



# Diploma of Pilates Movement Therapy 10567NAT

In association with the Australian Pilates Method Association (APMA RTO Code 40805)



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## What is the course?

The Diploma is a government accredited teaching qualification that prepares students to work with moderate to low risk clients. The design of this qualification is based on the APMA's historical ground-breaking Level Two Pilates Instructors Course (1994-current). The result is a qualification based on years of debate, study and practice by some of the most respected practitioners in the industry.

The course prepares students through theoretical, historical and clinical basis to ensure students work safely and professionally with confidence. The aim is for students to become proficient at teaching a variety of traditional and contemporary interpretations of the Pilates Method with and understanding of the methodology necessary to modify movement for use of clients with a wide variety of pathologies, conditions and special needs.

Whether you intend to teach Mat-work classes or in an equipment-based studio, **the APMA's Diploma of Pilates Movement Therapy is the clear choice**



## Why a Diploma?

An Australian course uniquely designed by a collective of highly respected educators within the industry.

The most comprehensive course of its kind solidly based in the health sector with graduates recognised by health funds.

All profits are returned directly to the membership of the APMA to further advance the needs of the Pilates industry in Australia



A Diploma is now considered the industry standard for people wanting to work within the professional Pilates environment. The APMA's Diploma evidences a "gold standard" of education, knowledge and competency recognised by an independent regulatory body.

A successful graduate will be confident that the essential foundations for your professional development will be accepted by professional organisations and forms the basis for students wishing to continue studies with the Advanced Diploma of Pilates Movement Therapy.



# Why Insight Movement Training Centre?

The APMA has a commitment to delivering and maintaining a high calibre of training and assessment with quality experiences and outcome for each participant. The APMA has always pursued policies and procedures to ensure a nationally consistent, high-quality training and assessment so Pilates' clientele and other industry professionals can have complete confidence in APMA-accredited instructors. The APMA recognizes the importance and benefits of combining industry experience with tertiary education when striving to deliver programmes of the highest quality and relevance to the client. In line with the APMA's policy, all Course Deliverers and Assessors contracted by the APMA Education & Training have demonstrated significant industry experience in addition to obtaining tertiary qualifications, allowing them to provide a professional well-rounded learning environment for participants. Course Deliverers and their Staff are equipped with the skills to ensure their teaching methods are suitable for all participants, utilizing simple language where appropriate to effectively communicate information.



Donna Oliver. APMA L4 Pilates Practitioner. Exercise Physiologist and Teacher Trainer for the APMA since 2001.

## EMPLOYMENT OPPORTUNITIES

At the end of the course, graduates will be able to find employment in the following areas:

- Pilates Studios
- Allied Health Practises
- Professional Modalities
- Gymnasiums with Pilates Studios
- Corporate Health Programmes
- Dance and Sports Conditioning
- Health Spas and Retreats
- International Freelance

## What if I live in a regional area?

For students undertaking studies and living outside of the capital cities, we provide intensive block format to minimise the travel requirements. We currently hold our blocks in Sydney, Wollongong and Lismore and are adding to our NSW list of venues all the time.

Studies can be undertaken either full time (12 months) or part time (up to 3 years) spreading the commitment. We offer very flexible delivery arrangements in discussion with students to meet their needs.

We offer additional tutorials, workouts, mentor sessions and special educational assistance for those that undertake travel to ensure you get the most out of the available time.

# What are the course objectives?

This course is designed to give students the qualification of AQF Level 5 (Diploma) that enables them to:

- ✓ Work in existing dedicated Pilates Method studios and in liaison with other allied health professionals
- ✓ Qualify as Pilates Method Instructors to practise in a multidisciplinary fitness and clinical health environment
- ✓ Safely educate clients through movement using the Pilates Method principles
- ✓ Explain knowledge of the historical and theoretical basis for the philosophy of the Pilates Method
- ✓ Have a good understanding of pathologies and client assessment
- ✓ Adhere to the ethical standards relevant to the industry
- ✓ Seek employment within Australia and overseas
- ✓ Apply for membership of the APMA as a Level 2 Pilates Method Instructor on successful completion of all course requirements

