

NATIONALLY ACCREDITED

Diploma of Pilates Movement Therapy

10567NAT DIP

"The Pilates Method of Body Conditioning is complete coordination of body, mind and spirit "

- J.H. Pilates

WELCOME

Thank you for your interest in the **Diploma of Pilates Movement Therapy (10567NAT DIP)**. This course is offered by **Insight Movement Training Centre (IMTC)** on behalf of the Australian Pilates Method Association (APMA).

Who is the APMA?

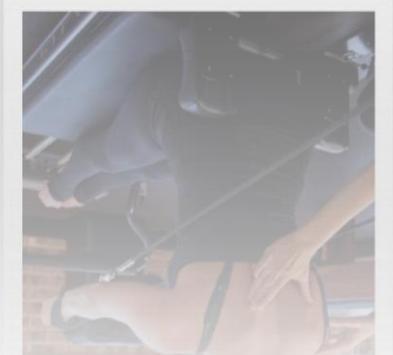
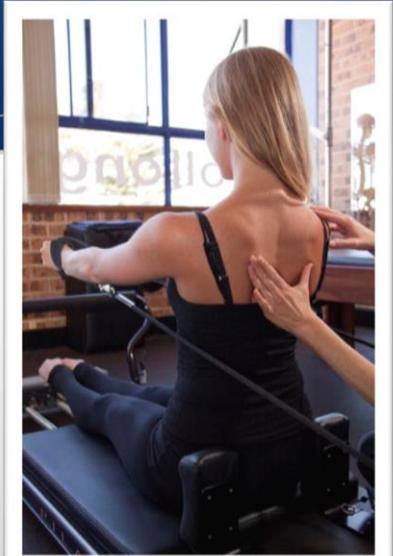
The APMA is a **not for profit** organization servicing as the industry's peak body and an advocate for professional qualifications and recognition by government bodies, health fund and insurance companies.

www.australianpilates.asn.au

Why choose an APMA course?

It is **not** privately owned as many others in the market place. It has been uniquely created not by an individual but by a group of highly respected Pilates educators with continuous peer review to ensure the most up to date information is being delivered.

It is **Australian and membership owned** with all profits being returned to the APMA membership to further advance the standing of Pilates as an industry.



wollongong
pilates studio
www.wollongongpilates.com.au



WHY IMTC?



Our principal trainer **Donna Oliver** is the current **Vice President** of the **Australian Pilates Method Association** and one of the industry's most recognised experts, acknowledged both nationally and internationally for her expertise in Pilates and Movement Therapy training gained through over 30 years experience.

Donna comes from a dance, movement and educational background. She studied with the **Australian Ballet School**, worked professionally on stage, TV and later taught dance for over 15 years. She has been involved in Pilates since 1995 and has studied both here and overseas with many of the pioneers of the method.

In 2001, Donna attained a **Postgraduate Certification in Pilates Method (UTS)** and remained a member of the faculty for the next 5 years. In 2002, she was elected to the board of the **APMA** where she has continued for almost over 13 years of service, many of those as president. During this time Donna was instrumental in the creation of the **Diploma** and **Advanced Diploma in Pilates Movement Therapy**, both writing and editing the current learner materials.

Donna is also an **Accredited Exercise Physiologist (ESSA)** working with clients with various musculoskeletal rehabilitation needs and diseased states. She has been sought for teaching engagements both in Australia and overseas.

IMTC can currently boast 100% employment for our graduates who are well equipped to practice with a wide range of client groups. For members of ESSA, completed course work is eligible for continuing credits.



William Penhale – Guest Lecturer

William is the Principal Instructor and owner of the Surry Hills Pilates Studio and is a qualified **APMA Level 4 Pilates Practitioner**. He has been practicing Pilates for more than 25 years and has been an instructor in the method since 1993.

William has also been closely involved with Pilates Method education programs. He was a lecturer for the **Graduate Certificate in Pilates Method at the University of Technology, Sydney** as well as an examiner for nationally delivered courses in the method accredited by the **Australian Pilates Method Association**. He has also presented workshops in Australia and Korea.

William holds a **BA Hons (Psych) degree** and has spent many years exploring the mind/body connection.

ABOUT THE DIPLOMA

This Nationally-accredited qualification prepares participants to work with low-to-medium risk clients in a one-to-one studio based environment or group settings. 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.

