



# Tensegrity Training<sup>60182</sup>

Course Overview - 2018

## Integrated Diploma of Contemporary Pilates and Teaching Methodology

(Includes both the 52728WA Certificate IV in Contemporary Pilates and Teaching Methodology  
and the 10596NAT Diploma of Contemporary Pilates and Teaching Methodology)

[www.tensegritytraining.com.au](http://www.tensegritytraining.com.au)  
[info@tensegritytraining.com.au](mailto:info@tensegritytraining.com.au)  
Phone: 0400 600 360





# General Course Information:

The ***Integrated Diploma of Contemporary Pilates and Teaching Methodology***, includes the 52728WA Certificate IV in Contemporary Pilates and Teaching Methodology and the 10596NAT Diploma of Contemporary Pilates and Teaching Methodology.

The Tensegrity Training ***Integrated Diploma of Contemporary Pilates and Teaching Methodology*** will equip you with the skills and experience to successfully enter the workforce as a Pilates Instructor. The course will provide you with client assessment skills, exercise prescription and teaching techniques, as well as a solid understanding of anatomy and physiology and associated pathologies.

The ***Integrated Diploma of Contemporary Pilates and Teaching Methodology*** is an intermediate level qualification for the Pilates industry using holistic training principles.

The course equips you with skills to make informed assessments and design improvement strategies for low to moderate risk clients. Graduates will have sophisticated skills in teaching and assessment, be able to problem solve, utilize consistent thinking and be able to apply solutions to a defined range of unpredictable situations.

The ***Integrated Diploma of Contemporary Pilates and Teaching Methodology*** is a comprehensive course equipping the graduate with a solid understanding of Matwork Pilates and Studio Equipment Pilates.

As a graduate of the ***Integrated Diploma of Contemporary Pilates and Teaching Methodology*** you will enter the Pilates industry with exceptional skills to work in the fitness, health or community sectors. You will become a practitioner with a contemporary approach to the holistic delivery of Pilates drawn from a sound knowledge of the science of human movement, and teaching methodology didactics.

## Pre-requisites:

Minimum of 30 hours personal Pilates experience.

## Entry Requirements:

Language, literacy and numeracy sufficient level to understand anatomy terms, physiology terms and pathologies and being able communicate with other Allied Health practitioners.

Physically capable of being able to undertake a range of Pilates exercises and equipment exercises. (A medical practitioner's certificate may be requested at the discretion of the RTO).



## Units of Competency:

The units of competency for the **Integrated Diploma of Contemporary Pilates and Teaching Methodology** have been specially selected to meet industry requirements for Pilates Instructors. The Units within the course include the Certificate IV and are listed below:

### Units of competency from the 52728WA Certificate IV in Contemporary Pilates and Teaching Methodology

ARTMAT401	Apply Basic Pilates Anatomy
ARTMAT402	Teach Pilates Essentials
ARTMAT403	Remedial Pilates I – conduct postural assessment
ARTMAT404	Remedial Pilates II – conduct movement analysis
ARTMAT405	Teach active dynamic pelvic floor training
ARTMAT406	Teach Pilates flow
ARTMAT407	Design functional Pilates choreography
ARTMAT408	Implement tactile and kinaesthetic instructions

ARTMAR401	Market your Pilates knowledge
<b>Units of competency from the 10596NAT Diploma of Contemporary Pilates and Teaching Methodology</b>	
PILADV501	Apply exercise programming to clinical rehabilitation
PILADV502	Use advanced functional anatomy to treat clients
PILADV503	Integrate somatic movement education into Pilates
PILEQU501	Teach Reformer repertoire
PILEQU502	Teach pregnancy in motion repertoire
PILEQU503	Teach Wunda Chair repertoire
PILEQU504	Teach Cadillac repertoire
PILEQU505	Teach Barrel repertoire
PILEQU506	Teach Roller repertoire
PILEQU507	Teach Magic Circle repertoire

