



# shaping your career

Professional Pilates training with PilatesITC | RTO No. 40941

[www.pilatesitc.edu.au](http://www.pilatesitc.edu.au)



**pilatesITC**  
international training centre

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## INTRODUCTION

### WHY STUDY A PILATESITC QUALIFICATION?

PilatesITC (Pilates International Training Centre, RTO No. 40941) prides itself on the quality of its curriculum, teaching faculty and training facilities. We continue to be at the forefront of comprehensive Pilates vocational training and continuing education in Australia, attracting a diverse range of students both nationally and internationally. Pilates International was the first Pilates Registered Training Organisation delivering government recognised Pilates method qualifications in Australia. We offer “real Pilates for the real world”.




### COURSE OVERVIEW – WHICH COURSE IS RIGHT FOR ME?

<b>Diploma of Professional Pilates Instruction (10537NAT)</b>	
<b>Outcome</b>	This course provides you with the knowledge and skills necessary to work as a Pilates Studio Instructor, teaching comprehensively the Pilates matwork and studio work to a variety of clients. You will be recognised as a Pilates Studio industry level one instructor working within the Pilates specialist environment, instructing apparently healthy to low risk clients in the full scope of the Pilates method work for general conditioning, postural assessment and correction, rehabilitation and specific training in private to small group situations. Clients may include apparently healthy adults, those with low risk injuries or conditions, athletes, dancers, pregnant and older clients.
<b>Duration</b>	The Diploma course is ideally completed over 12 months.
<b>Pre-requisites</b>	HSC, or equivalent
<b>Advanced Diploma of the Pilates Method (10538NAT)</b>	
<b>Outcome</b>	This program is designed to elevate the knowledge and skills of Pilates professionals to that of a Pilates Practitioner. Upon completion of this course you will be able to work with “At Risk” clientele in musculoskeletal rehabilitation in a studio and matwork setting, as well as work in advanced conditioning, sport/art specific training and in practice management.
<b>Duration</b>	The Advanced Diploma course is ideally completed over 18 months
<b>Pre-requisites</b>	Diploma of Professional Pilates Instruction, or equivalent

<b>Certificate in Pilates Matwork Instruction (non-accredited)</b>	
(Includes 6 units from Diploma of Professional Pilates Instruction 10537NAT)	
<b>Outcome</b>	The Certificate in Pilates Matwork Instruction is a non-accredited course but it includes 6 units of competency from the Diploma of Professional Pilates Instruction (10537NAT) and is recognised as entry level into the Pilates Matwork industry. It provides you with the knowledge and skills necessary to work as a Pilates Matwork Instructor, instructing the Pilates Mat and Small Apparatus work in a variety of contexts, including Pilates Studios, Health Centres and Community Centres. Clients may include apparently healthy adults, those with low risk injuries or conditions, athletes, dancers, pregnant and older clients. The Certificate in Pilates Matwork Instruction provides students with a Statement of Attainment and articulates directly into the Diploma.
<b>Duration</b>	The Certificate course is ideally completed over 4-8 months
<b>Pre-requisites</b>	HSC, or equivalent

## WHO RECOGNISES MY QUALIFICATIONS?

PilatesITC is a government recognised training provider and delivers the nationally recognised **Diploma of Professional Pilates Instruction 10537NAT** and **Advanced Diploma of the Pilates Method 10538NAT**. These qualifications are accredited by the Australian Skills Quality Authority (ASQA) under the Australia Qualifications Framework (AQF), and recognised by leading professional associations such as the Pilates Alliance Australasia (PAA) and the Pilates Method Alliance (USA).

 <p>NATIONALLY RECOGNISED TRAINING</p>	<p><b>Nationally Recognised Training</b></p> <p>PilatesITC courses are registered government accredited courses providing formal outcomes and qualifications under the Australian Qualifications Framework (AQF). PilatesITC registering body is the Australian Skills Quality Authority (ASQA).</p> <p>Formal qualifications form the benchmark for training in Australia.</p>
 <p>Pilates Alliance Australasia</p>	<p><b>Pilates Alliance Australasia</b></p> <p>Certificate in Pilates Matwork Instruction - Matwork Membership Diploma of Professional Pilates Instruction - Level 1 Full Membership Advanced Diploma of The Pilates Method - Level 2 Full Membership</p>
 <p>PMA PILATES METHOD ALLIANCE</p>	<p><b>Pilates Method Alliance, USA</b></p> <p>PilatesITC is on the PMA Registry of Schools – recognition of meeting all criteria as a Teacher Training organisation of international standing. PilatesITC is an active participant at the PMA International Teacher Training Summits.</p> <p>Read more on the Registry of Schools and the PMA at <a href="http://www.pilatesmethodalliance.org">www.pilatesmethodalliance.org</a></p>

### Articulation to BA Degrees with University of Canberra

PilatesITC Advanced Diploma course articulates through to Bachelor Degrees with the University of Canberra, including:

- BA Exercise Physiology and Rehabilitation
- BA Sports and Exercise Science

## WHAT DO THE COURSES INVOLVE?

The delivery of the **Diploma of Professional Pilates Instruction (10537NAT)** the Certificate in Matwork Instruction, and **Advanced Diploma of the Pilates Method (10538NAT)** qualifications is through a combination of:

- directed distance learning (online and workbooks),
- off-the-job contact (face-to-face workshops and tutorials),
- on-the-job professional work experience (observation, training studio and real time), and
- self-directed learning (including self-study and self-mastery).

