



# The Pilates Institute of Queensland

Pilates Institute of Queensland is a course deliverer for

## 10567NAT Diploma of Pilates Movement Therapy

On behalf of the Australian Pilates Method Association (RTO code 40805)



# 10567 NAT Pilates Diploma of Movement Therapy

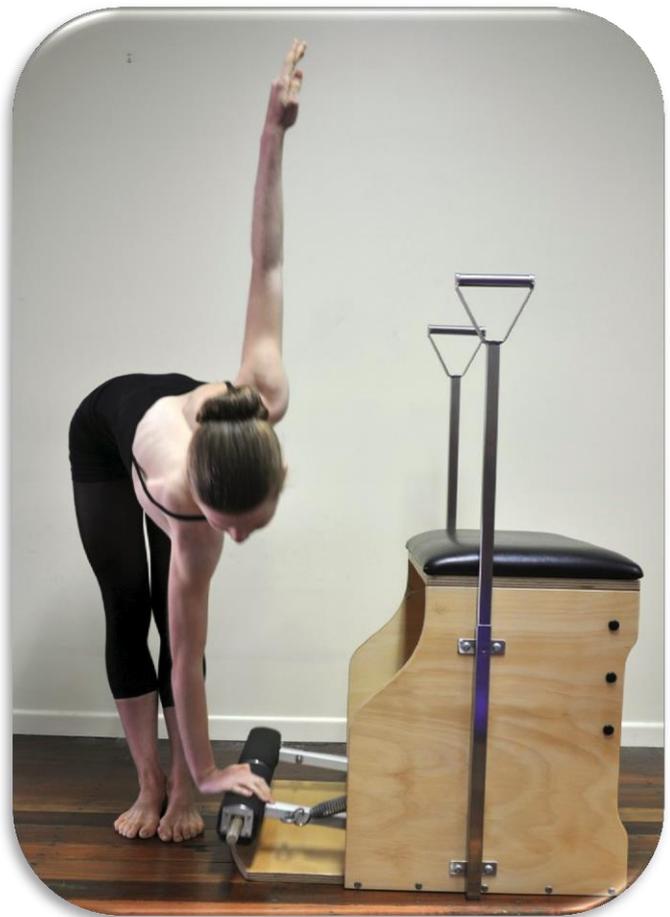
This is a government accredited Pilates qualification designed to bring students to a proficiency where they can teach Pilates to low and medium risk clients in a one on one studio that is equipment based or in a group setting utilizing equipment and floor exercises.

The aim is for students to teach traditional and contemporary interpretations of the Pilates Method repertoire understanding modifications for clientele with a variety of conditions and pathologies.

Theoretical and historical basis of Pilates prepares students for working safely and professionally in any business setting.

## Why do this Diploma?

- You are passionate about Pilates and would love to become qualified to work in a Pilates studio as an instructor
- You have been practicing Pilates for a while and you would love to work in this area all the time
- You have a background in Fitness, dance, yoga, massage, nursing and want to take it into the area of Pilates
- You want to make the commitment to a comprehensive course that will give you the theoretical knowledge and practical skills to be a great instructor at the same time as receiving a qualification that is nationally recognised
- You want a course that will allow you to gain professional indemnity insurance and membership of the APMA



## About the Pilates Institute of Queensland

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The Pilates Institute of Queensland Pty Ltd have been established as a training organisation for over 15 years, providing courses for Physiotherapists, ESSA graduates – exercise physiologist and exercise scientists, and fitness instructors throughout Australia. You will be working with physiotherapists and exercise physiologists during your practical sessions delivering programmes to clients ranging from healthy populations groups, rehabilitations clients through to elite athletes looking for that training edge.

Our physiotherapy background and course delivery to physiotherapists ensures that our course information encompasses the latest research and contemporary findings and this is applied to the Pilates repertoire.

We have been delivering Pilates training to the following groups for many years:

### Fitness Instructors – Certificate level 3 or 4

- Core module
- Matwork 1
- Matwork 2
- Small Apparatus – Balls Bands Rollers and Rings

### Physiotherapists

- Matwork 1
- Matwork 2
- Small Apparatus – Balls Bands Rollers and Rings
- Equipment 1
- Equipment 2
- Equipment 3
- Preglades™
- Dance Master class – assessment and exercise prescription for dancers

### Exercise physiologists / exercise scientists - ESSA accredited

- Matwork 1
- Matwork 2
- Small Apparatus – Balls Bands Rollers and Rings
- Equipment 1
- Equipment 2
- Equipment 3
- Preglades™

**We are pleased to come on board with the APMA and deliver the 10567NAT Diploma of Pilates Movement Therapy.**

## Our Presenters

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### **Jenny Birckel**, APA Titled Sports Physiotherapist

#### *Level 4 APMA member*

Jenny is the director of The Pilates Institute of Queensland that conducts Pilates training courses for physiotherapists and exercise physiologists. She has been working with Pilates for over 25 years. Her entry to Pilates began when she started working with the Queensland Dance School of Excellence and was seeking ways to get the students stronger in their core. Jenny has owned and operated studios for over 21 years and continues to work as a “Hands on” physiotherapist.