## Career Pathways:

This course is an AQF level 5 qualification and is designed to create a practitioner who can work autonomously with a broad range of low to moderate risk clients with a variety of muscular skeletal needs. The



course is perfect for those wanting to continue their education in Pilates and the broader Allied Health industry. Upon successful completion of the **Integrated Diploma of Contemporary Pilates and Teaching Methodology** graduates may want to undertake further studies in the area of Advanced Clinical Training in Somatics & Movement Therapy, also offered by Tensegrity Training. For more information on that and other courses offered through Tensegrity Training, go to our website at [www.tensegritytraining.com.au](http://www.tensegritytraining.com.au)

## Target Group:

This course is suited to students wanting to pursue a part-time or full time career as a Pilates instructor, either within an existing Pilates studio, intending to work as part of an allied health team or intending to work independently.

## Delivery Mode:

**Online** (30 hrs) –the anatomy and physiology knowledge and History of Pilates is undertaken on line. Login for Tensegrity Training website will be provided once the enrolment form is completed and the non-refundable enrolment fee of \$200 is paid. The online unit must be completed within 60 days of receiving your login details.

**Classroom Delivery** (120 hours) - which covers Pilates theory and practical

instruction of the Pilates method. Plus (60 hrs) additional student clinics.

Delivered over a minimum of 12 months with mandatory attendance at 10 weekend workshops, covering the theory and science of Pilates, practical instruction of Pilates repertoire exercises, teaching methodology and programing for Pilates Instructors.

**Self-Study** (280 hours) – 4-6 hours per week self-study of the theory and science of Pilates set weekly by the course provider over the 36 weeks. This includes set assessment tasks, selected readings, research, and participation in study groups.

**Clinical Practice** (200 hours) - which involves 150 hours work experience in one or more Pilates studios involving general administration duties and Pilates instruction using equipment. 50 hours already completed in Certificate IV.

**Observation hours** (10 hrs) – involves observing instructor teaching in different studios and writing up your observations as a report in preparation for starting clinical practice.

**Personal Exercise Practice** (150 hours) – includes 100 hours participation in Pilates equipment classes taught by an accredited Pilates instructor and signed off by the instructor; and 50 hours of personal practice of Pilates exercises already completed in Certificate IV. These hours must be recorded in students' log book.



**Note:** Costs associated with undertaking these Personal Practice sessions will be in addition to the cost of your course fees.

- Completing 150 hrs of Personal Practice
- Completing 200 hrs of supervised clinical practice

## Scheduling:

Generally, 10 weekend workshops (2 days) are conducted approximately one month apart over the duration of the course. Scheduling may vary at the discretion of your Course Provider. Some courses are delivered in blocks of 5 days throughout the year.

## Assessment:

Assessment involves gathering evidence of competency through a combination of formative assessment (during the learning process) and summative assessment (which occurs at the end of the learning process).

Assessment for the Integrated Diploma of Contemporary Pilates involves the following:

### **Evidence of the following must be presented:**

- The ability to perform the Matwork and equipment exercise repertoire
- Knowledge of anatomy and physiology at a level appropriate to the work of a Studio Pilates Practitioner
- The ability to design and teach Pilates to individuals and small groups following the Tensegrity System of Pilates Instruction whilst addressing individual needs of special populations

### **Assessment methods include:**

- Undertaking client health assessments – simulated or under supervised clinical practice time
- Case studies
- Providing feedback during peer activities
- Pilates Session design
- Personal Practice – log book
- Supervised Clinical Practice – log book
- Demonstration of Pilates equipment repertoire
- Teaching Pilates equipment classes (simulated activities within the learning environment and involves training peers)

Assessment for the Integrated Diploma of Contemporary Pilates and Teaching Methodology should wherever possible occur through workplace observation (a fully equipped Pilates studio/workplace with access to public clients) and in a clinical environment, with competency being developed through significant clinical experience.

Assessment of knowledge should occur through a combination of classroom assessments and workplace based assessment activities. Alternatively assessment of knowledge may be undertaken using online assessment methods and workplace based



assessment activities or a combination of assessment methods.