**Directed distance learning** means participants, no matter where they are located, can train by distance and gain their hands on skills and complete work experience hours through our Work Experience Facilitation (WEF) program.

## WORK EXPERIENCE FACILITATION (WEF) PROGRAM

This program provides a real time work experience environment for practicing the application of the course work and for student support and mentoring. Students are either placed in an existing WEF site, or they have the opportunity to nominate a studio or site that suits their needs and have PilatesITC go through the approval process with that site.

For more information on our WEFS network and to find a WEF Site near you visit our WEFS centre at <http://www.pilatesitc.edu.au/about/work-experience-facilitation-sites/>

A standard course requirement, and one of the most important parts of undertaking a Pilates training course, these 'on-the-job' work experience hours offer you the opportunity to put into practice your learning in a professional environment.

PilatesITC knows how valuable these hours are for you, our students, and we take every possible step to place you in a work experience site that will suit you best – taking into consideration location, hours available, expertise of supervisors, and consistency with the learning you are undertaking.

If participants are in remote or regional areas, PilatesITC will work with them and put together a plan to help them gain the important teaching hours and become a Pilates teacher in their own area.

## TIME

Time to complete each qualification is dependent upon the participant's availability to commit to completion of the distance learning requirements and the work experience hours around other commitments.

Each participant must attend the scheduled contact days for their course, and meet distance learning requirements, but can schedule their Work Experience and Self-Directed Learning around their other commitments.

Each course has a time limit for completion with allowances for deferment or extensions in extenuating circumstances.



PilatesITC has led the way in  
accredited Pilates education since 2004

Our courses articulate to Bachelor degrees.  
Ask us how...

## DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION (10537NAT)

The Diploma of Professional Pilates Instruction is an entry-level qualification for the Pilates industry and is designed to reflect the role of those who can work autonomously within a defined range of practice, and under limited supervision. This course aims to develop Pilates Instructors who operate in a professional and specialised studio environment and work with apparently healthy and low risk client groups.

Functions within the Pilates industry for those who have the Diploma level of competency include:

- Inducting and assessing clients who are apparently healthy or requiring postural address/low risk rehabilitation.
- Preparing and instructing client sessions in a variety of contexts, including; Studio private or semi-private sessions; Studio group and matwork classes; Health centre/gymnasium group classes; Home visits and the corporate environment.
- Leading and instructing Pilates exercise for clients with postural needs.
- Instructing clients of a low risk (apparently healthy) nature including – General conditioning, Postural correction, Pregnancy, Ageing and Low risk referrals from Allied Health network.
- Contributing to Workplace Health and Safety requirements in the Pilates workplace.

### WHAT ARE THE ENTRY REQUIREMENTS?

Minimum pre-requisites and requirements for entry in to this course are:

- Attainment of HSC or equivalent

Recommended pre/co-learning:

- Anatomy & Physiology – PilatesITC online course, or equivalent

This course does not contain limitations on access and equity; however it reserves the right to refuse an application for course admission if there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the normal requirements of Pilates training practice.

### WHAT WILL I LEARN?

The Diploma of Professional Pilates Instruction (10537NAT) is a nationally endorsed and accredited program that will enable participants to develop the knowledge and skills required to competently instruct the Pilates Method of exercise in a professional or specialised studio environment. Participants completing the course will be able to:

- Develop, conduct and evaluate Pilates programs.
- Evaluate performance of individual clients or groups and apply teaching methods and instructional styles in a variety of Pilates settings.
- Undertake basic dynamic postural screening using applied biomechanics.
- Work in a variety of Pilates studios and health centres as a Pilates Instructor with different and specialised low risk (apparently healthy) clientele.

As a graduate of this Diploma of Professional Pilates Instruction you will enter the Pilates method specialist industry at **entry level** in a situation where you will work unsupervised with clients of a low risk nature, and you will have access to guidance of a more senior instructor. Successful graduation gives you immediate eligibility for level one full Membership as a Pilates Instructor with the Pilates Alliance Australasia. As a level one instructor you will be commencing your journey of continued learning and should be prepared to undertake continuing education to increase your skills and understanding of more complex client requirements.

