



Tensegrity Training

COURSE OVERVIEW

Integrated Course for the 52625WA
Diploma of Contemporary Pilates &
Teaching Methodology





COURSE INFORMATION

The Tensegrity Training *Integrated Course for the Diploma of Contemporary Pilates and Teaching Methodology* will equip you with the skills and experience to successfully enter the workforce as a Pilates Instructor. The course will provide you with client assessment skills, exercise prescription and teaching techniques, as well as a solid understanding of anatomy and physiology and associated pathologies.

The *Integrated Course for the Diploma of Contemporary Pilates and Teaching Methodology* is an intermediate level qualification for the Pilates industry using holistic training principles.

The course equips you with skills to make informed assessments and design outstanding improvement strategies for low to moderate risk clients. Graduates will have sophisticated skills in teaching and assessment, be able to problem solve, utilize consistent thinking and be able to apply solutions to a defined range of unpredictable situations.

The *Integrated Course for the Diploma of Contemporary Pilates and Teaching Methodology* is a comprehensive course equipping the graduate with a solid understanding of Matwork Pilates and Studio Equipment Pilates.

As a graduate of the *Integrated Course for the Diploma of Contemporary Pilates and Teaching Methodology* you will enter the Pilates industry with exceptional skills to work in the fitness, health or community sectors. You will become a practitioner with a contemporary approach to the holistic delivery of Pilates drawn from a sound knowledge of the science of human movement, teaching methodology didactics.

Pre-requisites:

The *52451WA Certificate IV in Contemporary Pilates and Teaching Methodology* is the pre-requisite for the *52625WA Diploma of Contemporary Pilates and Teaching Methodology*. In the Integrated Course for the Diploma of Contemporary Pilates and Teaching, the *52451WA Certificate IV in Contemporary Pilates and Teaching Methodology* is undertaken concurrently with the *52625WA Diploma of Contemporary Pilates and Teaching Methodology*.

It is recommended that students obtain a basic first aid qualification such as HLTF301C Apply First Aid.

It is highly recommended that students complete an Anatomy & Physiology Unit such as SISFFIT305A *Apply anatomy and physiology principles in a fitness context* prior to enrolment.

Entry Requirements:

Candidates are required to have language, literacy and numeracy skills sufficient to understand medical terminology, communicate effectively and research medical conditions.

Minimum of 30 hours personal Pilates experience.

Units of Competency:

The units of competency for the *Integrated Course for the Diploma of Contemporary Pilates and Teaching Methodology* have been specially selected to meet industry requirements for Pilates Instructors. The Units within the course are listed below:

Units of competency from the 52451WA Certificate IV in Contemporary Pilates and Teaching Methodology



ART01	Apply Basic Pilates Anatomy
ART02	Teach Pilates Essentials
ART03	Remedial Pilates 1 – Conduct Postural Assessment
ART04	Remedial Pilates 1 – Conduct Movement Assessment
ART05	Teach Active Dynamic Pelvic Floor Training
ART06	Teach Pilates Flow
ART07	Design Functional Pilates Flow Choreography
ART08	Implement Tactile and Kinaesthetic Instructions
ART09	Market Your Pilates Knowledge
Units of competency from the 52625WA Diploma of Contemporary Pilates and Teaching Methodology	
ART11	Teach Pilates Integration
ART13	Teach Pilates Roller
ART14	Teach Pilates Reformer Essentials
ART15	Teach Pregnancy in Motion
ART18	Teach Pilates Progressions & Release
ART19	Apply Advanced Functional Anatomy
ART20	Teach Pilates Apparatus
ART21	Integrate Somatic Education into Pilates
ART22	Teach Pilates Toning Balls and Magic Circle

Career Pathways:

This course is an AQF level 5 qualification and is designed to create a practitioner who can work autonomously with a broad range of low to moderate risk clients with a variety of muscular skeletal needs. The course is perfect for those wanting to continue their education in Pilates and the broader Allied Health industry. So that, upon completion of the *Integrated Course for the Diploma of Contemporary Pilates and Teaching Methodology* graduates satisfy the entry requirements of the *Graduate Certificate in Movement Based Somatic Therapy*, also offered by Tensegrity Training. For more information on that course see www.tensegritytraining.com.au

Target Group:

This course is suited to students wanting to pursue a part-time or full time career as a Pilates instructor, either within an existing Pilates studio or intending to work as part of an allied health team.

Delivery Mode:

Classroom Delivery (100 hours) - which covers Pilates theory and practical instruction of the Pilates method.

