



Tensegrity Training

60182

**Short Courses Information Booklet
2017**



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Reformer Essentials – Short Course

In this course, you will learn an extensive repertoire of Reformer Essentials exercises. You will also learn about using the Reformer for basic rehabilitation. This course will assist you to effectively use a Reformer in your work.

Who should attend this course?	Exercise Physiologists, Physiotherapists, Pilates Matwork instructors and other Allied Health professionals providing rehabilitation and who want to work more effectively with their clients
Prerequisites	Studies Allied Health or Pilates Matwork
Pre-course Study	5 hours
Course Duration	2 days
Course Materials	Short Course Manuals – Reformer Essentials Teaching Methodology – Reformer Essentials Repertoire Workbook
Assessment	Optional assessment for the nationally accredited unit of competency PILEQU501 Teach Reformer repertoire requires undertaking both Reformer Essentials and Reformer Intermediate and Advanced Short Courses. Additional assessments apply.
Price	\$1050 Additional \$150 for assessment for PILEQU501 Teach Reformer repertoire. (optional)

Why This Course?

- Enables you to teach Reformer Essentials repertoire
- Assist your clients to achieve better results
- You learn a range of Reformer exercises and how to teach to your clients addressing individual needs
- Enhances your career and professional standing
- You learn how to modify reformer exercises for varying levels of fitness, ability and injury status
- This 2 day course is practical and hands on – you get to experience the exercises and feel them in your body
- You will practise teaching other students those same exercises
- Learn how to identify and correct poor technique in your clients

Additional Assessment requirements:

The additional assessment activities required for the unit of competency PILEQU501 Teach Reformer repertoire involve:

- Undertaking both the Reformer Essentials and the Reformer Intermediate and Advanced Short Courses
- Developing a session plan based on the *Tensegrity 8 Part System™* and delivering the session plan to client(s) in your workplace, using the reformer Essentials, Intermediate and Advanced repertoire
- Post workshop knowledge assessment relating to the Reformer Essentials, Intermediate and Advanced repertoire
- Practical assessment of the Reformer Essentials, Intermediate and Advanced repertoire during the workshops



Reformer Intermediate and Advanced – Short Course

In this course, you will learn an extensive repertoire of Reformer Intermediate and Advanced exercises. You will also learn about using the Reformer for injuries of the shoulder, hip, knee and ankle. This course will assist you to effectively use a Reformer in your rehabilitation work as well as advancing clients who require a challenge.

Who should attend this course?	Exercise Physiologists, Physiotherapists, Pilates instructors and other Allied Health professionals providing rehabilitation wanting to work with clients using more advanced exercises focused on spinal health & complex movement patterns
Prerequisites	Studies in Allied Health Professions and prior experience using the Reformer
Pre-course Study	2 ½ hours
Course Duration	1 day
Course Materials	Short Course Manual – Reformer Intermediate and Advanced
Assessment	Optional assessment for the nationally accredited unit of competency PILEQU501 Teach Reformer repertoire requires undertaking Reformer Essentials and Reformer Intermediate and Advanced Short Courses. Additional assessment activities apply
Price	\$750 Additional \$150 for assessment for PILEQU501 Teach Reformer repertoire. (optional)

Why This Course?

- Enables you to teach Reformer Intermediate and Advanced
- The only course of its kind offering a unique blend of challenging exercises for fitness, spinal strength, mobility and stability
- Assist your clients to achieve better results while addressing individual needs
- You learn a variety of Reformer exercises to extend your clients depending on levels of fitness and experience
- Enhances your career and professional standing
- You learn how to modify Reformer exercises for varying abilities and injuries
- This 1 day course is practical and hands on – you get to experience the exercises and feel them in your body
- You will practise teaching another person those same exercises
- Learn how to identify and correct poor technique in your clients
- You can obtain a nationally recognised statement of attainment



Additional Assessment requirements:

The additional assessment activities required for the unit of competency PILEQU501 Teach Reformer repertoire involve:

- Undertaking both the Reformer Essentials and the Reformer Intermediate and Advanced Short Courses
- Developing a session plan based on the *Tensegrity 8 Part System*[™] and delivering the session plan to client(s) in your workplace, using the reformer Essentials, Intermediate and Advanced repertoire
- Post workshop knowledge assessment relating to the Reformer Essentials, Intermediate and Advanced repertoire
- Practical assessment of the Reformer Essentials, Intermediate and Advanced repertoire during the workshops



Wunda Chair Essentials- Short Course

The Wunda Chair is a very versatile piece of equipment and is used to challenge and provide variety for clients. In this half day course, you will learn Wunda Chair Essentials repertoire to challenge your clients.