Subjects include:

- History, Concepts and Principles of the Pilates Method
- Exercise planning and programming
- Postural analysis and appraisal
- Applied correction of faulty posture and postural dysfunction
- Client management, assessment and instructing techniques
- Workplace Health and Safety and legal requirements within the Pilates Industry
- Methods of communication in dealing with clients and colleagues
- Adult learning and instructional techniques for one-on-one and groups
- Interactions and referrals with other health care professionals
- Systematic approaches to Pilates Studio and Matwork programming
- Work Ethics and professional development
- Pilates repertoire for Mat, Reformer, Cadillac, Wunda Chair, Barrels and Small Apparatus from introductory to intermediate levels

The following table lists the units of competency achieved upon successful completion of the qualification.

Program Area	Unit code	Title
<b>THE FOUNDATIONS</b>	PILPOS402B	Plan and instruct Pilates method programming for postural assessment and correction
	HLTWHS001	Participate in workplace health and safety
<b>INTEGRATED REPERTOIRE 1</b>	PILMAT401B	Plan and instruct a Pilates Matwork class from foundation to basic level.
	PILMAT402B	Plan and instruct a progressive Pilates Matwork class
	PILMAT403B	Plan and instruct an intermediate Pilates Matwork class
	PILSMA401B	Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
<b>WORK PROFESSIONALLY IN THE PILATES INDUSTRY</b>	PILIND502B	Work within a Pilates industry framework
	PILEQU502B	Use and maintain core Pilates industry equipment and apparatus
<b>INTEGRATED REPERTOIRE 2</b>	PILREF501B	Instruct the Pilates studio introductory to basic Reformer repertoire
	PILREF502B	Instruct the Pilates studio progressive Reformer repertoire
	PILCAD501B	Instruct the Pilates studio introductory to basic Cadillac repertoire
<b>COMMUNICATIONS</b>	HLTHIR301C	Communicate and work effectively in the health industry
	HLTCOM404C	Communicate effectively with clients
	HLTCOM408D	Use specific health terminology to communicate effectively
<b>INTEGRATED REPERTOIRE 3</b>	PILWCH501B	Instruct the Pilates studio introductory to intermediate Wunda Chair repertoire
	PILBAR501B	Instruct the Pilates studio introductory to intermediate Barrels repertoire
<b>PROGRAMMING</b>	PILPRO502B	Undertake exercise planning and programming for a Pilates studio in a variety of situations
<b>INTEGRATED REPERTOIRE 4</b>	PILREF503B	Instruct the Pilates studio intermediate Reformer repertoire
	PILCAD502B	Instruct the Pilates studio progressive to intermediate Cadillac repertoire



## WHAT ARE THE COURSE REQUIREMENTS?

The Diploma is delivered in an integrated structure through a combination of:

**Contact (C)** includes face-to-face workshops as per the course schedule.

**Directed Distance Learning (DST)** includes a combination of online delivery and workbooks of course content, to be completed in own time within set timeframes.

**Work Experience (WE)** 350 nominal hours are required to be logged. These are commonly divided between 150 Observation hours and 200 teaching/assisting hours.

WE hours are practical hours devoted to applying the course content in a studio environment. All students will commence with observation, and are then cleared to commence teaching type work experience on an individual basis. For Diploma students WE can be completed at a Pilates International Studio or an affiliated Studio that has been approved as a Work Experience Facilitation Site (WEFS).

Nominal hours are a guide for completion. Sometimes students may reach competency at 300 hours or may require additional time depending on their progress through the course. Individual completion rates may be considered by PilatesITC management on a case-by-case basis.

Practicum Intensives are offered ten times per annum. Each hour of dedicated Practicum Intensive qualifies for 4 WE hours. Students may choose to participate in the Practicums to achieve logged WE hours, at a minimal additional fee per Practicum.

**Self-Directed Learning (SDL)** includes set homework tasks, self-guided tutorials, self-study and time spent practising repertoire on the mats and equipment. SDL also includes your self-mastery.

**Self-mastery** is your own workout. Students are required to maintain a schedule of workouts at a minimum of two per week for the duration of the course, with a minimum of one of these weekly workouts being supervised by a qualified instructor at a Pilates International studio or WEF Site. These workouts are at additional cost.

Students can undertake the course on a Part Time or Full Time basis. Students undertaking the course as Full Time study with an aim to complete the program over 12 months will be required to attend all contact sessions as specified in their enrolment confirmation plus maintain regular work experience and self directed learning hours. Students undertaking the course as Part Time study with an aim to complete the program over 18 months will be required to attend all contact sessions as specified in their course timetable plus maintain regular work experience and self directed learning hours, either weekly, fortnightly, or in regular blocks as agreed with PilatesITC.

Logged Hours for Diploma of Professional Pilates Instruction (10537NAT)	
Work Experience (WE)	Supervised Self-mastery
350 hours (on-the-job practical observation/teaching hours)	A minimum of 1 SUPERVISED self-mastery Matwork session must be logged per week of course duration.

