



# Become a Pilates Instructor

Information Booklet on the  
Certificate IV in Pilates Instruction (91121NSW)

**LOCATION**

TAFE NSW – Sydney Institute, Randwick College  
Corner of King and Darley Streets, Randwick

**WHY STUDY A PILATES INTERNATIONAL QUALIFICATION?**

Randwick TAFE prides itself on the quality of its curriculum, teaching faculty and training facilities. Randwick College has recently acquired the rights to teach the VETAB (Vocational Education Training Accreditation Board) approved Certificate IV in Pilates Instruction course.

**INTRODUCTION TO THE CERTIFICATE IV IN PILATES INSTRUCTION**

The Certificate IV in Pilates Instruction is seen as entry level into the Pilates industry and is designed to reflect the role of those who can work autonomously within the defined range, and under limited supervision.

This course aims to develop Pilates Instructors who operate in a professional and specialised studio environment and work with low risk (healthy) client groups.

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

- Instructing client sessions in a variety of contexts, including; Studio private or semi-private sessions; Studio group and matwork classes; Health Centre or gymnasium group classes; Home visits and the corporate environment.
- Instructing clients of a low risk (apparently healthy) nature including – General conditioning, Postural correction, Pregnancy, Ageing and Low risk referrals from Allied Health network.

**WHO RECOGNISES MY QUALIFICATIONS?**

The Certificate IV in Pilates Instruction is a nationally accredited qualification through the NSW VETAB and is recognised by:

- **VETAB NSW Vocational Education & Training Accreditation Board**
- **Pilates Alliance Australasia** Certificate IV in Pilates Instruction – Level 1 Full Membership
- **Pilates Method Alliance, USA**

**MINIMUM PRE-REQUISITES AND REQUIREMENTS FOR ENTRY INTO THE COURSE**

To enrol in the Certificate IV in Pilates Instruction the following pre-requisites apply:

- Attainment of HSC or equivalent;
- Demonstrate a minimum of 60 hours in Pilates practical sessions (matwork and studio)
- Successfully completed Anatomy & Physiology study with intermediate knowledge of musculoskeletal anatomy;
- Pre-course questionnaire if deemed applicable

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 IV in Pilates Instruction 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 program
- 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 as a Pilates Instructor with different and specialised low risk (apparently healthy) client groups

**The Certificate IV in Pilates Instruction includes the following content:**

- 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
- Occupational 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
- Pilates exercise for special conditions
- Work Ethics and professional development
- Pilates repertoire for Mat, Reformer, Cadillac, Wunda Chair, Barrels and Small Apparatus from introductory to intermediate levels

As a graduate of this Certificate IV in Pilates Instruction you will enter the Pilates method 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.

The course is divided into several stages as follows:

- **Stage 1** - At Stage 1 you will be issued preliminary course materials with instructions on preparation for the program in which you are enrolled. This will include issue of your Participant Study Guide.
- **Stage 2** -At Stage 2 we will cover the Foundations of the Pilates Method, Introductory to Progressive Matwork, Small Apparatus, Introductory to Basic Reformer and Cadillac repertoire.
- **Stage 3** - At Stage 3 you will be issued additional study materials and assessments for the program areas Work Professionally in the Pilates Industry, Adult Learning and Communications. We will also cover Wunda Chair repertoire, Progressive level Reformer and the Intermediate level Matwork.
- **Stage 4** - At Stage 4 you will focus on the Intermediate level repertoire on the Reformer and Cadillac, the Barrels repertoire will be introduced and we will explore a more in depth study of programming strategies and special conditions.
- **Stage 5** - Final Written and Practical Assessments, Submission of any other Assessment Tasks.

### **WHAT ELSE DOES THE COURSES INVOLVE?**

The delivery of the Certificate IV qualification is through a combination of delivery modes, which include, off-the-job contact (C) hours (face-to-face lectures), on-the-job professional work experience (WE) hours (observation and teaching), self-directed learning (SDL) hours (self review, study and completion of directed tasks) and Self-Mastery (SM) hours (supervised and unsupervised workouts). See the section titled "Structure of Course Hours" for additional information on the breakdown of course hours. A variety of assessment methods are used in alignment with the principles of competency based training.

### **HOW LONG DO THE COURSES TAKE TO COMPLETE?**

Time to completion of the qualification is dependent upon the delivery style of the program offered, and the participant's availability to commit to the work experience hours around your other commitments. Each participant must attend the relevant contact days, but can schedule their Work Experience and Self-directed learning around their own schedule in conjunction with the scheduling of the Work Experience Facilitation Site.

For semester 2 2008 the course will be delivered in **part time format**.

### **Attendance will be required on:**

**Tuesday** afternoons 4-8pm at Randwick College site and

**Friday** afternoons 1-5pm at the Pilates Studio at Strawberry Hills

**plus** completion of work experience and self directed learning/self mastery hours at a rate that allows completion of Certificate IV in 6-9 months.

This equates to a commitment of about 10-18 hours per week.

The **course will start on 22 July** and the theory components completed by December 2008.

### **STRUCTURE OF HOURS**

The Certificate IV in Pilates Instruction requires a nominal 650 hours for completion of the qualification. These hours are outlined below:

#### **▪ Contact Hours (C)**

Contact hours will vary according to delivery mode and will include formal lecture/workshop face-to-face delivery, practical and written assessments as per each course timetable.

#### **• Work Experience Hours (WE)**

300 hours minimum Work Experience are to be logged as a minimum

Work Experience hours are practical hours devoted to applying the course content in a studio environment. All students will commence with observation hours, and will then be cleared to commence teaching type work experience on an individual basis. Work Experience must be completed at Pilates International or at a Studio that is participating in the PITC Work Experience Facilitation Program.