Assessment of skill development should occur through a combination of classroom and workplace assessments.

If, for safety reasons it is not possible to conduct the assessments with public clients, the assessment may occur in a 'simulated workplace'. A 'simulated workplace' must occur in a Pilates studio/workplace with a full range of Pilate's equipment and access to other Pilate's students to undertake the required assessments.

Assessment methods include:

- questions – written and/or online and/or oral
- assignments
- scenario and problem solving activities
- role plays – instruction of small groups
- client assessments
- observation during workshops
- workplace observation by supervisor (200 hrs recorded in logbook)
- personal practice (150 hrs recorded in log book)
- major workplace project involving a client case study over the duration of the program

Reasonable adjustments to the assessment methodology may be made on a case-by-case basis.

## RPL:

Experienced and competent Pilates Instructors may apply for recognition of

prior learning (RPL), which requires providing evidence of the required knowledge and skill application.

- Knowledge will be assessed by interview
- The candidate must provide evidence of their ability to competently undertake a range of exercises from the Pilates exercise repertoire in a Pilates studio/workplace
- The candidate must provide evidence of having instructed different client groups in a Pilates Studio over a period of time and include examples of matwork, equipment and small apparatus programing and delivery
- A statutory declaration confirming 200 hours work experience in a Pilates Studio and 150 hours of personal practice.

Applicants will be required to demonstrate underpinning knowledge and skill application to the required level within the Integrated Diploma of Contemporary Pilates and Teaching Methodology competencies.

## Access and Equity:

Whilst Tensegrity Training practices a policy of non-discrimination, they reserve the right to refuse an application for enrolment where there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the



normal requirements of a Pilates Instructor.

Students will be assessed prior to enrolment to determine their capability to undertake the course and their suitability to work as a Pilates Instructor.

If considered necessary, the applicant will be requested to provide a Doctor's Certificate stating that they are physically capable of undertaking the Pilates repertoire.

Students will be provided with information encouraging them to discuss their needs in relation to undertaking their clinical practice and personal Pilates exercise training schedule and are required to seek feedback on their exercise performance.

## Resources:

Students will be provided with:

Electronic copies of learning and assessment materials, including:

- Login and password to Tensegrity Training website
- Course Materials – Module Booklets
- Equipment Workbooks
- Assessment requirements

Access to a Pilates studio/workplace with equipment and small apparatus.

## Prescribed References:

(To be accessed by students at own expense)

- Joseph Pilates - *Return to Life through Contrology* and Your Health 1945 (reprinted 1998) Bainbridge Press ISBN 1-891696-15-7
- Manual of Structural Kinesiology, by Clem W. Thompson and R.T. Floyd
- Calais-Germain – *Anatomy of Movement* (reprinted 1999) Eastland Press Inc ISBN 0939616572

## Recommended Reading:

### **The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports and Yoga**

Jo Ann Staugaard-Jones

Atlantic Books, 2011

ISBN-13: 978-1583943519

### **Pilates Anatomy**

Human Kinetics

Rael Isacowitz, Karen Clippinger

ISBN-13: 978-0736083867

### **Teaching Pilates for Postural Faults, Illness & Injury – A Practical Guide**

Butterworth Heinemann-Elsevier

Jane Paterson

ISBN 978-0-7506-5647-4

### **Clinical Sports Medicine**

Brukner Peter and Khan Karim

Melbourne



**Students are required to purchase or have access to the following items for use in their own environment:**

Pilates Mat - Estimated cost \$60.00

Prescribed References - Estimated cost \$120

Computer and internet access - note: it is not plausible to provide a cost estimate for this

## Course Outcomes:

At the successful completion of the course students will be awarded the

- ***Certificate IV in Contemporary Pilates and Teaching Methodology*** and
- ***10596NAT Diploma of Contemporary Pilates and Teaching Methodology.***

Students who do not complete all the requirements of the course within the specified timeframe\* will be issued with a Statement of Attainment for Units of Competency successfully completed.