## HOW WILL I BE ASSESSED?

All courses are assessed through a variety of methods in alignment with the principles of competency-based training. These will include practical teaching demonstrations, written assignments, projects and case studies, and online tasks. More detailed information regarding assessments will be provided upon enrolment. Note: students will need to have access to recording/videoing equipment for practical teaching demonstration assessments.

## WHAT ARE THE COURSE FEES AND PAYMENT PLANS?

PilatesITC offers a range of ways to assist students financing their studies. We offer students the option of financing their studies by paying in larger monthly instalments and receiving a discounted rate or choosing to pay in smaller monthly instalments. The following schedule of fees applies to the Diploma of Professional Pilates Instruction (10537NAT).

10537NAT      Diploma of Professional Pilates Instruction			
<b>Payment Plan 1</b>	\$1,500	Due upon enrolment.	\$7,100.00
	\$800	Paid monthly for 7 months. Payments are taken at the start of each consecutive month, starting one month after enrolment.	
<b>Payment Plan 2</b>	\$1,500	Due upon enrolment	\$8,100.00
	\$550	Paid monthly for 12 months. Payments are taken at the start of each consecutive month, starting one month after enrolment.	
<b>LATE PAYMENT PENALTY:</b> Fees paid later than their due date will incur a late fee of 2.5% of the overdue amount.			

### Course Cost Inclusions:

Every course enrolment includes a portable roll-up Mat for personal use.

- Attendance at all contact and tutorial days, online materials, PilatesITC student manuals and handouts, assessments, support and ongoing monitoring.
- Up to two assessment attempts at any one assessment (after which additional fees apply).
- Placement for work experience hours within Training Studio and affiliated studios.
- Affiliate network for mentoring and information sharing.

### Extra Costs (additional to course fee)

- Supervised workouts as indicated in mandatory requirements (approximately \$800-\$990 for student rate sessions over duration of course).
- Practicum intensives (\$65 each session)
- Student Membership with the Pilates Alliance Australasia (discounted to \$55).
- Purchasing of all required texts (approximately \$180-\$250 Diploma).
- Where required, private tutorials with PilatesITC Faculty (approximately \$150 per hour)
- Personal extras, sundries travel and accommodation.
- Assessment re-sit fee of \$150 (applies only after 2 attempts at any one assessment).
- Practicum Intensives (Optional) - \$50 per Practicum

## WHAT DO I DO FROM HERE?

In order to initiate enrolment in the Diploma of Professional Pilates Instruction you will be required to follow the following steps:

1. **Enrolment:** Complete the “Enrolment Form and Student Agreement” to formally enrol into a scheduled program. You will be required to attach a brief resume, supporting documentation as specified in the Enrolment Checklist, sign the Student Enrolment Agreement, select a payment plan for your course from the options outlined in the above table and make the first payment for your course as per the selected payment plan.
2. **Pre-Course Phase:** Following finalisation of enrolment, PilatesITC will issue your ‘Course Outline’ and ‘Student Handbook’. At this stage you will be required to read all documentation and the Sign Student Agreement in the Student Handbook. Following receipt of signed Student Agreement PilatesITC will issue you with your course materials.



Pilates for every body

## CERTIFICATE IN PILATES MATWORK INSTRUCTION

The Certificate in Pilates Matwork Instruction provides the practical skills and related scientific knowledge required to become a competent and effective Matwork instructor who will operate in a one-on-one through to small group Matwork capacity, with apparently healthy clientele.

Functions within the Pilates industry for those with this outcome include:

- Inducting and assessing clients who are apparently healthy or requiring postural address
- Preparing and instructing Pilates Matwork programs to one-on-one or small group format
- Leading and instructing Pilates Matwork exercise for clients with postural needs
- Incorporating the use of Small Apparatus in the delivery of exercise for clients who are apparently healthy or requiring postural address
- Contributing to Work Health and Safety requirements in the Pilates workplace

The Certificate in Pilates Matwork Instruction is a non-accredited course but it includes 6 units of competency from the Diploma of Professional Pilates Instruction (10537NAT) and is recognised as entry level into the Pilates Matwork industry. It is designed to reflect the role of Pilates Matwork Instructors who operate in a professional Matwork or Group Fitness environment and work autonomously within a defined range, under limited supervision with low risk (apparently healthy) client groups. The Certificate in Pilates Matwork Instruction provides students with a Statement of Attainment and articulates directly into the Diploma.

### WHAT ARE THE ENTRY REQUIREMENTS?

Minimum pre-requisites and requirements for entry in to this course are:

- Attainment of HSC or equivalent

Recommended pre/co-learning:

- Anatomy & Physiology – PilatesITC online course, or equivalent

This course does not contain limitations on access and equity; however it reserves the right to refuse an application for course admission if there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the normal requirements of Pilates training practice.

### WHAT WILL I LEARN?

The Certificate in Pilates Matwork Instruction is developed to provide entry-level vocational training for persons intending to instruct clients in Pilates Matwork and Small Apparatus group sessions. It includes 6 units from the Diploma of Professional Pilates Instruction (10537NAT). The following table lists the units of competency achieved upon successful completion of the course.

