



Information and Application Form for Diploma of Professional Pilates Practice (91120NSW)



WHY STUDY A PILATES INTERNATIONAL QUALIFICATION?

Pilates International prides itself on the quality of its curriculum, teaching faculty and world class 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 is the first VETAB (Vocational Education Training Accreditation Board) Pilates registered training organisation delivering government recognised Pilates Method qualifications. We offer “real Pilates for the real world” with training listed with the Australian National Training Authority (ANTA).

INTRODUCTION TO THE DIPLOMA OF PROFESSIONAL PILATES PRACTICE (91120NSW)



The Diploma of Professional Pilates Practice, in its entirety, incorporates the Certificate IV in Pilates Instruction, which is an exit point within the Diploma. While available as a continuous course of study, many students prefer to complete the Certificate IV components and enter the workforce for a period of time before returning to Pilates International to complete the Diploma units. The Diploma of Professional Pilates Practice 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 administer a practice.

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

- Managing and/or administering a Pilates studio practice with responsibility of 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.

WHO RECOGNISES MY QUALIFICATIONS?

The Diploma of Professional Pilates Practice is a nationally accredited qualification through the NSW VETAB.

 	VETAB NSW Vocational Education & Training Accreditation Board
	Pilates Alliance Australasia Diploma of Professional Pilates Practice – Level 2 Full Membership
	Pilates Method Alliance, USA Pilates International Pty Ltd is recognised by the Pilates Method Alliance as a teacher training organisation / studio of the highest standard in the Pilates exercise community in Australia.

MINIMUM PRE-REQUISITES AND REQUIREMENTS FOR ENTRY INTO THE DIPLOMA ONLY COURSE

To enroll in the Diploma units above the Certificate IV level qualification, pre-requisite is:

- Attainment of Certificate IV in Pilates Instruction (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 at this level.

Pilates International Training Centre (a division of Pilates International Pty Ltd, RTO No. 90901)

PO Box 416, Broadway, NSW, 2007

P: (02) 9281 1144 F: (02) 9281 2044 E: info@pilatesitc.com W: www.pilatesitc.com



WHAT WILL I LEARN?

The Diploma of Professional Pilates Practice was 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 Diploma course:

- **CARING FOR AT RISK CLIENTELE** - This includes advanced anatomy and physiology with application of advanced knowledge to all systems of the body, the study of low to moderate level 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.
- **ADMINISTER A PRACTICE** - This includes managing and administering a Pilates studio practice
- **INTEGRATED REPERTOIRE 5** - This includes late intermediate repertoire on the Reformer, Cadillac (Trap Table), Wunda Chair, High Barrel, Spine Corrector and Low Barrels, Ped-a-pul, and all small apparatus, as well as Matwork. Programming applications for the Studio and Matwork environment.

The course is divided into several stages as follows:

- **Stage 1** - Caring for At Risk Clientele Part 1: Introduction & Part 2: Musculoskeletal System
- **Stage 2** - Integrated Repertoire 5 and Develop Professional Expertise
- **Stage 3** - Caring for At Risk Clientele Part 3: Cardiorespiratory System, Part 4: Lymphatic System, Part 5: Nervous System & Part 6: Endocrine and Other Systems.
- **Stage 4** - Administer a Practice and Enhancing Musculoskeletal Rehabilitation.
- **Stage 5** - Final Assessments, Submission of all Assessment Tasks.

WHAT ELSE DOES THE COURSE INVOLVE?

The delivery of the Diploma 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 your qualification is dependent upon the delivery style of the program 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 other commitments.

PITC may offer courses in a variety of modes as follows:

- **Distance (DST)** - The Diploma is delivered in a combination of directed Distance Learning and five full Contact Days. Work experience can be done at the Participant's current workplace, or through PITC.
- **Standard Delivery (STD)** – Lectures/Contact Days are held at a regular time each week over the period specified in the PITC Training Schedule. Work experience is then done around the participant's other commitments.

Please refer to the "Training Schedule" provided to determine the delivery mode available to you and the dates scheduled for course delivery for the year.