Who should attend this course?	Exercise Physiologists, Physiotherapists, Pilates matwork instructors and Allied Health professionals providing rehabilitation who want to work more effectively with their clients
Prerequisites	Studies in the Allied Health Professions or Pilates Matwork
Pre-course Study	2 hours
Course Duration	½ day
Course Materials	Short Course Manual - Wunda Chair Essentials
Assessment	Optional assessment for the nationally accredited unit of competency PILEQU503 Teach Wunda Chair repertoire will require undertaking both the Wunda Chair Essentials and Wunda Chair Intermediate Short Courses
Price	\$350 An additional fee of \$150 for optional assessment of PILEQU503 Teach Wunda Chair repertoire

Why This Course?

- Wunda Chair is a real bonus for working in a Pilates studio and other Allied Health Clinics
- The Wunda Chair is a great way of working with pregnant clients as you can prescribe sitting and standing exercises with this piece of equipment
- It is also great for rehabilitation, balance, and coordination
- The Wunda Chair is a cost effect and space saving piece of equipment, which is a great addition to your Exercise Physiology, Physiotherapy or other Allied Health business
- The Wunda Chair has multiple uses, from working with rehabilitation clients to working with elite athletes

Additional Assessment requirements:

The additional assessment activities required for the unit of competency PILEQU503 Teach Wunda Chair repertoire involve:

- Undertaking both the Wunda Chair Essentials and Wunda Chair Intermediate Short Courses
- Developing a session plan based on the *Tensegrity 8 Part System*TM and delivery of the session plan to client(s) in your workplace, working with the Wunda Chair Essentials and Intermediate repertoire
- Knowledge Assessment for the Wunda Chair Essentials and Intermediate repertoire
- Practical Assessment of Wunda Chair Essentials and Intermediate repertoire during the Wunda Chair workshops

Wunda Chair Intermediate - Short Course

The Wunda Chair is a very versatile piece of equipment and is used to challenge and provide variety for clients. In this half day course, you will learn intermediate Wunda Chair exercises to cater to different levels of fitness or ability and extend your clients. Parts of the repertoire can be progressed to challenge your most advanced clients.

Who should attend this course?	Exercise Physiologists, Physiotherapists, Pilates matwork instructors and Allied Health professionals providing rehabilitation who want to work more effectively with their clients
Prerequisites	Studies in Physiotherapy, the Allied Health Professions or Pilates Matwork
Pre-course Study	2 hours
Course Duration	½ day
Course Materials	Short Course Manual - Wunda Chair
Assessment	Optional assessment for the nationally accredited unit of competency PILEQU503 Teach Wunda Chair repertoire will require undertaking both the Wunda Chair Essentials and Wunda Chair Intermediate Short Courses.
Price	\$350 An additional fee of \$150 for optional assessment of PILEQU503 Teach Wunda Chair repertoire.

Why This Course?

- Wunda Chair is a real bonus for working in a Pilates studio and other Allied Health Clinics
- The Wunda Chair is a great way of working with pregnant clients as you can prescribe a sitting and standing exercises with this equipment
- It is also great for rehabilitation, balance, and coordination.
- The Wunda Chair is a cost effect and space saving piece of equipment, which is a great addition to your Physiotherapy or Allied Health business.
- The Wunda Chair has multiple uses, from working with rehabilitation clients to working with elite athletes

Additional Assessment requirements:

The additional assessment activities required for the unit of competency PILEQU503 Teach Wunda Chair repertoire involves:

- Undertaking both the Wunda Chair Essentials and Wunda Chair Intermediate Short Courses
- Developing a session plan based on the *Tensegrity 8 Part System™* and delivery of the session plan to client(s) in your workplace, working with the Wunda Chair Essentials and Intermediate repertoire
- Knowledge Assessment for the Wunda Chair Essentials and Intermediate repertoire
- Practical Assessment of Wunda Chair Essentials and Intermediate repertoire during the Wunda Chair workshop

Balls Repertoire and Teaching Methodology – Short Course

Balls are very useful tools. Toning Balls are handy, resilient and easy-to-store props that can be added to any exercise session. They can be used to challenge and provide variety for clients. In this half day course, you will learn Balls exercises to cater to different levels of fitness and extend your clients.

Who should attend this course?	Exercise Physiologists, Physiotherapists, Pilates matwork instructors and Allied Health professionals providing rehabilitation who want to work more effectively with their clients or add challenge to existing knowledge
Prerequisites	Studies in Allied Health Professions or Pilates Matwork
Pre-course Study	2 hours
Course Duration	½ day
Course Materials	Short Course Manual – Balls Repertoire and Teaching Methodology
Assessment	Optional assessment for the nationally accredited unit of competency PILEQU508 Teach Balls repertoire. Additional assessment activities apply
Price	\$350 An additional fee of \$150 for optional assessment of PILEQU508 Teach Balls repertoire

Why This Course?

- Knowing Balls repertoire is a real bonus for working in a Pilates studio and other Allied Health Clinics
- Balls can complement your existing Pilates session or with skills, knowledge and creativity learned in this course you can structure a whole class using these balls
- It is also great for rehabilitation, balance, and coordination
- Balls are a cost effective addition to any Pilates or other exercise program
- Using Toning Balls can assist you to improve clients' strength and proprioception
- Balls can be used to provide relief from over contracted and sore muscles or ligaments, providing excellent self help tools for clients

Additional Assessment requirements:

The additional assessment activities required for the unit of competency PILEQU508 Teach Balls repertoire involve:

- Developing a session plan based on the *Tensegrity 8 Part System*[™] and delivery of the session plan to client(s) in your workplace, working with Balls repertoire
- Knowledge Assessment for the Balls repertoire
- Practical Assessment of Balls repertoire during the workshop



Barrels Repertoire – Short Course

Barrels are very versatile pieces of equipment and are used to challenge and provide variety for clients. In this half day course, you will learn Barrels exercises to cater to different levels of fitness and extend your clients.

Who should attend this course?	Exercise Physiologists, Physiotherapists, Pilates matwork instructors and Allied Health professionals providing rehabilitation who want to work more effectively with their clients
Prerequisites	Studies in the Allied Health Professions or Pilates Matwork
Pre-course Study	2 hours
Course Duration	½ day
Course Materials	Short Course Manual – Barrels Repertoire
Assessment	Optional assessment for the nationally accredited unit of competency PILEQU505 Teach Barrel repertoire. Additional assessment activities apply
Price	\$350 An additional fee of \$150 for optional assessment of PILEQU505 Teach Barrel repertoire

Why This Course?

- Knowing Barrels repertoire is a real bonus for working in a Pilates studio and other Allied Health Clinics
- It is also great for rehabilitation, general stretching and mobilising the spine in all planes of movement
- Barrels can be used to provide additional intensity in exercise programs where greater strength and stability are required
- Barrels have multiple applications from rehabilitation to working with elite athletes and are perfect tools for helping clients reach their health and fitness goals
- Barrels can provide excellent spinal support when moving into full spinal extension or lateral flexion

Additional Assessment requirements:

The additional assessment activities required for the unit of competency PILEQU505 Teach Barrel repertoire involves:

- Developing a session plan based on the *Tensegrity 8 Part System*[™] and delivery of the session plan to client(s) in your workplace, working with Barrels repertoire
- Knowledge Assessment for the Barrels repertoire
- Practical Assessment of Barrels repertoire during the workshop

The Cadillac - Short Course

This piece of equipment is great for rehabilitation, challenging clients or adding variety. During the course, you will learn the full Cadillac repertoire from beginner through to advanced level. The variety of Cadillac exercises work the core muscles, help develop flexibility, strengthen the back and shoulders, and stretch the entire body.