Delivered over a minimum of 12 months with mandatory attendance at 9 weekend workshops, covering the theory and science of Pilates, practical instruction of Pilates repertoire exercises, teaching methodology and programming for Pilates Instructors.

Self-Study (108 hours) - 3 hours per week self-study of the theory and science of Pilates set weekly by the course provider over the 36 weeks. This includes set assessment tasks,



selected readings, research, participation in study groups.

Clinical Practice (200 hours) - which involves 200 hours work experience in one or more Pilates studios involving general administration duties and Pilates instruction.

Personal Exercise Practice (150 hours) – includes a minimum of 78 hours participation in Pilates classes taught by an accredited Pilates instructor and signed off by the instructor; and 72 hours of personal practice of Pilates exercises as set by the course provider on a weekly basis (2hrs per week). These hours must be recorded in students' personal exercise journal.

Costs associated with undertaking these Personal Practice sessions will be in addition to the cost of your course fees.

Scheduling:

9 weekend workshops (2 days) are conducted approximately one month apart over the duration of the course. Scheduling may vary at the discretion of the course provider.

Assessment:

Assessment will involve gathering evidence of competency through a combination of formative assessment (during the learning process) and summative assessment (which occurs at the end of the learning period)

Formative assessment includes:

- Written and verbal responses to questions
- Exercise programming activities
- Demonstration of Pilates exercises
- Client health assessments
- Case studies

- Peer assessments
- Session design and delivery

Summative assessment includes:

- Supervised Personal Practice
- Personal Exercise Practice
- Supervised Clinical Practice
- Exercise Performance
- Teaching Pilates sessions
- Case Study presentation

Reasonable adjustments to the assessment methodology may be made on a case-by-case basis.

RPL:

Experienced and competent Pilates Instructors may apply for recognition of prior learning (RPL), which requires the demonstration of the required knowledge and skill application.

- Knowledge will be assessed by interview
- The candidate must demonstrate their own ability to competently undertake a range of exercises from the Pilates exercise repertoire in a Pilates studio
- The candidate must provide evidence of having instructed at least 2 different client groups in a Pilates Studio of at least 45 minutes duration per group. This instruction of clients will need to have been undertaken over a period of time and include examples of matwork, equipment and small apparatus programing and delivery
- A statutory declaration confirming 200 hours work experience in a Pilates Studio and 150 hours of personal practice.



Access and Equity:

Whilst Tensegrity Training practices a policy of non-discrimination, they reserve the right to refuse an application for enrolment where there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the normal requirements of a Pilates Instructor.

Students will be assessed prior to enrolment to determine their capability to undertake the course and their suitability to work as a Pilates Instructor.

If considered necessary, the applicant will be requested to provide a Doctor's Certificate stating that they are physically capable of undertaking the Pilates repertoire.

Students will be provided with information encouraging them to discuss their needs in relation to undertaking their clinical practice and personal Pilates exercise training schedule and required to seek feedback on their exercise performance.

Resources:

Students will be provided with:

Electronic copies of learning and assessment materials, including:

- Course Materials – Module Booklets
- Pre-Pilates Workbook
- Traditional Workbook
- Equipment Workbooks
- Assessment requirements

Access to a Pilates studio with equipment and small apparatus

Prescribed

References:

- Joseph Pilates - *Return to Life through Contrology* and Your Health 1945 (reprinted 1998) Bainbridge Press ISBN 1-891696-15-7
- Manual of Structural Kinesiology, by Clem W. Thompson & R.T. Floyd
- Calais-Germain – *Anatomy of Movement* (reprinted 1999) Eastland Press Inc ISBN 0939616572

Recommended

Reading:

- Kendall, McCreary & Provance Williams & Wilkins *Muscle Testing* 2005. ISBN 0-683-04576-8
- Brukner Peter & Khan Karim *Clinical Sports Medicine* Melbourne

Students are required to purchase or have access to the following items for use in their own environment:

Pilates Mat - Estimated cost \$60.00

Prescribed References - Estimated cost \$120

Note: All assessment tasks must be completed within 6 months of completing the workshops.

Course Outcomes:

At the successful completion of the course students will be awarded the *52451WA Certificate IV in Contemporary Pilates & Teaching Methodology* and the *52625WA Diploma of Contemporary Pilates and Teaching Methodology*.



Students who do not complete all the requirements of the course within the specified timeframe will be issued with a

Statement of Attainment for Units of Competency successfully completed.