Additional hours and conditions may be assigned to Work Experience if students are assessed as Not Yet Competent in any Assessment component.

▪ **Self-Directed Learning (SDL)**

170 hours of Self Directed Learning are to be logged as a minimum.

These hours include completion of Self Directed Learning Tasks, set homework tasks, self guided tutorials, self-review and study.

▪ **Self-Mastery (SM)**

Self-mastery hours are workout hours – either supervised (S) or unsupervised (US). All students are expected 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. All students are to log a minimum of 60 hours self mastery as hours, the cost of which is additional to the course fees.

**WHAT DOES IT COST?**

The course costs **\$6500**

**Course Cost Inclusions:**

- Course fees include attendance at all contact and tutorial days, PITC student manuals and handouts, logbooks, all assessments, tutorial support and ongoing monitoring.
- Up to 3 assessment attempts at any one assessment (after which additional fees apply).
- Placement for work experience hours within Training Studio and affiliated studios.
- Assistance with job placement on successful course completion.
- Affiliate network for mentoring and information sharing.

**Extra Costs (additional to course fee)**

- Supervised workouts as indicated in mandatory requirements (approximately \$600-\$700 for student rate sessions over duration of course).
- Student Membership with the Pilates Alliance Australasia  
[www.pilatesalliance.net](http://www.pilatesalliance.net)

**WHAT DO I DO FROM HERE?**

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

1. **Application Phase** – Contact Jacqueline Lloyd from the Training Solutions Centre on

P: (02) 9217 5419 | F: (02) 9217 5434 | E: [jacqueline.lloyd@tafensw.edu.au](mailto:jacqueline.lloyd@tafensw.edu.au)

2. **Payment Phase** – Payment for the course must be provided prior to receive any course material.

3. **Pre-Course Phase** – Following the close of applications and finalisation of enrolments for a scheduled course, all participants will receive a Participant Study Guide and preliminary course materials in preparation for the program.

**TIMETABLE FOR SEMESTER 2 2008**

See Appendix 1.



Appendix 1

STAGE	WEEK	SESSION	DAY/DATE	TIME	UNIT OF COMPETENCY/TOPIC	VENUE
Stage 1	At Stage 1 you will be issued with preliminary course materials with instructions on preparation for the up and coming stages. This will include issue of your Participant Study Guide, Pre-course Requirements, The Foundations Manual and Anatomy and Physiology Workbook for completion.					
Stage 2	1	1	Tuesday 22.7.08	4.00 - 8.00pm	The Foundations - SRFFIT008A	Class Room TAFE
		2	Friday 25.7.08	12.00 - 5.00pm	Integrated Repertoire 1 - PIMAT01	Studio PILATES INT.
	2	3	Tuesday 29.7.08	4.00 - 8.00pm	The Foundations - SRFFIT008A	Class Room TAFE
		4	Friday 1.8.08	12.00 - 5.00pm	Integrated Repertoire 1 - PIREF01	Studio PILATES INT.
	3	5	Tuesday 5.8.08	4.00 - 8.00pm	The Foundations - SRFFIT009A	Studio Room TAFE
		6	Friday 8.8.08	12.00 - 5.00pm	Integrated Repertoire 2 - PIMAT02	Studio PILATES INT.
	4	7	Tuesday 12.8.08	4.00 - 8.00pm	Integrated Repertoire 2 - PISMAIL01	Studio Room TAFE
		8	Friday 15.8.08	12.00 - 5.00pm	Integrated Repertoire 1 - PICAD01	Studio PILATES INT.
Stage 3	5	STUDY & REVIEW Work professionally Manual, Adult Learning Manual and Communication Manual is issued				
	6	9	Friday 29.8.08	12.00 - 5.00pm	Integrated Repertoire 3 - PIWCH01	Studio PILATES INT.
	7	10	Friday 5.9.08	12.00 - 5.00pm	Integrated Repertoire 2 - PIREF02	Studio PILATES INT.
	8	11	Tuesday 9.9.08	4.00 - 8.00pm	MID TERM WRITTEN EXAM & Part 1 of PIMAT03	Studio & Classroom TAFE
		12	Friday 12.9.08	12.00 - 5.00pm	MID TERM PRACTICAL EXAM & Part 2 of PIMAT03	Studio PILATES INT.
Stage 4	9	13	Friday 19.9.08	12.00 - 5.00pm	Integrated Repertoire 4 - PIREF03	Studio PILATES INT.
	10	14	Tuesday 23.9.08	4.00 - 8.00pm	Programming - PIPROG01	Class Room TAFE
		15	Friday 26.9.08	12.00 - 5.00pm	Integrated Repertoire 3 - PIBAR01 PART 1	Studio PILATES INT.
	11	MID SEMESTER BREAK STUDY & REVIEW Programing SDL Tasks & Finalising Assessable tasks				
	12	16	Friday 10.10.08	12.00- 5.00pm	Intergrated Repertoire 3 - PIBAR01 PART 2 /PICAD02 PART1	Studio PILATES INT.
	13	17	Tuesday 14.10.08	4.00 - 8.00pm	Programming - PISPEC01	Class Room TAFE
		18	Friday 17.10.08	12.00 - 5.00pm	Integrated Repertoire 3 - PICAD02	Studio PILATES INT.
Stage 5	17	19	Tuesday 11.11.08	4.00 - 8.00pm	FINAL WRITTEN EXAM	Class Room TAFE
	Session 20 6.2.09 or 20.2.09 FINAL PRACTICAL ASSESSMENT At Pilates International Studio					