



### 10567NAT DIPLOMA of Pilates Movement Therapy

#### THE CLEAR CHOICE

The APMA is proud to offer its nationally accredited qualification **10567NAT Diploma of Pilates Movement Therapy**. The design of this new qualification is based on the APMA's historical and ground breaking **Level Two Pilates Instructor Course** (1994 to today). The result is a product of years of debate, study and practice from the many respected voices in the profession, making it the most comprehensive and balanced course in the marketplace.

This nationally accredited qualification prepares students to work with low-to-medium risk clients in a one-on-one studio (equipment-based) or group setting. The course is designed to teach the theoretical and historical basis of the Pilates Method and prepare students to 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 repertoire, with an understanding of the methodology necessary to modify it for use by clientele with a wide variety of pathologies, conditions and needs.

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

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.



#### HIGHEST QUALITY EDUCATION

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.



## 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

## 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 a one hour interview conducted by the Course Deliverer. The Course Deliverer will use this time 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 practice with Instructors/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

## DURATION & STRUCTURE

The Diploma will span nine to twelve months duration, with on-site lectures, workshops and seminars along with personal practice, supervised placement and observation. See the Course Deliverer for course schedule(s).

**APMA Education & Training courses are delivered by:**

- Face to face classroom training
- Discussion boards
- Blended learning

**Students may be required to attend scheduled training events including:**

- Evening seminars
- Weekend workshops
- Lectures

*IMPORTANT Personal Practice, Observation & Supervised Placement ("Practicum") hours must be completed before accreditation status is achieved.*

## SUPPORT SERVICES

### LANGUAGE, LITERACY AND NUMERACY (LLN) ASSISTANCE

- APMA recognises that not all candidates will have the same level of ability in relation to reading, writing and performing calculations. If required, throughout your training, staff will endeavour to provide assistance to those having difficulty with language, literacy or numeracy to accommodate their needs. In the event that a candidate's needs exceed the ability of APMA staff to assist, the candidate will be referred to an external support agency so they have the opportunity to obtain the skills required to complete the training program.

### FLEXIBLE DELIVERY AND ASSESSMENT PROCEDURES

- APMA recognises that some people are better suited to learning via teaching methods not usually obtained in the traditional classroom setting. With some minor adjustments to teaching and assessment methods, a candidate who is experiencing difficulty learning and achieving the desired results in the traditional setting may show considerable improvements. Australian Pilates Method Association staff will pursue any reasonable means within their ability to assist candidates in achieving the required competency standards. In the event that a candidate's needs exceed the capacity of the support services Australian Pilates Method Association can offer, they will be referred to an appropriate external agency.

### CANDIDATE SUPPORT, WELFARE AND GUIDANCE

- APMA will assist all candidates in their efforts to complete training programs by all methods available and reasonable. In the event that a candidate is experiencing personal difficulties, training staff will encourage the candidate to contact Australian Pilates Method Association who will provide discreet, personalised and confidential assistance as according to the nature of the difficulties. In the event that a candidate's needs exceed the capacity of the support services Australian Pilates Method Association can offer, they will be referred to an appropriate external services, such as, community services and local government agencies. Australian Pilates Method Association staff members will assist candidates to source appropriate support.

## UNITS OF COMPETENCY

### 10567NAT DIPLOMA OF PILATES MOVEMENT THERAPY

<b>PILEXS501A</b>	Apply a broad knowledge of exercise science, planning and programming to Pilates Movement Therapy
<b>PILMUS502A</b>	Plan and deliver Pilates Movement Therapy for clients with musculoskeletal needs
<b>PILFLR503A</b>	Design and instruct a Pilates Movement Therapy floorwork session
<b>PILEQU504A</b>	Design and instruct Pilates Movement Therapy using equipment
<b>PILPOS505A</b>	Undertake postural appraisal of low risk clients for Pilates Movement Therapy
<b>HLTWHS001</b>	Participate in workplace health and safety (Release 3)
<b>HLTPOP014</b>	Assess readiness for and effect behaviour change
<b>HLTAAP002</b>	Confirm physical health status (Release 1)
<b>CHCPRP005</b>	Engage with health professionals and the health system (Release 1)
<b>CHCCOM006</b>	Establish and manage client relationships (Release 2)
<b>TAEDEL401A</b>	Plan, organise and deliver group-based learning (Release 1)
<b>HLTAAP003</b>	Analyse and respond to client health information
<b>CHCPRP003</b>	Reflect on and improve own professional practice (Release 1)

## OUTLINE OF COURSE HOURS

- **150 hours lectures, theory and practical delivery**
- **150 hours Supervised Personal Practice**  
Your Pilates workouts
- **200 hours Supervised Practice Placement**  
Practicum. Attained in an equipment-based Pilates Studio with minimum 50% completed with APMA Level 2 or above Member.
- **30 hours Observation**  
Minimum four Teachers observed and no more than four hours in any one studio

## ASSESSMENT PROCEDURE

There are two elements to the assessment process.