Who should attend this course?	Exercise Physiologists, Physiotherapists, Pilates instructors and other Allied Health professionals
Prerequisites	Studies in, the Allied Health Professions or Pilates Matwork
Pre-course Study	2 hours
Course Duration	1 day
Course Materials	Short Course Manual – The Cadillac
Assessment	Optional assessment for the nationally accredited unit of competency PILEQU504 Teach Cadillac repertoire. Additional assessment activities are required.
Price	\$700 An additional fee of \$150 for optional assessment of PILEQU504 Teach Cadillac repertoire.

Why This Course?

- Knowing the Cadillac provides a real bonus for working in a Pilates studio
- The Cadillac is a great way of working with pregnant clients as you can prescribe sitting and standing exercises with the use of the various springs and bars
- It is also great for rehabilitation, balance, and coordination, especially with elderly clients
- The Cadillac has multiple uses, from working with rehab clients to working with elite athletes

Additional Assessment requirements:

The additional assessment activities required for the unit of competency PILEQU504 Teach Cadillac repertoire involves:

- Developing a session plan based on the *Tensegrity 8 Part System*TM and delivery of the session plan to client(s) in your workplace, working with the Cadillac repertoire
- Knowledge Assessment of the Cadillac repertoire
- Practical Assessment of The Cadillac repertoire during the Cadillac workshop



Matwork Repertoire and Didactics - Short Course

This course will add huge variety to your exercise classes. The course covers 31 Pre-Pilates exercises and 27 Traditional Pilates Matwork exercises, ranging from easy rehab-based repertoire to some very challenging advanced exercises to really extend your clients. Compliment your classes, help increase your client retention and receive more referrals! The Pre-Pilates and Traditional Matwork Pilates exercises are also perfect for home exercise prescription and maintenance programming for rehabilitation clients. Become a Pilates enthusiast today!

Who should attend this course?	Pilates Instructors and Allied Health professionals who want to work with clients on a range of floor-based exercises
Prerequisites	Studies in the Allied Health Professions
Pre-course Study	2 hours
Course Duration	2 days
Course Materials	Pre-Pilates Workbook Traditional Pilates Matwork Workbook Teaching Methodology Manual
Assessment	Optional assessment for the nationally accredited units of competency ARTMAT402 Teach Pilates essentials and ARTMAT406 Teach Pilates flow is available and involves some additional assessment activities
Price	\$1,400 Additional \$150 for optional assessment for ARTMAT402 Teach Pilates essentials and ARTMAT406 Teach Pilates flow. Assessment of these two units of competency may be undertaken individually

Why This Course?

- Easily integrate Pre-Pilates and Traditional Pilates Matwork exercises into your normal sessions with clients
- Adds variety and challenge into your sessions
- Suitable for clients at all levels, from rehabilitation to elite athletes
- Using these exercises provides:
 - A more 'all over' body workout
 - Increased balance and coordination, especially with your elderly clients
 - Increased muscle tone
 - Individualised exercises for each client
 - Developmentally staged approach to rehabilitation
- Ideal exercises for your rehabilitation clients home programs

Additional Assessment requirements:

The additional assessment activities required for the units of competency ARTMAT402 Teach Pilates essentials and ARTMAT406 Teach Pilates flow involve:

- Developing a session plan based on the *Tensegrity Training 8 Part System™* and the delivery of the session plan to a class, covering Pre-Pilates and Traditional Pilates repertoire
- Knowledge Assessment for Pre-Pilates and Traditional Pilates exercises
- Practical Assessment of Pre-Pilates and Traditional Pilates exercises during the workshop



Pregnancy in Motion - Short Course

The Tensegrity Training 'Pregnancy in Motion' short course allows you to enhance your knowledge and skills when working with pre and postnatal clients. This course takes you to the next level, covering specific pregnancy programming and common issues to give you more confidence in instructing your pre and postnatal clients. The course is delivered over ½ day and includes an extensive repertoire of exercises suitable for both pre and postnatal clients and advanced skills for teaching activation of Pelvic Floor muscles. A pre-requisite for this short course is a basic knowledge of the anatomy of Pelvic Floor.