STRUCTURE OF COURSE HOURS

The Diploma of Professional Pilates Practice requires a nominal 300 hours for completion of the qualification above the Certificate IV level units. These hours are outlined below:

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

- **Work Experience Hours (WE)**
 - 110 hours minimum
 - Work Experience hours are practical hours devoted to applying the course content in a studio environment. Students enrolled in the Diploma qualification components will be able to complete all WE hours within the context of their daily work environment, if the Workplace has completed the PITC WE Facilitation Program requirements.
 - Additional hours and conditions may be assigned to Work Experience if students are assessed as Not Yet Competent in any component of formal assessments.

- **Self-Directed Learning (SDL)**
 - 90 hours Self Directed Learning are to be logged as a minimum.
 - These hours include completion of Self Directed Learning Tasks, Critical Report, Administer a Practice Assessment Task, Self-Review and Study time.

- **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 50 hours self-mastery as hours, the cost of which is additional to the course fees.

WHAT ARE THE COURSE FEES AND PAYMENT PLANS?

Pilates International offers a range of ways to assist students financing their studies. We offer students the option of financing their studies by paying up front and receiving a discounted rate or choosing a payment plan for two or three instalments.

SCHEDULE OF FEES: DIPLOMA OF PROFESSIONAL PILATES PRACTICE UNITS ONLY			
(Note: - Previous completion of CIV is prerequisite for entry to this course)			
	Amount Due	Due date	Total payable
Payment Plan 1	\$3,100.00	21 days prior to course commencement	\$3,100.00
Payment Plan 2	\$1,900.00	21 days prior to course commencement	\$3,400.00
	\$1,500.00	Stage 4	
LATE PAYMENT PENALTY: Fees paid later than their due date will incur a late fee of 10% of the overdue amount.			

- **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).
- Membership with the Pilates Alliance Australasia www.pilatesalliance.net.
- Purchasing of all required texts (for the Diploma \$200 - \$250).
- Personal extras, sundries travel and accommodation.
- Assessment re-sit fee of \$100 (applies only after 3 attempts at any one assessment).

WHAT DO I DO FROM HERE?

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

1. Application Phase - Complete the attached 2 page “Application Form” and submit to PITC before application deadline nominated on the PITC Training Schedule. You will be required to attach a brief resume, supporting documentation and pay a \$50 Application Fee upon submission of this form.
2. Enrolment Phase - Following acceptance of your application you will be issued an “Enrolment Form and Student Agreement” to formally enrol in a scheduled program. At this enrolment stage you will be required to select a payment plan for your course from the options outlined in the above table.
3. Pre-Course Phase – Following the close of applications and finalisation of enrolments for a scheduled course, PITC will issue all participants a Participant Study Guide and preliminary course materials in preparation for the program.

“In order to be a professional Pilates teacher, one must experience it (the transformation) first, understanding that it is never complete but a constant evolution of learning”

Course Details

Course	Diploma of Professional Pilates Practice		
Delivery Schedule (circle one)	Distance (DST)	Standard (STD)	
State (circle one)	NSW	QLD	VIC

Applicant Contact Details

Name: _____

Postal Address: _____

Suburb: _____ State: _____ Postcode: _____

Home # _____ Mobile # _____

Email _____ DOB: _____

Pilates Background & Experience

Pilates Qualifications: _____

Are you currently teaching Pilates? (circle one) Yes No

If yes, what is the name of your employer/Studio? _____

Are you a member of an Industry Regulatory Body?