Jenny has worked with dancers and athletes for over 20 years and for a long period of time one of her practices was located in a full time dance school. Her clientele also include junior elite swimmers, ice skaters, tennis players, sailors, rowers, back pain clients and older clientele concerned about their mobility, balance and overall wellness. She has worked in the past with rugby (Australian Women’s Rugby team and Queensland Under 21s men’s team), soccer, netball. Jenny’s sporting interests have included ice skating, dressage riding, scuba diving, soccer, touch football and currently outrigger canoeing.

### **Rebecca Fechner**, B Phty

#### *Level 4 APMA Member*

After spending many childhood and early adult years training as a dancer, Rebecca developed a keen interest in health and movement studies, hence her choice of a career as a physiotherapist. Whilst studying at the University of Queensland, she was influenced by leading researchers undertaking critical research into the field of core stabilization training and its influence in the prevention of injury and rehabilitation of spinal pain. Considering this influence and her history in dance, Rebecca decided to steer her career in the direction of rehabilitation and performance enhancement through core stability training, that is, Pilates.

Rebecca has trained and gained experience in Pilates through numerous institutes throughout the UK and Australia. She has worked as a physiotherapist and Pilates instructor for many years, helping clients with many different backgrounds from elite athletes to clients with neurological dysfunction.

After completing a Cert IV in workplace training and assessment in 2008, Rebecca joined the team at The Pilates Institute of Queensland. She very much enjoys sharing her passion for Pilates with others as a course educator.

## Course Prerequisites

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- Pathways into this qualification include nationally accredited training at Diploma or Advanced Diploma levels in dance, fitness, 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 to explain the course in more detail and show the school's facilities. This is an opportunity for prospective students to ask further questions.
- Tertiary level or equivalent of anatomy and physiology (required to know: muscle action, origin and insertion, and nerve supply). We, the Pilates Institute of Queensland have developed online anatomy tutorials as part of our course to bridge this gap and to ensure all our candidates are proficient in anatomy.
- Current Level II First Aid Certificate with CPR
- Working with Children Card

## Course Objectives

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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

## Course Support

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### 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.

# 10567NAT Diploma of Pilates Movement Therapy

## Units of Competency

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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 floorwork session
PILEQU504A	Design and instruct Pilates Movement Therapy using equipment
PILPOS505A	Undertake postural appraisal of low risk clients for Pilates Movement Therapy
HLTWHS001	Participate in workplace health and safety
HLTPOP014	Assess readiness for and effect behaviour change
HLTAAP002	Confirm physical health status
CHCPRP005	Engage with health professionals and the health system
HLTCOM404C	Communicate effectively with clients
HLTAAP003	Analyse and respond to client health information
CHCPRP003	Reflect on and improve own professional practice
CHCCOM006	Establish and manage client relationships
TAEDEL401A	Plan, organise and deliver group-based learning



## What You Need To Complete

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- 150 hours lectures, theory and practical delivery – we deliver some as block learning and some online (see timetable)
- 150 hours of self-practice
- 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 of Pilates
- Completion of Assessments and exams – written and practical
- Completion of a major assignment – assessment and implementation of a Pilates equipment programme over an 8 week period, including at least two sessions per week instructing your client.

## Employment Opportunities

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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 CommunityCentres
- Corporate Health Programmes



- Dance and Sports Conditioning
- Health spas and resorts
- International Freelance Referrals and Placements

## Our Pilates Studios

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We are a multidisciplinary team of Physiotherapists, exercise physiologists, occupational therapists and podiatrists.