Who should attend this course?	Exercise Physiologists, Physiotherapist, Pilates instructors and other Allied Health professionals who want to work more effectively with their pre and postnatal clients
Prerequisites	Studies in the Allied Health Professions or Pilates Matwork including some knowledge of the anatomy of the pelvic floor
Pre-course Study	2 hours
Course Duration	½ day
Course Materials	Short Course Manual - Pregnancy in Motion
Assessment	Optional assessment for the nationally accredited unit of competency PILEQU502 Teach pregnancy in motion repertoire. Additional assessment activities are required
Price	\$350 Additional \$150 for optional assessment for PILEQU502 Teach pregnancy in motion repertoire

Why This Course?

- Enables you to teach pre and post-natal clients with greater confidence
- Understand appropriate exercises and how to instruct pregnant clients at different stages of their pregnancy and post partum, using a broad range of appropriate repertoire
- Learn about injuries or problems which may arise during and after pregnancy and determine suitable body positions and safe exercise prescription
- Understand the guidelines associated with delivering Pilates for pregnant clients
- Understand how to modify exercises to meet the clients' needs - their trimester stage and post natal options
- Learn a range of exercises to use relating to your clients' pre or postnatal status, level of fitness and individual needs - including exercises for Matwork, Small Apparatus, Reformer, Cadillac and Wunda Chair
- Learn to ensure pregnant women are comfortable in your classes
- Learn postnatal conditions and how to manage them
- Learn how to identify and correct poor technique in your clients
- A variety of modifications for exercises at varying stages of pregnancy will be discussed
- Identify the characteristics of active dynamic pelvic floor training
- Execute a variety of ways to active pelvic floor dynamically, using imagery to support activation
- Obtain a nationally recognised statement of attainment



Additional Assessment requirements:

The additional assessment activities required for the unit of competency PILEQU502 Teach pregnancy in motion repertoire involves:

- Developing a session plan based on the *Tensegrity Training 8 Part System™* and the delivery of the session plan to client(s), covering the 'Pregnancy in Motion' repertoire
- Knowledge Assessment for 'Pregnancy in Motion'
- Practical Assessment of 'Pregnancy in Motion' repertoire during the Pregnancy in Motion workshop



Somatic Movement Education in Pilates - Short Course

This course is designed for practitioners looking to enhance the Somatic dimension of their work with clients. Somatics is a mindful technique, which facilitates greater mind-body integration, ease of movement and freedom in the body. This Somatic Movement Education Unit introduces the somatic self, some somatic theory and exercises for assessing and somatically changing bodies so that they are free of the destructive effects of over contracted muscles and negative movement patterns. This Somatic Movement Education Unit explores the neuromuscular responses to emotional states and the knowledge and joy that emerge from the body's renewed awareness of itself. Chronic muscle contraction patterns created by past experiences are unconsciously retained. Thomas Hanna named this tendency *sensory-motor amnesia* (SMA). Somatics enables the individual to use the brain to overcome SMA and the negative effects of stress, trauma and aging. It empowers us to hear more clearly the wisdom of our bodies.

Who should attend this course?	Pilates Instructors and Allied Health professionals who want to work more somatically with clients
Prerequisites	Studies in Pilates, Massage, Exercise Science, Physiotherapy or other the Allied Health Professions
Pre-course Study	1 hour
Course Duration	½ day
Course Materials	Short Course Manual - Somatic Movement Education in Pilates
Assessment	Optional assessment for the nationally accredited unit of competency PILADV503 Integrate somatic movement education into Pilates requires undertaking additional assessment activities
Price	\$350 Additional \$150 for optional assessment for PILADV503 Integrate somatic movement education into Pilates

Why This Course?

