)	
<b>4 SUN</b> <b>15/10/17</b>	Anatomy and Philosophy lecture 3 (2hrs) Muscle Revision	Participants teach warm-up (30mins) Learn repertoire, spinal articulation (60mins) Participants teach cool down (30mins) Practise teaching repertoire/LAP Tutorials (60mins)	Observe assigned class Attend a Pilates class weekly Correct answers in lab manuals 2,3 & 5 Revise unit 1 & 4 Learn taught exercises Revamp your warm-up and cool down

<b>5 SAT 18/11/17</b>	Anatomy and Philosophy lecture 4 (2hrs) Spot check exercises from previous month (30mins) Practise teaching warm-up/cool down	Revisit common mistakes in LAP manuals (30mins) Learn repertoire, extension, and prone exercises (60mins) Practise teaching repertoire (30mins) Muscle revision (10mins)	
<b>6 SUN 19/11/17</b>	Anatomy and Philosophy lecture 5 (2hrs) One to one programme lecture (60mins)	Postural assessment, highlighting postural types with muscle strength & weakness (120 mins) Identify and teach exercises for different postural I types (60mins)	Observe assigned class Attend a Pilates class weekly Complete postural analysis and session 1/1 Revise unit 1 & 4 Learn taught exercises Hand in units 2,3, 5 lab manuals Revamp your warm-up and cool down
<b>7 SAT 16/12/17</b>	Anatomy and Philosophy lecture 6 (2hrs) Learn repertoire, rotation exercise (60mins) Practise teaching repertoire (30mins) Muscle revision (10mins)	Session planning continued (120 mins) Practise teaching some of your exercises from your session plan (30mins)	
<b>8 SUN 17/12/17</b>	<b>Exam unit 4 (60 mins)</b> Practise teaching session plans, highlighting any floors (120mins)	Go through SOW paperwork (120mins)	Observe assigned class Attend a Pilates class weekly, Revise unit 1 Practise teaching session plans, highlighting any floors in your mat class Complete session plan paperwork Complete One to one programme Teach session to assigned class Complete SOW paperwork
<b>9 SAT 20/01/17</b>	<b>Exam unit 1 (60mins)</b> Teaching practise of difficult	Contra indications (120mins) Final one to one programmes tutorials	

	repertoire (60mins)	(60mins each)	
<b>10 SUN</b> <b>21/01/17</b>	Mock Practical exams (180 mins)	Mock Practical exams (180 mins)	Complete One to one programme Teach session to assigned class Attend a Pilates class weekly Teach assigned class weekly Adjust your plans considering feedback
<b>11 SAT</b> <b>24/02/17</b>	Retake of unit 1 & 2	Catch Up Session	
<b>12 SUN</b> <b>25/02/17</b>	GROUP MATWORK EXAMS	GROUP MATWORK EXAMS	