## Units of Competency

- ✓ PILEXS501A Apply a broad knowledge of exercise science, planning and programming to Pilates Movement Therapy
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- ✓ PILMUS502A Plan and deliver Pilates Movement Therapy for clients with musculoskeletal needs
- ✓ PILFLR503A Design and instruct a Pilates Movement Therapy floorwork session
- ✓ PILEQU504A Design and instruct Pilates Movement Therapy using equipment
- ✓ PILPOS505A Undertake postural appraisal of low risk clients for Pilates Movement Therapy
- ✓ HLTWHS300A Contribute to WHS processes HLTPOP402C Assess readiness for and effect behaviour change
- ✓ HLTAP401B Confirm physical health status
- ✓ HLTCOM406C Make referrals to other health care professionals when appropriate
- ✓ HLTCOM404C Communicate effectively with clients
- ✓ TAEDEL401A Plan, organise and deliver group- based learning
- ✓ HLTAP501C Analyse health information
- ✓ HLTCOM502C Develop professional expertise

## Pre- Requisites

- ✓ Pathways into this qualification include nationally accredited training at Diploma or Advanced Diploma levels in dance, yoga, massage or other allied health courses
- ✓ All prospective students must attend an interview conducted by the Course Deliverer. The Course Deliverer will use this time (approximately one hour) to explain the course in more detail and show the school's facilities. This is an opportunity for prospective students to ask further questions
- ✓ 30 hours prior personal practise with Teachers/Practitioners that includes Pilates equipment-based work
- ✓ Tertiary level or equivalent of anatomy and physiology (required to know: muscle action, origin and insertion, and nerve supply)
- ✓ Current Level II Apply First Aid Certificate with CPR

## Outline of Course Hours

- ✓ 130 hours on site lectures - theory and practical •
- ✓ 200 hours of Personal Practise - (30 of these hours have already been attained as a prerequisite for Course acceptance). Students are offered a discount rate when purchasing studio packages
- ✓ 30 hours Observation (min. 4 Teachers and no more than 4 hours in any one studio)
- ✓ 200 hours of Supervised Practise Placement (can be attained in any equipment-based Pilates Studio with a minimum of 50% completed with an APMA registered Level 2, 3 & 4 Practitioner)
- ✓ Tutorial and consultation times will be made available to all students requiring additional support either face to face or by distance
- ✓ TOTAL COURSE COMMITMENT > 560 Hours

## Ongoing Skill Development

The APMA Diploma of Pilates Movement Therapy is solidly based with a clinical and somatic framework. To complete this course, students are required to complete 200 hours of Personal Practise. This experiential learning is vital for students to develop an awareness of the Pilates Method within their own body. This exploration further assists in the understanding of the work and therefore your ability to think creatively and problem solve when teaching.

Students are not required to be able to execute advanced level exercises or master the entire repertoire as many coming to the work will have their own limitations ie. Injuries, pathologies or conditions that limit their movement physicality.



## Required attendance (full or part time over 3 years)

<b>BLOCK INTENSIVE A1</b>	History, Philosophy and the Principles of Pilates	<b>Pre-Pilates Repertoire</b>
<b>BLOCK INTENSIVE A2</b>	The work of Eve Gentry	The fundamentals of teaching the Pilates Method
<b>BLOCK INTENSIVE A3</b>	Anatomy of the spine and pelvis	Practical work will focus on the <b>Pre-Pilates exercises</b> necessary in both a clinical and fitness approach to the Method
	Concepts of core stability, the facts, myths and controversies	
	Anatomy and physiology of the Respiratory system	Practical work will focus on the <b>Pre-Pilates exercises</b> necessary in both a clinical and fitness approach to the Method
	Breathing – A Pilates principle Teaching breath	
<b>BLOCK INTENSIVE B1</b>	Postural considerations	Principles of Training and Programming
	Initial Assessments	Practical work will focus on the introduction to the <b>Universal Reformer</b>
	Client assessment procedures	
<b>BLOCK INTENSIVE B2</b>	Common spinal pathologies of the Pilates Studio	Practical work will continue its focus on the <b>Universal Reformer</b>
	Case study reviews – the what, why and how of programming for individual needs	
<b>BLOCK INTENSIVE B3</b>	Anatomy of the hips, knees and ankles	Practical work will focus on the <b>Cadillac/Trapeze Table</b>
	Pathology of the lower limbs	
	Case study reviews - the what, why and how of programming for individual needs	
<b>BLOCK INTENSIVE C1</b>	Anatomy of the shoulder girdle and upper limb	Practical work will continue its focus on the <b>Wunda Chair</b> , stretching and other small apparatus
	Pathology of the upper limb	
	Systemic conditions of the Pilates studio. Arthritis, hypertension, diabetes and pregnancy	
<b>BLOCK INTENSIVE C2</b>	Workplace Health & Safety Working in the modern Pilates world Student driven learning	Intensive Repertoire Review



## Fees for the course



Each Qualification, Unit of Competency or Accredited Course offered by APMA has an associated Course Fee. It is APMA Education and Training's policy is that the course fee will be all-inclusive. Candidates will not be required to pay any additional and unexpected fees or expenses.