Topic Delivery:

Topics

History Philosophy & Principles of the Pilates Method

- History of the Pilates method
- Principles of the method
- Breathing and its application in the Pilates method

Anatomy & Physiology

- Core Stability and Centring
- Anatomy of Breathing
- Anatomical terminology and planes of movement
- The skeletal and muscular systems, joint structure and function
- Anatomy of the abdominal region
- The spine
- The pelvis
- The shoulder
- Lower limbs in relation to gait analysis
- Pelvic Floor with reference to core stability
- The Nervous System
- Applied anatomy & biomechanics
- Biomechanical principles
- Pilates Matwork Exercise Repertoire

Pilates Matwork, Equipment & Small Apparatus Exercises

- Knowledge & execution traditional Matwork exercises
- Knowledge & execution of Pre-Pilates Matwork exercises
- Repertoire on the Reformer, Wunda Chair, Trapeze Table, Spine Corrector/Barrels
- Application of the Pilates repertoire using small apparatus – Foam Roller, Balls, Magic Circle, Stretch Bands
- Break down of exercises into their simplest form to address clients' postural needs
- Analysis of Pilates exercises and additional stretches

Teaching Methodology

- Communication Styles
- Teaching and learning styles
- Learning Theories
- Delivery Methods
- Organisational Requirements
- Functional Training
- Exercise breakdown
- Demonstration and exercise description



- Self evaluation and awareness
- Observation, analysis & appropriate progressions/regressions of exercises
- Technical, kinaesthetic, verbal and imaginary cueing
- Developing matwork & equipment session plans
- Program delivery & appraisal
- Instructional techniques for individuals and small groups
- Exercise sequencing
- Functional Anatomy & problem solving in the context of exercise prescription
- Working in a Clinical Environment
- Tensegrity & Part System of Pilates Instruction

Pathologies and Common Postural Faults

- Common postural faults
- Common spinal problems
- Common pathologies
- Pregnancy and Pilates applications
- Stretching and the latest research
- Common problems in the pelvis, knee, lower leg and shoulder
- Alignment and muscle imbalances

Functional Assessment Procedures

- Observation
- Initial consultation
- Conducting Client Assessments
- Developing programs
- Postural & movement assessment
- Case Studies and Pilates applications

Ethics and Workplace Health & Safety

- Safe and ethical practice
- Standards of practice
- Hierarchy of control
- Equipment requirements and safety
- Business procedures

Marketing

- Marketing your Pilates knowledge and skills

Somatic Education

- Movement Re-education & Somatic Applications
- Movement Analysis

Pre-Pilates Workbook /Traditional Workbook/Equipment and Small Apparatus Workbooks

These Workbooks are used constantly throughout the delivery of the course

Pre-Pilates Workbook has 26 Pre-Pilates exercises and the Traditional Workbook has 31 Traditional Pilates exercises

Equipment and Small Apparatus Workbooks have a range of exercises for the Equipment and Small Apparatus.



Skills Development:

The Integrated Course for the Diploma of Contemporary Pilates and Teaching Methodology takes Pilates Instructors to the skill level required to continue post-rehabilitative work, as it provides the education and level of understanding to work more closely with allied health practitioners such as doctors, physiotherapists, chiropractors, osteopaths, Rolwing practitioners, massage therapists, nurses and midwives.

You will develop a sound, in-depth **understanding** of how Functional Anatomy and Somatics can be incorporated into your Contemporary Pilates repertoire.

This course gives you the **skills** to:

- Design and teach specialised Contemporary Pilates Matwork group classes at all levels.
- Design and teach Contemporary Pilates equipment and small apparatus sessions for a range of populations and client needs.
- Design and instruct personalised Contemporary Pilates training designed for varying levels, body and postural types for low to medium risk clients
- Include a variety of Pilates equipment and small apparatus into all of your sessions.
- Work confidently with post-rehabilitative clients.
- Confidently liaise with other allied health professionals.

Cost of Course:

\$7 600

Individual Course Providers will have information regarding cost of the course. Each student will be required to make an initial deposit of \$1 000 to secure their place in the course.

Scheduled payments are then required to complete the payment plan established by Tensegrity Training.

Talk to your [Course Provider](#) to discuss the 'Early Bird' price for 2016

Payment Plan:

\$1 000	Deposit 14 days prior to commencement of the course
\$1,500	Payment 1 By commencement of the second weekend workshop
\$1,500	Payment 2 By commencement of the third weekend workshop
\$1,500	Payment 3 By commencement of the fourth weekend workshop
\$1,000	Payment 4 By commencement of the fifth weekend workshop
\$1,100	Payment 5 Any Balance of outstanding amounts paid before issuing of qualification(s)