If yes, name organisation and level of membership currently held? _____

Outline of Previous Education and Work Experience (please attach brief resume):

Highest Educational Level completed: (tick one) University TAFE Yr 12 Yr 10 other

Qualifications _____

Current employment _____

Is this position: (tick one) Full Time Part Time Self Employed Student

Are you? (tick one) Aboriginal Torres Strait Islander Neither

Country of Birth _____

Do you speak a language other than English at home? (tick one) No Yes

I speak _____

Proficiency in spoken English: (tick one) Very well Well Not Well Not at all

Do you have any conditions that may affect your ability to participate in the Course? (tick one)

- None Hearing/deaf Physical Intellectual Learning
 Vision Mental Illness Medical condition Other

Details _____

Why would you like to undertake the Diploma of Professional Pilates Practice? _____

Payment Details

I wish to pay my application fee of \$50.00 by:

Cheque/Money Order: **Please make payable to Pilates International Pty Ltd**

Credit Card (tick one) Visa Mastercard Bankcard

Card Number: _____ - _____ - _____ - _____ Expiry ____ / ____ CCV# _____

Name on Card: _____

Card Holders Signature: _____ Date: _____

Terms and Conditions

1. If insufficient enrolments are obtained, Pilates International Pty Ltd reserves the right to cancel or postpone courses at short notice. If cancellation occurs by Pilates International, course fees will be refunded in full.
2. All cancellations must be received in writing 14 working days prior to the course commencement. A \$50.00 administration fee would be applied in this instance. Failure to attend the course without written notification prior to course commencement will result in full fees being charged.
3. Payment in full must be received 21 days prior to the commencement of the course.
4. No refunds will be given once the course has commenced.

Application Checklist

Send this completed application form to register your interest for enrolment in training with Pilates International Training Centre. **Please ensure the following are included with your application form:-**

- Certified copy of Certificate IV in Pilates Instruction
- Brief Resume detailing educational experience and work experience, including references from employers and/or industry colleagues in verification of your experience;
- Certified copies of Certificate of Membership to Pilates Industry regulatory body APMA or PAA (if applicable);
- Cheque/Money order or credit card details for \$50.00 application fee;

If any of the above is unclear, please contact Student Enrolments by telephone (02) 9281 1144. Please return your documents (making sure you have included all the check list items) to:

Pilates International Training Centre

**By Post: PO Box 416
 BROADWAY NSW 2007**

By Fax: (02) 9281 2044

Via email: info@pilatesitc.com



SYDNEY TRAINING PROGRAMS		2009
QUALIFICATION	COURSE DELIVERY DATES	
<p>Diploma of Professional Pilates Practice (91120NSW)</p> <p>Pre-requisite: Certificate IV in Pilates Instruction</p> <p>NB: These dates represent the delivery of units above the Certificate IV in Pilates Instruction qualification only.</p>	<p>Course Code DIPNSWDST091 DISTANCE DELIVERY Distance Learning components plus 1x2 day & 1x3 day Blocks from 9 – 6pm daily</p> <p>BLOCK 1: April 18, 19 BLOCK 2: August 14, 15, 16 + Assessment Day Friday 20th November 2009</p> <p>In order to initiate enrolment in the Diploma of Professional Pilates Practice you will be required to undertake the following steps:</p> <ol style="list-style-type: none"> 1. Application Phase - Complete the “Application Form” and submit to PITC before applications close. You will be required to attach a brief resume, supporting documentation and pay a \$50 Application Fee upon submission of this form. <p style="text-align: right;">Applications close 1st December 2008.</p> <ol style="list-style-type: none"> 2. Enrolment Phase - Following acceptance of your application you will be issued an “Enrolment Form and Student Agreement” to formally enrol in a scheduled program. At this enrolment stage you will be required to select a payment plan for your program as outlined in the Enrolment Information Package. <p style="text-align: right;">Enrolments close 15th December 2008.</p> <ol style="list-style-type: none"> 3. Stage 1: Pre-Course Phase – Stage 1 of course delivery commences following the finalisation of enrolments for a scheduled course. PITC will issue all participants a Participant Study Guide and Stage 1 course materials for completion prior to scheduled contact days. <p style="text-align: right;">Stage 1 commences 22nd December 2008.</p>	

Pilates International Pty Ltd reserves the right to vary course requirements or class schedules at any time as deemed necessary, including cancellation or delay due to insufficient course applicants. For more detailed information on course delivery modes and content please refer to the relevant course information package.