The current inclusions are:

- ✓ All tuition
- ✓ All Observation Hours & Supervised Practice Placement Hours when using the facilities of Insight Movement Training Centre
- ✓ Support and coaching
- ✓ Usage of classrooms and facilities
- ✓ Where additional resources normally associated with a program of study are required (reference material, booklist, research documents, own computer for example), the candidate will be clearly advised of exactly what is required in the candidate study guide for that program.
- ✓ Course Fees are: • Qualification: 10567NAT Diploma \$8,200 (GST exempt) • Student Administration Fee \$ 300 per qualification

### SCHEDULE OF FEES FOR DIPLOMA OF PILATES MOVEMENT THERAPY 10567NAT

OPTION 1	\$8,200 OVER 8 MONTHS	6 PAYMENTS + APP FEE \$300
STUDENT ADMIN FEE	\$300	PAID ON APPLICATION (REFUNDABLE IF APPLICATION IS UNSUCCESSFUL)
INITIAL PAYMENT (DEPOSIT)	\$1000	PAID ON ENROLMENT (NON-REFUNDABLE)
2 <sup>ND</sup> PAYMENT	\$1500	PAID 30 DAYS FROM COURSE COMMENCEMENT
3 <sup>RD</sup> PAYMENT	\$1500	PAID 60 DAYS FROM LAST PAYMENT
4 <sup>TH</sup> PAYMENT	\$1500	PAID 60 DAYS FROM LAST PAYMENT
5 <sup>TH</sup> PAYMENT	\$1500	PAID 60 DAYS FROM LAST PAYMENT
FINAL PAYMENT	\$1200	PAID 60 DAYS FROM LAST PAYMENT
OPTION 2	\$9020 OVER 16MONTHS	10 PAYMENTS + APP FEE \$300
STUDENT ADMIN FEE	\$300	PAID ON APPLICATION (REFUNDABLE IF APPLICATION IS UNSUCCESSFUL)
INITIAL PAYMENT (DEPOSIT)	\$1000	PAID ON ENROLMENT (NON-REFUNDABLE)
2 <sup>ND</sup> PAYMENT	\$900	PAID 30 DAYS FROM COURSE COMMENCEMENT
3 <sup>RD</sup> PAYMENT	\$900	PAID 60 DAYS FROM LAST PAYMENT
4 <sup>TH</sup> PAYMENT	\$900	PAID 60 DAYS FROM LAST PAYMENT
5 <sup>TH</sup> PAYMENT	\$900	PAID 60 DAYS FROM LAST PAYMENT
6 <sup>TH</sup> PAYMENT	\$900	PAID 60 DAYS FROM LAST PAYMENT
7 <sup>TH</sup> PAYMENT	\$900	PAID 60 DAYS FROM LAST PAYMENT
8 <sup>TH</sup> PAYMENT	\$900	PAID 60 DAYS FROM LAST PAYMENT
9 <sup>TH</sup> PAYMENT	\$900	PAID 60 DAYS FROM LAST PAYMENT
FINAL PAYMENT	\$820	PAID 60 DAYS FROM LAST PAYMENT

# Cancellation & Refund Policy

It is the policy of APMA Education & Training not to issue refunds once a student has elected to take up an offer of a place. In extenuating circumstances of hardship or when health concerns would affect the students ability to complete the study, the following policy will apply:

## CANCELLATION OF A PLACE:

After course commencement No Refund

Less than 2 weeks notice before commencement No Refund

Less than 4 weeks notice before commencement 50% refund

More than 4 weeks notice before commencement Full refund

## Contact



### INSIGHT MOVEMENT TRAINING CENTRE

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AUSTRALIAN  
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ASSOCIATION

### AUSTRALIAN PILATES METHOD ASSOCIATION

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