Its 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 and conditions. Whether you intend to teach Pilates floor classes or work in an equipment-based studio, this instructor course is the clear choice.

The APMA developed this Diploma using its ground breaking **Level Two Comprehensive Pilates Teacher Training course** (1994-today) as a template. The result is a product of years of debate, study and practice from many voices in the profession, making it the most comprehensive and balanced course in the marketplace.

The **(10567 NAT DIP) Diploma of Pilates Movement Therapy** meets the educational requirements of the APMA's **Level Two Instructor Membership** and meets requisites for PI/PL insurance coverage as a Pilates Teacher with most insurance providers. Members granted provider status with a growing number of health funds.



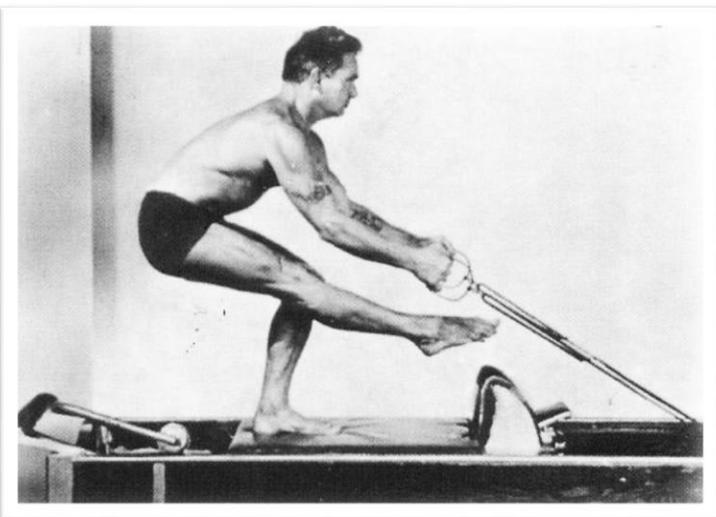
COURSE OBJECTIVES

This course is designed to give students the qualification 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 practice 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

COURSE PRE REQUISITES

- Pathways into this qualification may 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 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

Training courses with IMTC are delivered by:

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

The Diploma will span twelve months full time duration, with onsite lectures, workshops and seminars along with personal practice, supervised placement and observation.

The course is also available part time taking up to 3 years if required.

Current commitment 8x weekend workshops

Sydney & Wollongong location

MODULE 1:

Saturday 27th Feb

Sunday 28th Feb

MODULE 2:

Saturday 19th March

Sunday 20th March

MODULE 3:

Saturday 16th April

Sunday 17th April

MODULE 4:

Saturday 21st May

Sunday 22nd May

MODULE 5:

Saturday 11th June

Sunday 12th June

MODULE 6:

Saturday 23rd July

Sunday 24th July

MODULE 7:

Saturday 20th August

Sunday 21st August

MODULE 8

Saturday 17th Sept

Sunday 18th sept

** Please understand that personal practice, observation & supervised placement hours must be completed before accreditation status is achieved.*



SUPPORT SERVICES

Language, Literacy and Numeracy (LLN) Assistance

- IMTC 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 endeavor to provide assistance to candidates having difficulty with language, literacy or numeracy to accommodate their needs. In the event that a candidate's needs exceed the ability of IMTC 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

- IMTC 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. IMTC 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 IMTC can offer, they will be referred to an appropriate external agency.

Candidate Support, Welfare and Guidance

- IMTC 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 IMTC 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 IMTC can offer, they will be referred to an appropriate external services, such as, community services and local government agencies. IMTC staff members will



UNITS OF COMPETENCY

DIPLOMA OF PILATES MOVEMENT THERAPY (10567 NAT DIP)	
PILEXS501A	Apply a broad knowledge of exercise science, planning and programming to Pilates Movement Therapy
PILMUS502A	Plan and deliver Pilates Movement Therapy for clients with musculoskeletal needs
PILFLR503A	Design and instruct a Pilates Movement Therapy Floor work 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
HLTPOP402B	Assess readiness for and effect behavior change
HLTAP401B	Confirm physical health status
HLTCOM406C	Make referrals to other health care professionals when appropriate
HLTCOM404C	Communicate effectively with clients
TAEDEL401A	Plan and organise group based delivery
HLTAP501C	Analyse health information
HLTCOM502C	Develop professional expertise

OUTLINE OF COURSE HOURS

- 8 weekend modules; lectures, theory and practical
- 150 hours personal practice/workouts
- 30 hours observation (min. 4 Teachers and no more than 4 hours in any one studio)
- 200 hours supervised practice 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)
- There are no fees for observation hours or for supervised practice placement hours

ASSESSMENT PROCEDURE

There are two elements to the assessment process:

1) 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.

