

# BRIDGE COURSE APPLICATION

## BRIDGE 10867NAT DIPLOMA OF PILATES MOVEMENT THERAPY

APMA Education & Training  
Registered Training Organisation (RTO) for the APMA



AUSTRALIAN  
PILATES METHOD  
ASSOCIATION  
EDUCATION & TRAINING

Dear Applicant,

Thank you for your interest in our Dip. bridge 10867NAT Diploma of Pilates Movement Therapy that will fast track you to our exciting qualification

### THE CLEAR CHOICE

The APMA developed this government-recognised Diploma using its well-regarded **Level Two Pilates Instructor Course** (1999 to today) as a template. The result is a product of many years of debate, study and practice from several highly respected voices in the profession, making it the most comprehensive and balanced course in the marketplace.

## UNITS OF COMPETENCY

### 10867NAT DIPLOMA OF PILATES MOVEMENT THERAPY

#### LEVEL 2 RPL EQUIVALENT:

HLTAAP002	Confirm physical health status
HLTAAP003	Analyse and respond to client health information
CHCCOM006	Establish and manage client relationships
CHCPRP005	Engage with health professionals and the health system
CHCPRP003	Reflect on and improve own professional practice
NAT10867001	Teach Pilates Movement Therapy Floorwork sessions
NAT10867002	Apply exercise science principles to Pilates Movement Therapy
NAT10867003	Teach Pilates Movement Therapy for clients with musculoskeletal needs
NAT10867004	Teach Pilates Movement Therapy using equipment
NAT10867005	Deliver postural alignment Pilates Movement Therapy



#### FURTHER READING/RESEARCH & ASSESSMENT REQUIRED:

HLTWH5001	Participate in workplace health and safety
HLTPOP014	Assess readiness for and effect behaviour change
TAEDEL401	Plan, organise and deliver group-based learning

## AUTO ENTRY FOR APMA LEVEL TWO GRADUATES

As a graduate of the APMA's Level Two Course, you are afforded automatic entry to the Bridging Course through the RPL (Recognition of Prior Learning) process. The Bridging Course will provide what is necessary to complete the missing units of competency for the Diploma. This is the fastest and most cost-effective pathway to receive the Diploma qualification.

## GAP UNITS TO BE COVERED

As listed on page 1, during the Bridging course, the following Units of Competency will be delivered full or in part and/or assessed to meet Diploma requirements:

- TAEDEL401A** Plan, organise and deliver group-based learning
- HLTPOP014** Assess readiness for and effect behaviour change
- HLTWHS001** Participate in workplace health and safety

## DELIVERY METHODS

### HOME-BASED DELIVERY & ASSESSMENT METHOD

Once you have successfully applied, enrolled and paid the appropriate fees, you will receive your Login details for our LMS. You are required to become familiar with the material, complete the relevant online tasks, as well as a short practical Assessment of your ability to teach a group-based Pilates class. Please submit via our LMS all completed tasks, video recordings and assessments for assessment.

During your home-based delivery you are invited to communicate with your APMA Accredited Educator as necessary. This can include email, phone or Skype.

## PAYMENT OPTIONS

OPTION 1 - 4 PAYMENTS		
Application Fee	\$300	Paid on application (non refundable)
1st Instalment	\$800	Due on enrolment
2nd Instalment	\$800	due 30 days after enrolment
3rd Instalment	\$800	due 30 days after 2nd instalment

## OPTION 2 - STUDY LOANS

### Study Loans has been purpose built for students and education providers.

They provide the funds for approved courses direct to APMA on behalf of you, for loan amounts between \$2,001 and \$15,000 and loan terms from 6 to 48 months. Repaying your loan is as easy as setting up a weekly, fortnightly or monthly direct debit and if you decide to pay more than the minimum, top up payments can be made using BPAY. Study Loans can help you fund your entire course, part of your course, and/or be used in conjunction with personal funds, government loans etc.

**Contact the APMA to find out more.**

## PERSONAL DETAILS

Application Date

Home Phone

Name

Mobile

Mailing Address

City

I would like to receive my Learner Materials package by:

State

Postcode

Hard copy (land mail)

Email

Digital (email)

## PRE-REQUISITES ATTACHMENT CHECKLIST

Indicate you have completed requirements and attach copies of all documents to this application

### SUPPORTING DOCUMENTATION

APMA Level 2 (prev. Level 1) Course Completion

- Copy of Certificate of Completion
- Date completed and total course duration

### FEES

Application fee \$300.

See payment schedule above for remaining fees.

## PAYMENT OPTIONS



(Pay Electronically)

**Account Name:** APMA  
**BSB:** 633-000  
**Account Number:** 156 490 898

Note name and 'DIPLOMA' on reference and attach payment receipt.



**Contact the APMA for more info.**

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Please note that a 1.5% surcharge is applicable to all credit card transactions

Name on card:

Tick Card Type: Mastercard    Visa

Card Number:

Expiry Date:                    /                    Security Code:

Cardholders Signature: \_\_\_\_\_

## FOR OFFICE USE ONLY

Date Application Received:

Date Approved:

Approved