

Shaping your career

Professional Pilates training
with Pilates International



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INTRODUCTION

WHY STUDY A PILATES INTERNATIONAL QUALIFICATION?

Pilates International Training Centre (a division of Pilates International Pty Ltd, RTO 90901) 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 VETAB (Vocational Education Training Accreditation Board) Pilates registered training organisation delivering government recognised Pilates method qualifications in Australia. We offer “real Pilates for the real world”.




COURSE OVERVIEW – WHAT COURSE IS RIGHT FOR ME?

Pilates International’s quality Vocational programs range from Certificate IV to Advanced Diploma in Pilates. A summary of information is provided in the table below.

Certificate IV in Pilates Matwork Instruction (91492NSW)	
Outcome	The Pilates Matwork Instructor program will qualify you to work as an industry entry-level instructor for Pilates Matwork. This course 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.
Duration	Nominal duration 200 hrs
Pre-requisites	<ul style="list-style-type: none"> • HSC, or equivalent • A minimum of 30 hours in Pilates practical sessions (workouts) • Successful completion of Anatomy and Physiology unit HLTAP301A, <u>or equivalent</u>
Diploma of Professional Pilates Instruction (91491NSW)	
Outcome	This course provides you with the knowledge and skills necessary to work as a Pilates Studio Instructor, teaching comprehensively the Pilates Mat 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.
Duration	Nominal duration 620 hrs
Pre-requisites	<ul style="list-style-type: none"> • HSC, or equivalent • A minimum of 30 hours in Pilates practical sessions (workouts including apparatus) • Successful completion of Anatomy and Physiology unit HLTAP301A, <u>or equivalent</u>
Advanced Diploma of the Pilates Method (91490NSW)	
Outcome	This program is designed to elevate the knowledge and skills of Pilates professionals to that of a Pilates Practitioner. 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.
Duration	Nominal duration 305 hrs
Pre-requisites	<ul style="list-style-type: none"> • Diploma of Professional Pilates Instruction (91491NSW)

WHO RECOGNISES MY QUALIFICATIONS?

Pilates International is a government recognised training provider and delivers the nationally recognised **Certificate IV in Pilates Matwork Instruction (91492NSW)**, **Diploma of Professional Pilates Instruction (91491NSW)** and **Advanced Diploma of the Pilates Method (91490NSW)**. These qualifications are accredited by the NSW Vocational Education and Training Accreditation Board (VETAB) as well leading professional associations, such as the Pilates Alliance Australasia (PAA) and Pilates Method Alliance (USA).

 <p>NSW Vocational Education & Training Accreditation Board</p>	<p>VETAB NSW Vocational Education & Training Accreditation Board</p>
	<p>Pilates Alliance Australasia Certificate IV 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>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.</p>

WHAT DO THE COURSES INVOLVE & HOW LONG TO COMPLETE?

The delivery of the **Certificate IV in Pilates Matwork Instruction (91492NSW)**, **Diploma of Professional Pilates Instruction (91491NSW)** and **Advanced Diploma of the Pilates Method (91490NSW)** qualifications is through a combination of delivery modes which include off-the-job contact (face-to-face lectures, and tutorials) (C), on-the-job professional work experience (observation, training studio and real time) (WE), and self-directed learning (including self-study and self-mastery) (SDL).

Time to complete each qualification is dependent upon the choice of delivery style of the program, and the participant's availability to commit to the work experience hours around other commitments. Each participant must attend the scheduled contact days for their course, but can schedule their Work Experience and Self-directed learning around their other commitments.

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

- **Distance (DST)** - Courses may be delivered in a combination of directed Distance Learning and Contact Days. Work Experience and Self Mastery is then done around the participant's other commitments at Pilates International or at an approved Work Experience Facilitation Site.
- **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 and Self Mastery is then done around the participant's other commitments at Pilates International or at an approved Work Experience Facilitation Site.
- **Block Intensive Delivery (BLK)** - In Block delivery, we deliver the full program in intensive “blocks” of consecutive contact days spread over a 6 to 12 month period. Work Experience and Self Mastery is then done around the participant's other commitments at Pilates International or at an approved Work Experience Facilitation Site.

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.

CERTIFICATE IV IN PILATES MATWORK INSTRUCTION (91492NSW)

The Certificate IV 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 qualification 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 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 Occupational Health and Safety requirements in the Pilates workplace

The Certificate IV in Pilates Matwork Instruction is seen as entry level into the Pilates Matwork industry and is designed to reflect the role of those who can work autonomously within the defined range, and under limited supervision. It is designed to reflect the role of Pilates Matwork Instructors who operate in a professional Matwork or Group Fitness environment and work with low risk (apparently healthy) client groups.