2) SUMMATIVE ASSESSMENT

Practical demonstration, with the emphasis on consideration and application regarding OH&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.

RECOGNITION OF PRIOR LEARNING

The recognition of prior learning (RPL) process will be offered to and explained to all relevant candidates. All candidates will have access to the Australian Pilates Method Association RPL policy, which is contained in the Australian Pilates Method Association candidate handbook and is available on request or for download from 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 centers
- Corporate Health Programs
- Dance and Sports Conditioning
- Health Spas and Retreats
- International Freelance Referrals and Placements



Total Course Fee

Each qualification, unit of competency or accredited course offered by Insight Movement Training Centre has a specific course fee.

The current inclusions are:

- All tuition
- Support and coaching
- Usage of classrooms and facilities

**Does not include the cost of textbooks or personal performance workouts*

Where additional resources normally associated with a program of study are required (reference material, 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.

The required texts for the Course will be in provided in the Candidate Handbook.

Course fees are:

- **10567 NAT DIP - Diploma of Pilates Movement Therapy**
\$8,200 (GST exempt)
- **Administration Fee**
\$300 per qualification



SCHEDULE OF FEES – DIP PMT - (10567 NAT DIP)		
Diploma Application Fee	\$ 300	Paid on Application (Non -Refundable)
Initial Payment (Deposit)	\$1,000	Paid on Enrolment
2nd Payment	\$1,500	Paid 30 days from date of Course commencement
3rd Payment	\$1,500	Paid 60 days from last payment
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
Unit of Competency	\$600	Paid 30 days from unit commencement



CONTACT For more information on courses offered by IMTC please contact;

Donna Oliver

- ◆ Director Wollongong Pilates Studio
- ◆ Level Four Pilates Practitioner (APMA)
- ◆ Accredited Exercise Physiologist (ESSA)
- ◆ Guest lecturer University of Wollongong and University of Technology, Sydney
- ◆ Accredited Course Provider (APMA)
- ◆ Grad Cert Pilates Method (UTS)
- ◆ National and International guest lecturer
- ◆ Board member, Vice president & Education committee member of Australian Pilates Method Association (APMA)
- ◆ Cert IV Workplace Training and Assessment

Insight Movement Training Centre, 12/83 Railway St, Corrimal, NSW, 2512

Admin:

imtcjana@gmail.com

Course Director :

imtcdonna@gmail.com

0429307140

 facebook.com/InsightMTC
Find us on Facebook to stay in the loop!

Re-assessment fee	\$150.00 per assessment
Recognition of Prior Learning:	\$600.00 per unit

The cost of Pilates sessions are determined by attending studio – some may have student rates.

At Wollongong Pilates studio;

- ☐ 10 Studio classes (15hrs of Personal Prac) – 12.5% disc
- ☐ 50 studio classes (75hrs of Personal Prac) – 15% disc
- ☐ 100 studio classes (150hrs of Personal Prac) – 17.5%

Fees In advance

Australian Pilates Method Association operates predominately on a 'fee for service' training business. This means all training programs attract fees. These fees are paid by / charged to the candidate, a government agency or the candidate's employer.

Fee information is available via:

- Australian Pilates Method Association website
- Australian Pilates Method Association program brochures
- Australian Pilates Method Association promotional material
- Emailing the APMA directly for current information

Each of these information streams will be updated regularly.

All fees will be paid at or prior to the commencement of training unless prior arrangements are made with the RTO management.
Refund Policy

Refund Policy

An application for a refund is addressed according to the notice given by the person making the request:

- 14 days prior to the commencement of the course –100% refund
- Between 13 days and 7 days prior to the course -75% refund
- Between 6 days and the commencement of the course – 50% refund
- Withdrawal during the course –no refund. A pro-rata credit is available so the candidate can complete the course at a later date