- Enables you to incorporate Somatic Movement Education into your practice to assist clients with movement and psycho-social dysfunction
- To learn how to assess basic postural reflex patterns that are habituated
- To investigate how emotions create muscular contraction patterns that are habitual and lead to pain and dysfunction
- For a thorough study of how muscle contraction patterns affect somatic disclosures (somatic communications to others) and somatic perception of experiences
- To learn relevant Somatics exercises that can be incorporated into any practice to assist clients in the re-education of their moving bodies
- Course content includes a daily maintenance exercise series to support comfort, ease of movement and obtain insight from your *somatic self*

Additional Assessment requirements:

The additional assessment activities required for the unit of competency PILADV503 Integrate somatic movement education into Pilates involve:

- Developing a session plan and the delivery of the session plan to clients, covering Somatic exercises
- Knowledge Assessment for Somatic Movement Education in Pilates
- Practical Assessment of Somatic exercises during the 'Somatic Movement Education in Pilates' workshop



Small Equipment - Short Course

This course will add huge variety to your classes. The course covers over 80 exercises ranging from easy rehab-based repertoire to some very challenging advanced exercises to really extend your clients. Compliment your classes, help increase your client retention and receive more referrals! The Magic Circle and Roller exercises are also perfect for home exercise prescriptions, pre and post pregnancy clients and your rehabilitation clients.

Who should attend this course?	Exercise Physiologists, Physiotherapists, Pilates instructors and other Allied Health professionals who want to work more effectively with their clients especially those professionals providing home programs for clients
Prerequisites	Studies in Pilates Matwork or other Allied Health Professions
Pre-course Study	2 hours
Course Duration	1 day
Course Materials	Short Course Manual - Small Equipment Magic Circle Short Course Manual - Small Equipment Roller
Assessment	Optional assessment for the nationally accredited units of competency PILEQU506 Teach Roller repertoire and PILEQU507 Teach Magic Circle repertoire. Additional assessment activities are required
Price	\$700 Additional \$150 for optional assessment for PILEQU506 Teach Roller repertoire and PILEQU507 Teach Magic Circle repertoire.

Why This Course?

- Easily integrate this small apparatus exercises into your other classes
- Adds variety, coordination and challenge into your existing classes
- Suitable for clients of all levels, from rehabilitation to elite athletes
- Using small apparatus provides:
 - A more 'all over' body workout
 - Increased balance and coordination, especially with your elderly clients or those lacking stability
 - Increased muscle tone
 - Individualised exercises for each client
- Ideal for your pregnant clients

Additional Assessment requirements:

The additional assessment activities required for the units of PILEQU506 Teach Roller repertoire and PILEQU507 Teach Magic Circle repertoire involve:

- Developing a session plan based on the *Tensegrity 8 Part System™* and delivery of the session plan to client(s) in your workplace, working with the Roller and Magic Circle repertoire
- Knowledge Assessment for the Roller
- Knowledge Assessment for Magic Circle
- Practical Assessment of Roller and Magic Circle repertoire during the workshop



Our Providers and Locations

Short Course Provider	Locations	Contact Person	Contact Details
Tensegrity Studio	Coffs Harbour (NSW) Sunshine Coast Mackay (QLD) Hobart (TAS)	Tracey Nicholson	0400 600 360 studio@tensegritytraining.com.au
My Pilates	Drummoyne (NSW)	Natalie Murray	0410 491 673 info@mypilates.com.au
Lifestyle Pilates	Newcastle (NSW)	Anita Goswell and Mark Goswell	(02) 4952 6330 anita@lifestylepilates.com.au mark@proactiverehab.com.au
Bodiline Pilates	Port Macquarie (NSW)	Caz Howard	(02) 6584 5099 caz@bodilinepilates.com.au
Pilates Excellence in Training	North Sydney (NSW)	Larissa Kelloway	0412 564 104 larissa@pilatesexcellenceintraining.com.au
Balance and Control Pilates	Prahan (VIC)	Bruce Hildebrand	0425 739 061 bruce@balancecontrolpilates.com
Queen Street Pilates	Adelaide (SA)	Leanne Mollison	0421 357 933 leannemollison@me.com

How to Enrol in Tensegrity Training Short Courses

To enrol in your chosen Short Course, go to the Tensegrity Training website www.tensegritytraining.com.au

And select the **Enrol Now** button and complete the enrolment form

Note: A \$50 non-refundable enrolment fee applies