### Formative Assessment

Practical experience, including personal practice, assessed over the duration of the course. Consideration is given to the applied understanding of the pathologies studied and the demonstration of the knowledge and learned skills in the workplace environment using Pilates equipment.

### Summative Assessment

Practical demonstration with the emphasis on consideration and application regarding WH&S procedures relating to equipment set-up, including the client safety procedures. Written assessment activities such as a client case studies and exercise analysis, are also included in this process.

*IMPORTANT Reasonable Adjustment to assessment processes are available to students requiring additional consideration in their learning experience.*

## RECOGNITION OF PRIOR LEARNING

The recognition of prior learning (RPL) process will be offered and explained to all relevant candidates. All candidates have access to the APMA RPL Policy (contained in the APMA Candidate Handbook and available on request or download from [www.australianpilates.asn.au](http://www.australianpilates.asn.au)

## EMPLOYMENT OPPORTUNITIES

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

- Pilates Studios
- Allied Health Practices
- Professional Modalities
- Gymnasiums with Pilates Studios and/or Group Fitness Community Centres
- Corporate Health Programmes
- Dance and Sports Conditioning
- Health Spas and Retreats
- International Freelance Referrals and Placements

## FEE STRUCTURE

**Each Qualification, Unit of Competency or Accredited Course offered by APMA has an associated Course Fee.**

It is APMA Education and Training's policy 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
- Support and coaching
- Learner Guides, Repertoire Journals and associated handouts
- Usage of classrooms and facilities

Where additional resources normally associated with a program of study are required (reference material, books noted in course booklist, research documents, own computer for example), the candidate will be clearly advised of exactly what is required by the course deliver.

### FEE PAYMENT OPTIONS 10567NAT Diploma of Pilates Movement Therapy

#### OPTION 1 - \$8,200 over 8 months - 6 payments

Student Administration Fee	\$300	Paid on application (non refundable)
1st Payment (Deposit)	\$1,000	Paid on enrolment
2nd Payment	\$1,500	Paid on course commencement
3rd Payment	\$1,500	Paid 60 days from commencement
4th Payment	\$1,500	Paid 60 days from last payment
5th Payment	\$1,500	Paid 60 days from last payment
Final payment	\$1,200	Paid 60 days from last payment

#### OPTION 2 - \$9,020 over 16 months - 10 payments

Student Administration Fee	\$300	Paid on application (non refundable)
1st Payment (Deposit)	\$1,000	Paid on enrolment
2nd Payment	\$900	Paid on course commencement
3rd Payment	\$900	Paid 60 days from commencement
4th Payment	\$900	Paid 60 days from last payment
5th Payment	\$900	Paid 60 days from last payment
6th Payment	\$900	Paid 60 days from last payment
7th Payment	\$900	Paid 60 days from last payment
8th Payment	\$900	Paid 60 days from last payment
9th Payment	\$900	Paid 60 days from last payment
Final payment	\$820	Paid 60 days from last payment

#### OTHER ITEMS

Unit of Competency	\$600	Paid 30 days from Unit commencement
Re-Assessment Fee	\$ 150 per Assess.	Paid 30 days from Re-Assessment
Recognition of Prior Learning	\$ 600 per unit	Paid 30 days from Unit commencement

- *There are no fees for Observation or Supervised Practice Placement hours.*

## 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:

- **Refund Table**

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

- *In lieu of refund, APMA Education and Training will apply full credit of all fees paid to take up a place in it's instructor training courses in the following year of the course. Any fees held in credit are non transferable to another person.*

## CONTACT DETAILS

### REGISTERED TRAINING ORGANISATION

APMA Education & Training (RTO No. 40805)

195 Christian Road, Cottles Bridge, VIC 3099

PO Box 135 Hurstbridge, Vic 3099

**PH** 03 9718 1881

**EMAIL** [rto@australianpilates.asn.au](mailto:rto@australianpilates.asn.au)

Course Deliverer information may also be accessed through:

### APMA OFFICE

**PH** 03 9718 1881

**EMAIL** [admin@australianpilates.asn.au](mailto:admin@australianpilates.asn.au)

**WEB** [www.australianpilates.asn.au](http://www.australianpilates.asn.au)