WHAT ARE THE ENTRY REQUIREMENTS?

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

- Attainment of HSC or equivalent;
- Demonstrate a minimum of 30 hours in Pilates practical sessions;
- Successfully completed Anatomy & Physiology unit of competency

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 Matwork Instruction (91492NSW) is nationally recognised under the Australian Quality Training Framework. It was developed to provide entry-level vocational training for the persons intending to instruct clients in Pilates Matwork and Small Apparatus group sessions. The following table lists the units of competency achieved upon successful completion of the qualification.

Program Area	Unit code	Title
THE FOUNDATIONS	PIPOST01	Plan and instruct Pilates method programming for postural assessment and correction
	HLTOHS300A	Contribute to OHS processes
INTEGRATED REPertoire 1	PIMAT01	Plan and instruct a Pilates Matwork class from foundation to basic level
	PIMAT02	Plan and instruct a progressive Pilates Matwork class
	PIMAT03	Plan and instruct an intermediate Pilates Matwork class
	PISMAILL01	Instruct the Pilates studio basic to intermediate Small Apparatus repertoire

WHAT HOURS ARE REQUIRED FOR THE PROGRAM?

Nominal Course hours are structured as follows:-

Certificate IV in Pilates Matwork Instruction (91492NSW)			
Work Experience (WE)	Contact (C)	Self-directed (SDL)	Total
100 hours on-the-job (professional work experience)	40 hours off-the-job (lecture days and tutorials)	60 hours (self-mastery and practice)	200 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 Certificate IV students, up to 50% of WE can be completed at an affiliated Studio, or a Studio that has undergone our Work Experience Facilitation Program.

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

Self-Directed Learning (SDL) hours include set homework tasks, self-guided tutorials, self-study and time spent practising repertoire on the equipment. Your self-mastery hours are workout hours – 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.

A Part-time or Full-time approach to study is available. It is considered that for a Part-time approach to study, attendance at all specified contact sessions is required plus completion of work experience and self directed learning/self mastery hours at a rate of 8-10 hours per week, with completion of Certificate IV requirements over a 6 month period. A Full-time approach requires attendance at all specified contact sessions plus completion of work experience and self directed learning/self mastery hours at a rate that allows completion of Certificate IV over approximately a 3-month period. This would average a total commitment of 16 - 18 hours per week.

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 formal assessment by way of practical and written examinations and informal assessment and monitoring of progress via assignments/task sheets, quizzes, self-assessment and supervisor feedback. More detailed information regarding assessments will be provided upon enrolment.

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. The following schedule of fees applies to the Certificate IV in Pilates Matwork Instruction (91492NSW).

Certificate IV in Pilates Matwork Instruction (91492NSW)			
	Amount Due	Due date (on or before)	Total payable
Payment Plan 1	\$2,500.00	21 days prior to course commencement	\$2,500.00
Payment Plan 2	\$1,500.00	21 days prior to course commencement	\$2,750.00
	\$1250.00	PISMALL01 Contact Day	
Payment Plan 3	\$1250.00	21 days prior to course commencement	\$3,000.00
	\$1000.00	PISMALL01 Contact Day	
	\$750.00	PIMAT03 Contact Day	
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 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).
- Student Membership with the Pilates Alliance Australasia www.pilatesalliance.net (discounted to \$50.00).
- Purchasing of all required texts (approximately \$150.00)
- One Teaching Uniform T-shirt; (approx \$30.00).
- Personal extras, sundries travel and accommodation.
- Assessment re-sit fee of \$100 (applies only after 2 attempts at any one assessment).

WHAT DO I DO FROM HERE?

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

1. Application Phase - Complete the attached "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 as specifies in the Application Checklist and pay a \$60 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 required to select a payment plan for your course from the options outlined in the above table and make payment for your course as per the selected payment plan.
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.

DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION (91491NSW)

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 Occupational 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;
- Demonstrate a minimum of 30 hours in Pilates practical sessions;
- Successfully completed Anatomy & Physiology unit of competency

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 (91491NSW) 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 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
- 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

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

Program Area	Unit code	Title
THE FOUNDATIONS	PIPOST01	Plan and instruct Pilates method programming for postural assessment and correction
	HLTOHS300A	Contribute to OHS processes
INTEGRATED REPERTOIRE 1	PIMAT01	Plan and instruct a Pilates Matwork class from foundation to basic level.
	PIMAT02	Plan and instruct a progressive Pilates Matwork class
	PIMAT03	Plan and instruct an intermediate Pilates Matwork class
	PISMALL01	Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
WORK PROFESSIONALLY IN THE PILATES INDUSTRY	PIINDUS01	Work within a Pilates industry framework
	HLHIR301A	Communicate and work effectively in the health industry
	PIEQUIP01	Use and maintain core Pilates industry equipment and apparatus
INTEGRATED REPERTOIRE 2	PIREF01	Instruct the Pilates studio introductory to basic Reformer repertoire
	PIREF02	Instruct the Pilates studio progressive Reformer repertoire
	PICAD01	Instruct the Pilates studio introductory to basic Cadillac repertoire
COMMUNICATIONS	HLTCOM404B	Communicate effectively with clients
	HLTCOM406B	Make referrals to other health care professionals when appropriate
	HLTCOM408B	Use specific health terminology to communicate effectively
INTEGRATED REPERTOIRE 3	PIWCH01	Instruct the Pilates studio introductory to intermediate Wunda Chair repertoire
	PIBAR01	Instruct the Pilates studio introductory to intermediate Barrels repertoire
PROGRAMMING	PIPROG01	Undertake exercise planning and programming for a Pilates studio in a variety of situations
	PISPEC01	Provide exercise for Pilates clients with special conditions
INTEGRATED REPERTOIRE 4	PIREF03	Instruct the Pilates studio intermediate Reformer repertoire
	PICAD02	Instruct the Pilates studio progressive to intermediate Cadillac repertoire

WHAT HOURS ARE REQUIRED FOR THE PROGRAM?

Nominal Course hours are structured as follows:-

Diploma of Professional Pilates Instruction (91491NSW)			
Work Experience (WE)	Contact (C)	Self-directed (SDL)	Total
300 hours on-the-job (professional work experience)	120 hours off-the-job (lecture days and tutorials)	200 hours (self-mastery and practice)	620 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 Diploma students, up to 50% of WE can be completed at an affiliated Studio, or a Studio that has undergone our Work Experience Facilitation Program.

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

Self-Directed Learning (SDL) hours include set homework tasks, self-guided tutorials, self-study and time spent practising repertoire on the equipment. Your self-mastery hours are workout hours – 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.

A Part-time or Full-time approach to study is available. It is considered that for a Part-time approach to study, attendance at all specified contact sessions is required plus completion of work experience and self directed learning/self mastery hours at a rate of 12 hours per week, with completion of Diploma requirements over a 12 month period. A Full-time approach requires attendance at all specified contact sessions plus completion of work experience and self directed learning/self mastery hours at a rate that allows completion of Certificate IV over approximately a 6-month period. This would average a total commitment of 20 hours per week.

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 formal assessment by way of practical and written examinations and informal assessment and monitoring of progress via assignments/task sheets, quizzes, self-assessment and supervisor feedback. More detailed information regarding assessments will be provided upon enrolment.

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. The following schedule of fees applies to the Diploma of Professional Pilates Instruction (91491NSW).

Diploma of Professional Pilates Instruction (91491NSW)			
Payment Plan 1	\$6,500.00	21 days prior to course commencement	\$6,500.00
Payment Plan 2	\$3,650.00	21 days prior to course commencement	\$7,300.00
	\$3,650.00	Contact Session 9 or the start of Stage 3	
Payment Plan 3	\$3,700.00	21 days prior to course commencement	\$7,700.00
	\$2,200.00	Contact Session 9 or the start of Stage 3	
	\$1,800.00	Contact Session 15 (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 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).
- Student Membership with the Pilates Alliance Australasia www.pilatesalliance.net (discounted to \$50.00).
- Purchasing of all required texts (approximately \$160-\$190 Diploma).
- One Teaching Uniform T-shirt; (approx \$30.00).
- Personal extras, sundries travel and accommodation.
- Assessment re-sit fee of \$100 (applies only after 2 attempts at any one assessment).

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. Application Phase - Complete the attached "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 as specifies in the Application Checklist and pay a \$60 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 required to select a payment plan for your course from the options outlined in the above table and make payment for your course as per the selected payment plan.
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"

ADVANCED DIPLOMA OF THE PILATES METHOD (91490NSW)

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 (91491NSW), 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.
- **MANAGE A PRACTICE** - This includes managing and administering a Pilates studio or Healthcare 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 following table lists the units of competency achieved upon successful completion of the qualification.

