



Pilates level I & II intensive

This intensive training is aimed at professionals already involved in the health/fitness industry- or candidates with previous anatomy and physiology training at college level.

The course provides the knowledge needed to teach groups Pilates mat-work to a beginners & intermediate level.

Starting with the foundations and fundamentals of Pilates, the course aim is to marry functional anatomy with Pilates exercises, modified from the original 34, in a safe and effective way. In doing so, we aim to give participants a true understanding of Pilates Method and a deeper understanding of the teaching skills needed to teach The Method to the general public.

Duration

The training takes 42 hours , over two or three weekends. Additional apprenticeship hours between 5 and 30, will be required based on candidates previous experience, ability and understanding .

Course modules

- Pilates history, philosophy and principals
- Applied anatomy
- Pilates mat exercises level I&II including modifications and progressions
- Teaching skills, cuing, safety & effective communication
- Postural analysis and its impact on Pilates students
- The business, hospitality and ethics of Pilates.

Prerequisites

A qualification in a movement discipline which includes Anatomy & Physiology
20 hours Pilates experience

Practical experience in health & fitness, Yoga,Dance, Physiotherapy, Martial arts or Physical education.

Certification

After passing the final examination and supervised teaching, students will receive a teaching certificate accredited by the Complimentary Therapists association UK (formerly Embody), and insurance can also be provided by this organisation. This course carries 20 cpd credits.

Friday, 9.30am	Course introduction, with explanation of learning outcomes. Discipline requirements: timekeeping, ethics, hygiene, kit and materials needed. Q & A
10.3	Pilates mat class, fundamentals to beginners level
11.30 – 1pm	The history and principals of Pilates
2-3pm	Pilates fundamental exercises
3-5.30pm	Pilates Anatomy
Sat 9.30 -11am	Pilates mat level 1 class with Q&A
11am-13.00	Pilates fundamentals and warm up exercises
2-3pm	Teaching skills
3-5.30pm	Supine exercises in detail
Sunday	
9.30-11am	Pilates mat level 1 class with Q&A
11-13.00	Seated and articulating exercises in detail
2-3.30pm	Posture & Pilates
3.30-5.30pm	Prone & side lying exercises in detail
Weekend 2	Saturday
9.30-11am	Pilates mat level I class with Q&A
11 -1pm	All exercises revisited
2pm – 3.30	Demonstrating & teaching. Cuing and imagery
3.30- 5.30	Pilates exercises modifications and progressions
Sunday	
9.30-11am	Pilates mat level I & II class
11- 12.30pm	Principals, history and philosophy revisited
12 -2pm	Practical examination
3-5.30pm	Written examination