Program Area	Unit code	Title
THE FOUNDATIONS	PILPOS402B	Plan and instruct Pilates method programming for postural assessment and correction
	HLTWHS001	Participate in workplace health and safety
INTEGRATED REPERTOIRE 1	PILMAT401B	Plan and instruct a Pilates Matwork class from foundation to basic level
	PILMAT402B	Plan and instruct a progressive Pilates Matwork class
	PILMAT403B	Plan and instruct an intermediate Pilates Matwork class
	PILSMA401B	Instruct the Pilates studio basic to intermediate Small Apparatus repertoire

## WHAT ARE THE COURSE REQUIREMENTS?

The Matwork Certificate is delivered in an integrated structure through a combination of:

**Contact (C)** include a face-to-face workshop as per the course schedule.

**Directed Distance Learning (DST)** includes a combination of online delivery and workbooks of course content, to be completed in own time within set timeframes.

**Work Experience (WE)** 100 nominal hours are required to be logged. These are commonly divided between 30 Observation hours and 70 teaching/assisting hours.

Work Experience hours (WE) are practical hours devoted to applying the course content in a studio environment. All students will commence with observation, and are then cleared to commence teaching type work experience on an individual basis. For Matwork students WE can be completed at a Pilates International Studio or an affiliated Studio that has been approved as a Work Experience Facilitation Site (WEFS).

Practicum Intensives are offered ten times per annum. Each hour of dedicated Practicum Intensive qualifies for 4 WE hours. Students may choose to participate in the Practicums to achieve logged WE hours, at a minimal additional fee per Practicum.

**Self-Directed Learning (SDL)** includes set homework tasks, self-guided tutorials, self-study and time spent practising repertoire. SDL also includes your self-mastery.

**Self mastery (SM)** is your own workouts. Students are required to maintain a schedule of workouts at a minimum of two per week for the duration of the course, with a minimum of one of these weekly workouts being supervised by a qualified instructor. These workouts are at additional cost.

Students can undertake the course on a Part Time or Full Time basis. Students undertaking the course as Full Time study with an aim to complete the program over 4 months will be required to attend all contact sessions as specified in their enrolment confirmation plus maintain regular work experience and self directed learning hours. Students undertaking the course as Part Time study with an aim to complete the program over 8 months will be required to attend all contact sessions as specified in their course timetable plus maintain regular work experience and self directed learning hours, either weekly, fortnightly, or in regular blocks as agreed with PilatesITC.

Logged Hours for Certificate in Pilates Matwork Instruction	
<b>Work Experience (WE)</b>	<b>Supervised Self-mastery</b>
100 hours (on-the-job practical observation/teaching hours)	A minimum of 1 SUPERVISED self-mastery Matwork session must be logged per week of course duration.

## HOW WILL I BE ASSESSED?

All courses are assessed through a variety of methods in alignment with the principles of competency-based training. These will include practical teaching demonstrations, written assignments, projects and case studies, and online tasks. More detailed information regarding assessments will be provided upon enrolment. Note: students will need to have access to recording/videoing equipment for practical teaching demonstrations assessments.

## WHAT ARE THE COURSE FEES AND PAYMENT PLANS?

PilatesITC offers a range of ways to assist students financing their studies. We offer students the option of paying in larger instalments and receiving a discounted rate or choosing to pay in smaller monthly instalments. The following schedule of fees applies to the Certificate in Matwork Instruction.

Certificate in Pilates Matwork Instruction			
	Amount Due	Due date (on or before)	Total Cost
Payment Plan 1	\$1,500	Due upon enrolment.	\$2,500.00
	\$1000	Due one month after course commencement.	
<b>LATE PAYMENT PENALTY:</b> Fees paid later than their due date will incur a late fee of 2.5% of the overdue amount.			

### Course Cost Inclusions:

Every course enrolment includes a portable roll-up Mat for personal use.

- Course fees include attendance at all contact sessions, online materials, PilatesITC student manuals and handouts, assessments, support and ongoing monitoring.
- Up to 2 assessment attempts at any one assessment (after which additional fees apply).
- Placement for work experience hours within Training Studio and affiliated studios.
- Affiliate network for mentoring and information sharing.