***\*Note: All assessment tasks must be completed within 12 months of completing the workshops.***



# Topic Delivery:

		Learner Materials	Content
<b>Integrated Diploma of Contemporary Pilates and Teaching Methodology</b>	<b>Pilates and Teaching Methodology</b>	<b>Module 1</b> Undertaken online	Anatomy and Physiology, WHS, History of Pilates
		<b>Module 2</b>	Teaching Methodology, Exercise Programming, Stretching
		<b>Module 3</b>	Postural Assessment Guidelines
		<b>Module 4</b>	Movement Assessment - Lower Limb and Gait Analysis
		<b>Module 5</b>	Tactile and Kinaesthetic Instructions
		<b>Module 6</b>	Marketing
	<b>Diploma of Contemporary Pilates and Teaching Methodology</b>	<b>Module D1</b>	Advanced Functional Anatomy
		<b>Module D2</b>	Pathologies and Conditions – Clinical Rehabilitation
		<b>Module D3</b>	Roller Repertoire and Teaching Methodology
		<b>Module D4</b>	Magic Circle Repertoire and Teaching Methodology
		<b>Module D5</b>	Balls Repertoire and Teaching Methodology
		<b>Module D6</b>	Reformer Essentials Teaching Methodology
		<b>Module D7</b>	Reformer Essentials Repertoire
		<b>Module D8</b>	Reformer Intermediate and Advanced Repertoire and Teaching Methodology
		<b>Module D9</b>	Somatic Movement Education
		<b>Module D10</b>	Pregnancy in Motion and Teaching Methodology
<b>Module D11</b>		Wunda Chair Essentials Repertoire and Teaching Methodology	
<b>Module D12</b>		Wunda Chair Intermediate Repertoire and Teaching Methodology	
<b>Module D13</b>		Cadillac Essentials Repertoire and Teaching Methodology	
<b>Module D14</b>		Cadillac Intermediate Repertoire and Teaching Methodology	
<b>Module D15</b>	Barrel Repertoire and Teaching Methodology		
<b>Equipment Workbooks</b>		Matwork & Equipment workbooks are used constantly throughout the delivery of the course:	

## Skills Development:

*The Integrated Diploma of Contemporary Pilates and Teaching Methodology* takes Pilates Instructors to the skill level required to continue post-rehabilitative work, as it provides the education and level of understanding to work more closely with allied health practitioners such as doctors, physiotherapists, chiropractors, osteopaths, Rolfing practitioners, massage therapists, nurses and midwives.

You will develop a sound, in-depth **understanding** of how Functional Anatomy and Somatics can be incorporated into your Contemporary Pilates repertoire.

This course gives you the **skills** to:

- Design and teach specialised Contemporary Pilates Matwork group classes at all levels.
- Design and teach Contemporary Pilates equipment and small apparatus sessions for a range of populations and client needs.
- Design and instruct personalised Contemporary Pilates training designed for varying levels, body and postural types for low to medium risk clients
- Include a variety of Pilates equipment and small apparatus into all of your sessions.
- Work confidently with post-rehabilitative clients.
- Confidently liaise with other Allied Health professionals.

## Enrolment Fee:

A non-refundable enrolment fee of \$200 applies to each enrolment.

Once you have completed the enrolment form and paid the non-refundable \$200 enrolment fee and deposit you will receive a login to enable you to undertake the Tensegrity Training online units for the course. These units must be completed within 60 days of enrolment. Failure to do so will require re-enrolling in that online unit at a cost of \$50.

## Cost of Course:

**\$7,900**

Individual Course Providers will have information regarding cost of the course. Each student will be required to pay an initial deposit of \$1,000 to Tensegrity Training to secure a place in the course and a Learning Materials fee of \$1,686.

Scheduled payments are then required to complete the payment plan established by and made payable to your individual Course Provider. The first payment to your Course Provider must occur prior to the commencement of the first workshop.

## Payment Plan:

Please contact your Course Provider to arrange your payment plan.