Program Area	Unit code	Title
CARING FOR AT RISK CLIENTELE	PIREHAB01	Deliver Pilates Method strategies for musculoskeletal rehabilitation
	PIPREP01	Apply the Pre-Pilates repertoire for musculoskeletal rehabilitation
	HLTCOM2A	Develop professional expertise
STUDIO MANAGEMENT	HLTCOM503B	Manage a practice
	CHCORG428A	Reflect and improve upon own professional practice
INTEGRATED REPERTOIRE 5	PIMAT04	Instruct a late intermediate Pilates Matwork class
	PIREF04	Instruct the Pilates studio late intermediate Reformer repertoire
	PICSAWBAR01	Instruct the Pilates studio late intermediate Cadillac, Small Apparatus, Wunda Chair and Barrels repertoire

WHAT HOURS ARE REQUIRED FOR THE PROGRAM?

Nominal Course hours are structured as follows:-

Advanced Diploma of The Pilates Method (91490NSW)			
Work Experience (WE)	Contact (C)	Self-directed (SDL)	Total
110 hours on-the-job (professional work experience)	55 hours off-the-job (lecture days and tutorials)	140 hours (self-mastery and practice)	305 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 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.

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

Self Directed Learning (SDL) hours include set homework tasks, self-guided tutorials, self-study and time spent practising repertoire on the equipment. Your self-mastery hours are workout hours – 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.

A Part-time or Full-time approach to study is available. It is considered that for a Part-time approach to study, attendance at all specified contact sessions is required plus completion of work experience and self directed learning/self mastery hours at a rate of 12 hours per week, with completion of Advanced Diploma requirements over a 12 month period. A Full-time approach requires attendance at all specified contact sessions plus completion of work experience and self directed learning/self mastery hours at a rate that allows completion of Certificate IV over approximately a 6-month period. This would average a total commitment of 20 hours per week.

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 formal assessment by way of practical and written examinations and informal assessment and monitoring of progress via assignments/task sheets, quizzes, self-assessment and supervisor feedback. More detailed information regarding assessments will be provided upon enrolment.

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. The following schedule of fees applies to the Advanced Diploma of The Pilates Method

Advanced Diploma of The Pilates Method (91490NSW)			
Payment Plan 1	\$3,500.00	21 days prior to course commencement	\$3,500.00
Payment Plan 2	\$2,000.00	21 days prior to course commencement	\$4,000.00
	\$2,000.00	Due at Contact Day 3 or Block 1	
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 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
- Purchasing of all required texts (approximately \$300-\$400 Adv Dip).
- Personal extras, sundries travel and accommodation.
- Assessment re-sit fee of \$100 (applies only after 2 attempts at any one assessment).

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. Application Phase - Complete the attached "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 as specifies in the Application Checklist and pay a \$60 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 required to select a payment plan for your course from the options outlined in the above table and make payment for your course as per the selected payment plan.
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.

Course Details

Course (circle one)	Advanced Diploma of The Pilates Method (91490NSW)	Diploma of Professional Pilates Instruction (91491NSW)	Certificate IV in Pilates Matwork Instruction (91492NSW)			
Delivery Schedule (circle one)	Distance (DST)	Standard (STD)	Block (BLK)			
State (circle one)	NSW	QLD	SA	WA	TAS	NZ

Applicant Contact Details

Name: _____

Postal Address: _____

Suburb: _____ State: _____ Postcode: _____

Home # _____ Mobile # _____

Email _____ DOB: _____

Pilates Background & Experience

I have already attended _____ (number of Pilates sessions) as a client, at _____ (Studio). Of these, _____ (number of sessions) have been Matwork classes, and _____ (number of sessions) have been Studio sessions.

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

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

Pilates Qualifications: _____

Are you a member of an Industry Regulatory Body? ? (circle one) Yes No

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

Have you completed Anatomy and Physiology study? (circle one) Yes No

If yes, name organisation and course completed? _____

If yes, in what year did you complete this course? _____

Outline of Current 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? (circle one) Yes No

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 Pilates Instructor Training? _____

Payment Details

I wish to pay my application fee of \$60.00 by:

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

Credit Card (tick one) Visa Mastercard Debitcard

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 \$100.00 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:-**

- Cheque/Money order or credit card details for \$60.00 application fee
- 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 PAA or APMA (if applicable)
- Certified copy of HSC or equivalent studies (Cert IV and Diploma only)
- Certified copy of Anatomy and Physiology qualifications (Cert IV and Diploma only)
- Logbook of practical hours already completed or letter stating estimated practical hours already completed signed by a Third Party (Cert IV and Diploma only)
- Certified copy of Diploma qualification (Advanced Diploma only)

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: 14 - 16 Suakin St
PYMBLE NSW 2073**

Applications only accepted by post to the above address and must be received by deadline specified on Training Schedule.