### Extra Costs (additional to course fee)

- Supervised workouts as indicated in mandatory requirements (approximately \$300-\$400 for student rate sessions over duration of course).
- Practicum intensives (\$50 each session)
- Student Membership with the Pilates Alliance Australasia (discounted to \$55).
- Purchasing of all required texts (approximately \$180 - \$250)
- Where required, private tutorials with PilatesITC Faculty (approximately \$150 per hour)
- Personal extras, sundries travel and accommodation.
- Assessment re-sit fee of \$150 (applies only after 2 attempts at any one assessment).
- Practicum Intensives (Optional) - \$50 per Practicum

## WHAT DO I DO FROM HERE?

In order to initiate enrolment in the Certificate in Pilates Matwork Instruction you will be required to follow the following steps:

1. **Enrolment:** Complete the “Enrolment Form and Student Agreement” to formally enrol into a scheduled program. You will be required to attach a brief resume, supporting documentation as specified in the Enrolment Checklist, sign the Student Enrolment Agreement, select a payment plan for your course from the options outlined in the above table and make the first payment for your course as per the selected payment plan.
2. **Pre-Course Phase** – Following finalisation of enrolment, PilatesITC will issue your ‘Course Outline’ and ‘Student Handbook’. At this stage you will be required to read all documentation and Sign Student Agreement in the Student Handbook. Following receipt of signed Student Agreement PilatesITC will issue you with your course materials.



Change your life with Pilates  
Shape your career with PilatesITC

## ADVANCED DIPLOMA OF THE PILATES METHOD (10538NAT)

The Advanced Diploma of The Pilates Method is a post-graduate style course following on from the Diploma of Professional Pilates Instruction or the equivalent level of pre-requisite training. The Advanced Diploma of The Pilates Method provides the practical skills and related scientific knowledge required to become a competent and effective practitioner, health care advisor and therapist in the field of Pilates. Successful completion of this course will mean you are competent at dealing with healthy to moderate risk level clients, teach up to the late intermediate repertoire on all apparatus and be able to manage a Pilates/health practice.

Functions within the Pilates industry for those with this qualification include:

- Managing and/or administering a Pilates studio practice with responsibility for supervising and/or managing staff.
- Working under guidelines set by medical or allied health professionals in programs or services related to injury rehabilitation and underlying pathologies.
- Working closely with at risk clients in referral with allied health professionals.
- Leading and instructing Pilates exercise for clients with musculoskeletal impairment - both individuals and group.
- Leading and instructing Pilates exercise for all client types up to and including late intermediate repertoire and specific conditioning.

### WHAT ARE THE ENTRY REQUIREMENTS?

Minimum pre-requisites and requirements for entry in to this course are:

- Diploma of Professional Pilates Instruction, or demonstrated equivalent

This course does not contain limitations on access and equity; however it reserves the right to refuse an application for course admission if there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the normal requirements of Pilates training practice.

### WHAT WILL I LEARN?

The Advanced Diploma of The Pilates Method has been developed to provide vocational training for the more senior and experienced Pilates Practitioner working with at risk clientele, whilst carrying out studio management roles and the supervision of staff. It provides the practical skills and scientific knowledge required to become a competent and effective practitioner and health care advisor in the field of Pilates.

The following program areas describe the content for the Advanced Diploma course:

- **CARING FOR AT RISK CLIENTELE** - This includes advanced anatomy and physiology with application of advanced knowledge, including Pre-Pilates and specific Pilates repertoire, to systems of the body, the study of low to moderate level musculoskeletal injuries and conditions, programming strategies for low to moderate risk client conditions and injuries, programming strategies for rehabilitation of in depth musculoskeletal injuries, critical analysis of research relevant to the Pilates method as an allied health modality.
- **STUDIO MANAGEMENT** - This includes managing and administering a Pilates studio or Healthcare practice.
- **WORK PROFESSIONALLY** – This includes reflecting upon own professional practice and maintaining personal health and awareness, as well as providing mentoring support to colleagues.
- **INTEGRATED REPERTOIRE 5** - This includes late intermediate repertoire on the Reformer, Cadillac (Trap Table), Wunda Chair, Barrels, and all Small Apparatus, as well as Matwork. Programming applications for the Studio and Matwork environment.

The following table lists the units of competency achieved upon successful completion of the qualification.



Program Area	Unit code	Title
<b>CARING FOR AT RISK CLIENTELE</b>	HLTCOM406C	Make referrals to other health care professionals when appropriate
	PILSPE602B	Provide exercise for Pilates clients with special conditions
	PILREH602B	Deliver Pilates Method strategies for musculoskeletal rehabilitation
	PILPRE601B	Apply the Pre-Pilates repertoire for musculoskeletal rehabilitation
	HLTCOM502C	Develop professional expertise
<b>STUDIO MANAGEMENT</b>	HLTCOM503D	Manage a practice
<b>WORK PROFESSIONALLY</b>	CHCORG428A	Reflect and improve upon own professional practice
	HLTSHU509C	Maintain personal health and awareness as a professional responsibility
	CHCORG627B	Provide mentoring support to colleagues
<b>INTEGRATED REPERTOIRE 5</b>	PILMAT604B	Instruct a late intermediate Pilates Matwork class
	PILREF604B	Instruct the Pilates studio late intermediate Reformer repertoire
	PILCWB601B	Instruct the Pilates studio late intermediate Cadillac, Small Apparatus, Wunda Chair and Barrels repertoire

## WHAT ARE THE COURSE REQUIREMENTS?

**Contact (C)** include a face-to-face workshop as per the course schedule.

**Directed Distance Learning (DST)** includes a combination of online delivery and workbooks of course content, to be completed in own time within set timeframes.

