



Level 3 Diploma in Pilates Teacher Training Course



*"The acquirement of physical well-being, mental calm and spiritual peace are priceless to their possessors."
Joseph Pilates (1880 - 1967)*



Course Aim

To provide you with the skills and knowledge to enable you to be professionally competent to design, plan and deliver safe and effective Pilates classes.

Course Objectives

To provide you with the knowledge to be able to understand the principles of Pilates Matwork.

To provide you with the knowledge to be able to plan and programme Pilates Matwork classes.

To provide you with the knowledge and skills to be able to instruct Pilates Matwork classes.

Course Content

The Level 3 Diploma in Pilates is a comprehensive course that will provide you with the foundation to either teach matwork or use it as a stepping stone to becoming a fully certified instructor. This course is recognised by QCF and REPS.

The course is broken down into the following units:

1. Principles of exercise, fitness and health
2. Anatomy and physiology for exercise and health
3. Supporting clients who take part in exercise and physical activity
4. Health, safety and welfare in a fitness environment
5. Principles of Pilates Matwork
6. Programme Pilates Matwork
7. Instructing Pilates Matwork



During the course you will develop the necessary knowledge to:

- Teach, modify and adapt the full Matwork repertoire in relation to your client's needs and goals
- Assess, identify and then rectify your clients postural defaults through safe and effective programming
- Acquire the necessary teaching skills to help improve and enhance your client's movement quality

Assessments

Your assessments are broken down into the following:

1. Coursework

- Unit 6 One to One programme portfolio
- Unit 5 Planning Exercise Referral Programmes with Patients portfolio

2. Portfolio of Evidence

- Unit 2 Professional Practice for Exercise Referral Instructors – Answer end of unit questions
- Unit 3 Understanding Medical Conditions for Exercise Referral - Answer end of unit questions
- Unit 4 & 5 Applying Principles of Nutrition and Physical Activity and Planning Exercise Referral Programmes with Patients - Answer end of unit questions
- Unit 6 Instructing Exercise with referred Patients - Answer end of unit questions

3. Group Matwork Examination

- Unit 6 Teaching a 60mins class
- Unit 6 15 mins Viva

4. Written Examination (multiple choice questions)

- Unit 1 Anatomy and Physiology Level 3
- Unit 4 Applying the Principles of Nutrition and Physical Activity Level 2



Benefits of Training With Us

- Small classes to ensure personalised learning
- Highly qualified teaching staff
- Excellent facilities (fully functioning studio)
- Excellent resources, enhancing learning and development
- Tailor made course
- Progression to Machine qualifications
- Regulated and endorsed by:
Active IQ, CYQ and REPS

Hours of Course

370 notional hours are required to complete the course, these are made up of both guided and non-guided hours. These include course hours (held at weekends), self-practise, lesson observations, teaching practise, completion of coursework & portfolios, as well as revision for examinations. This is a 6 month course mostly taking place at the weekend.

Cost of Course

£1450 which includes the cost of course lectures/workshops, two course manuals, studio classes and all administration costs. Payment can be made in a lump sum or in two even payments at the beginning and 3 months into the course.



Entry Requirements

- Experience of Pilates classes is essential
- Fitness is necessary as the course requires physical exertion
- Communication skills are required (discussing, presenting, reading and writing) are part of the course



What To Do Next

If you are interested in obtaining more information or would like to sign up to the course, please contact Sam Moore at studio@moorepilates.co.uk or 07715 182474

We look forward to hearing from you.