



Pilates level I & II intensive

This intensive training is aimed at professionals already involved in the health/fitness industry, with previous anatomy and physiology training at college level.

The course provides the knowledge needed to teach groups and individuals Pilates mat-work exercises to a beginners & intermediate level.

Starting with the foundations and fundamentals of Pilates, the course aim is to marry functional anatomy with Pilates exercises, modified from the original 34, in a safe and effective way. In doing so, we aim to give participants a true understanding of Pilates Method and a deeper understanding of the teaching skills needed to teach this method to the general public.

Duration

The training takes place over two or three weekends. Additional apprenticeship hours between 5 and 30, will be required based on candidates previous experience, ability and understanding . These are done with a teacher of the students choice and can be spread over 6 months.

Course modules

- Pilates history, philosophy and principals
- Applied anatomy
- Pilates mat exercises level I&II including modifications and progressions
- Teaching skills, cuing, safety & effective communication
- Postural analysis and its impact on Pilates students
- The business, hospitality and ethics of Pilates.

Prerequisites

A qualification in a movement discipline which includes Anatomy & Physiology
20 hours Pilates experience

Practical experience in health & fitness, Yoga,Dance, Physiotherapy, Martial arts or Physical education.

Certification

After passing the final examination and supervised teaching, students will receive a teaching certificate accredited by the Complimentary Therapists association UK (formerly Embody), and insurance can also be provided by this organisation. This course carries 20 cpd credits.

Day 1	Course introduction, with explanation of learning outcomes. Discipline requirements: timekeeping, ethics, hygiene, kit and materials needed. Q & A
10.3	Pilates mat class, fundamentals to beginners level
11.30 – 1pm	The history and principals of Pilates
2-3pm	Pilates fundamental exercises set up
3-5.30pm	Warm up exercises
Day 2 10;00 -11am	Pilates mat class fundamental level with two supine two prone , two seated exercises. Q&A
11am-12.30	Pilates warm up exercises
12.30-13.30	Lunch
13.30-15.30	Anatomy
15.45-18:00	Supine exercises followed by Q&A
Day 3	
10am-11.30am	Pilates mat level 1 class with Q&A
11.30-13.30	Seated and prone exercises in detail
13.30-14.30	lunch
14.30-17.30	Teaching skills- posture and pilates
17.30-18.00	Q & A
Day 4	
10:00-11:00	Pilates mat level I class with Q&A
11 -1pm	Articulating, all fours, plank
14:00 – 15:30	Demonstrating & teaching. Cuing and imagery
15.30- 18:00	Pilates exercises modifications and progressions – revisit principals
Day 5	
10:00-11am	Pilates mat level I & II class
11- 12.30pm	Principals, history and philosophy revisited
12 -2pm	Practical examination
3-5.30pm	Written examination