**Work Experience (WE)** 200 nominal hours are required to be logged. These are commonly divided between 50 Observation hours and 150 teaching/assisting hours.

Work Experience hours (WE) are practical hours devoted to applying the course content in a studio environment. For Advanced Diploma students, WE can be completed at your principal place of work, an affiliated Studio, or a Studio that has undergone our Work Experience Facilitation Program.

**Self Directed Learning (SDL)** includes set homework tasks, self-guided tutorials, self-study and time spent practising repertoire on the equipment. SDL also includes your self-mastery.

**Self mastery (SM)** is your own workouts. Students are required to maintain a schedule of workouts at a minimum of two per week for the duration of the course, with a minimum of one of these weekly workouts being supervised by a qualified instructor. These workouts are at additional cost.

Students can undertake the course on a Part Time or Full Time basis. Students undertaking the course as Full Time study with an aim to complete the program over 12-18 months will be required to attend all contact sessions as specified in their enrolment confirmation plus maintain regular work experience and self directed learning hours. Students undertaking the course as Part Time study with an aim to complete the program over 18-24 months will be required to attend all contact sessions as specified in their course timetable plus maintain regular work experience and self directed learning hours, either weekly, fortnightly, or in regular blocks as agreed with PilatesITC.

<b>Logged Hours for Advanced Diploma of The Pilates Method (10538NAT)</b>	
<b>Work Experience (WE)</b>	<b>Supervised Self-mastery</b>
200 hours (on-the-job practical observation/teaching hours)	A minimum of 1 SUPERVISED self-mastery Matwork session must be logged per week of course duration.

## HOW WILL I BE ASSESSED?

All courses are assessed through a variety of methods in alignment with the principles of competency-based training. These will include practical teaching demonstrations, written assignments, projects and case studies, and online tasks. More detailed information regarding assessments will be provided upon enrolment. Note: students will need to have access to recording/videoing equipment for practical teaching demonstrations assessments.

## WHAT ARE THE COURSE FEES AND PAYMENT PLANS?

PilatesITC offers a range of ways to assist students financing their studies. We offer students the option of financing their studies by paying in larger monthly instalments and receiving a discounted rate or choosing to pay in smaller monthly instalments. The following schedule of fees applies to the Advanced Diploma of the Pilates Method (10538NAT).

10538NAT <b>Advanced Diploma of the Pilates Method</b>			
<b>Payment Plan 1</b>	\$1,500	Paid upfront upon enrolment	\$4,800.00
	\$825	Paid monthly for 4 months. Payments are taken at the start of each consecutive month, starting one month after enrolment.	
<b>Payment Plan 2</b>	\$1,500	Due upon enrolment	\$5,700.00
	\$525	Paid monthly for 8 months. Payments are taken at the start of each consecutive month, starting one month after enrolment.	
<b>LATE PAYMENT PENALTY:</b> Fees paid later than their due date will incur a late fee of 2.5% of the overdue amount.			

### Course Cost Inclusions:

- Course fees include attendance at all contact and tutorial days, PilatesITC student manuals and handouts, logbooks, all assessments, tutorial support and ongoing monitoring.
- Up to 2 assessment attempts at any one assessment (after which additional fees apply).
- Placement for work experience hours within Training Studio and affiliated studios.
- Affiliate network for mentoring and information sharing.

### Extra Costs (additional to course fee)

- Supervised workouts as indicated in mandatory requirements (approximately \$700-\$900 for student rate sessions over duration of course).
- Membership with the Pilates Alliance Australasia [www.pilatesalliance.net](http://www.pilatesalliance.net)
- Purchasing of all required texts (approximately \$350-\$500 Adv Dip).
- Where required, private tutorials with PilatesITC Faculty (approximately \$150 per hour)
- Personal extras, sundries travel and accommodation.
- Assessment re-sit fee of \$100 (applies only after 2 attempts at any one assessment).
- Diploma refresher tutorial (optional / if required) \$150 per hour

## WHAT DO I DO FROM HERE?

In order to initiate enrolment in the Advanced Diploma of The Pilates Method you will be required to follow the following steps:

1. **Enrolment:** Complete the “Enrolment Form and Student Agreement” to formally enrol into a scheduled program. You will be required to attach a brief resume, supporting documentation as specified in the Enrolment Checklist, sign the Student Enrolment Agreement, select a payment plan for your course from the options outlined in the above table and make the first payment for your course as per the selected payment plan.
2. **Pre-Course Phase** – Following finalisation of enrolment, PilatesITC will issue your ‘Course Outline’ and ‘Student Handbook’. At this stage you will be required to read all documentation and Sign Student Agreement in the Student Handbook. Following receipt of signed Student Agreement PilatesITC will issue you with your course materials.

## FREQUENTLY ASKED QUESTIONS (FAQ'S)

### DO I NEED TO COMPLETE AN ANATOMY & PHYSIOLOGY COURSE?

PilatesITC entry level courses (not Advanced Diploma) require the completion of Anatomy & Physiology basic learning either prior to or concurrently with completing your chosen Pilates course. Pilates training requires a considered understanding of anatomy, physiology and biomechanics, and it is advised that you ensure you're A&P understanding is at a good basic level.

PilatesITC offers a short online Anatomy & Physiology course that describes the basic knowledge of anatomy and physiology required to recognise body systems and their components, and to identify and refer alterations associated with the functioning of the human body in the context of the Pilates Industry. This is not an accredited program but provides the required level of knowledge for those undertaking the Certificate or Diploma courses.

If you are already qualified as a Physiotherapist, Osteopath, Exercise Physiologist, Nurse, Remedial Massage, Cert IV Fitness, Cert IV Personal Trainer, Chiropractor, or have attained a unit of competency in Anatomy & Physiology, then you have achieved sufficient training to provide for equivalency.

### ABOUT THE FACULTY

PilatesITC Faculty hold the highest level Pilates qualifications in the world and are experts in Pilates Method training across conditioning, rehabilitation and elite training methods.

PilatesITC were the first ever Pilates specialist organisation to achieve government registration in May 2004, at the same time as accrediting the first government accredited Pilates courses in the world. PilatesITC faculty are the most comprehensively trained and long term experts in Pilates training in the vocational education system. Our faculty have achieved Advanced Diploma of the Pilates Method and are internationally sought after experts and presenters, having consulted throughout the USA and UK on Pilates education panels, in conferences, and for peak bodies.

It is crucial that Pilates courses are delivered by faculty who specialise in the Pilates Method first and foremost which our faculty members are, as well as having cross-competencies in other fields such as Medical Science, Exercise Physiology, Physiotherapy, Chiropractic/Osteopathy, Massage, Nutrition, Management and other academic qualifications.

As a minimum our faculty are required to have obtained and maintain:

- Advanced Diploma of the Pilates Method (10538NAT), or Diploma of Professional Pilates Instruction (10537NAT), or equivalent
- TAE40110 Certificate IV in Training and Assessment, or above
- Industry Peak Body Membership - Pilates Alliance Australasia, Pilates Method Alliance, or equivalent.
- Senior First Aid certification
- Completion of PilatesITC specialist induction processes
- Annual PilatesITC Faculty training
- Additional qualifications across rehabilitation, allied health, fitness, sports medicine, medical science, dance or similar modalities

## WORK EXPERIENCE FACILITATION (WEF) PROGRAM

As outlined on page 4 in this Course Information, the WEFS program provides a real time work experience environment for logging your Work Experience (WE) hours and as a centre for student support and mentoring. Students are either placed in an existing WEF site, or they have the opportunity to nominate a studio or site that suits their needs and have PilatesITC go through the approval process with that site.

For more information on our WEFS network and to find a WEF Site near you visit our WEFS centre at <http://www.pilatesitc.edu.au/about/work-experience-facilitation-sites/>

The PilatesITC WEFS network provides a multitude of opportunities for students to gain varied and valuable input to their training. We recommend that if at all possible you undertake as many hours as you can at a PilatesITC / PilatesInt Studio – we will always place you in one of our studios to complete your hours.

## PRACTICUM INTENSIVES

Practicum Intensives are scheduled monthly from February to November inclusive. These intensive five hour blocks of practical training are facilitated by our senior faculty and provide experiential work placement tasks, feedback and instruction in a simulated work environment. Students are guided and mentored through application of the course content.

Each hour of Practicum Intensive provides for 4 hours of logged WE hours. Students may obtain up to 20 WE hours per Practicum.

## STUDENT CLINICS

Student clinics are held each Monday from February to December at PilatesInt Studio in Broadway Sydney. A senior faculty member facilitates each Student Clinic where students have the opportunity to ask questions, gain information and feedback, discuss programming and application, review and refine repertoire, and work together on learning tasks. The clinics are guided and tasks and activities set for the benefit of learning and practice of the course content. These clinics do not provide for WE logged hours but are offered to support students in their learning. Student clinics are free to enrolled students.

## CAN I GET RECOGNITION FOR PRIOR LEARNING?

PilatesITC recognises all government recognised qualifications or statements of attainment issued by other registered training organisations, and will recognise prior learning. For more information on recognition of prior learning (RPL) or direct credit (DC) transfer please contact Administration.

## I HAVE MORE QUESTIONS

If you have any more questions about any of our courses or would like further clarification on the structure and delivery of our courses please visit our website [www.pilatesitc.edu.au](http://www.pilatesitc.edu.au) or contact PilatesITC directly by either email at [info@pilatesitc.edu.au](mailto:info@pilatesitc.edu.au) or phone on 02 9440 7344.