We have 2 studios in Brisbane where you can do your practical hours:

*188 Nudgee Road ASCOT* – in the middle of Ascot Village with plenty of free parking



*130 Quay St Bulimba* – our face to face courses will be conducted here. This is a riverfront studio with ample free parking and public transport access by City Cat and Bus



# Our Next Course – Commences 2<sup>nd</sup> – 3<sup>rd</sup> February 2019

## Block Attendances

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- 2<sup>nd</sup> – 3<sup>rd</sup> February 2019
- 9<sup>th</sup> – 10<sup>th</sup> February 2019
- 16<sup>th</sup> – 17<sup>th</sup> February 2019
- 9<sup>th</sup> – 10<sup>th</sup> March 2019
- 16<sup>th</sup> – 17<sup>th</sup> March 2019
- 23<sup>rd</sup> – 24<sup>th</sup> March 2019
- 11<sup>th</sup> – 17<sup>th</sup> April 2019
- 6<sup>th</sup> – 10<sup>th</sup> July 2019

DATES	COURSE/TOPICS
2 <sup>nd</sup> – 3 <sup>rd</sup> February 2019	<p><b>Introductory weekend</b></p> <ul style="list-style-type: none"> <li>• The history and philosophy of JH Pilates and Contrology</li> <li>• Introduction to anatomy and exercise physiology</li> </ul>
9am – 5pm	<ul style="list-style-type: none"> <li>• Introduction to postural assessments</li> <li>• Contemporary research on core stability, engagement and training</li> <li>• Assessing core engagement</li> </ul>
9 <sup>th</sup> – 10 <sup>th</sup> February 2019	<p><b>Workshop</b></p> <ul style="list-style-type: none"> <li>• Analysing movement</li> <li>• Applied anatomy</li> </ul>
16 <sup>th</sup> – 17 <sup>th</sup> February 2019	<p><b>Mat 1 Course – 2-day workshop</b></p> <p>Sat: 10am–6pm Sun: 9am–5pm</p>

9 <sup>th</sup> – 10 <sup>th</sup> March 2019	<b>Small Apparatus Course</b> - face to face workshop - 2 days
16 <sup>th</sup> – 17 <sup>th</sup> March 2019	<b>Level 2 Matwork</b> – 2-day course
23 <sup>rd</sup> – 24 <sup>th</sup> March 2019	<b>Workshop</b> <ul style="list-style-type: none"> <li>• Health conditions impacting on exercise</li> <li>• Working with Health practitioners</li> <li>• Communications with clients</li> <li>• WPHS</li> <li>• Practical exams commence</li> </ul>
11 <sup>th</sup> – 17 <sup>th</sup> April 2019	<b>Equipment Intensive</b>
<b>OR</b> 6 <sup>th</sup> – 10 <sup>th</sup> July 2019	<ul style="list-style-type: none"> <li>• Reformer</li> <li>• Trap table (Cadillac)</li> <li>• Wunda chair</li> </ul>
<b>On a date after the equipment courses that suits you and your volunteer subject</b>  <b>A reassessment is due one month after the commencement of their programme where a progress assessment and update of programme will be undertaken</b>  <b>A final assessment of your volunteer will be one month after the reassessment.</b>	<b>Assessment of your volunteer subject for your major assignment</b> <ul style="list-style-type: none"> <li>• Musculoskeletal assess</li> <li>• Needs analysis</li> <li>• Programme design</li> <li>• Programme implementation</li> </ul>
<b>Ongoing practice and supervised instructor hours</b>	
<b>Final prac exams</b>	

## APMA Course Fee Schedule 10567NAT

Total Course Fee \$8500.00 (if using payment option 1).

This includes:

- All tuition
- Observation hours and supervised practise placement hours
- Support and coaching
- Training manuals
- Some modules will be delivered electronically



### Payment Option 1

<i>Payment phase</i>	<b>Amount</b>	<b>Timing of payment</b>
<i>Student application and admin fee</i>	\$300	Paid at application
<i>1st payment - deposit</i>	\$1000	Paid upon course enrolment
<i>2<sup>nd</sup> payment</i>	\$1500	Paid on course commencement
<i>3<sup>rd</sup> payment</i>	\$1500	Paid 60 days from course commencement
<i>4<sup>th</sup> payment</i>	\$1500	Paid 60 days from last payment
<i>5<sup>th</sup> payment</i>	\$1500	Paid 60 days from last payment
<i>Final payment</i>	\$1200	Paid 60 days from last payment
<b>Total</b>	<b>\$8500</b>	

### Payment Option 2

<i>Payment phase</i>	<b>Amount</b>	<b>Timing of payment</b>
<i>Student application and admin fee</i>	\$300	Paid at application
<i>1st payment - deposit</i>	\$1000	Paid upon course enrolment
<i>2<sup>nd</sup> payment</i>	\$900	Paid on course commencement
<i>3<sup>rd</sup> payment</i>	\$900	Paid 60 days from course commencement
<i>4<sup>th</sup> payment</i>	\$900	Paid 60 days from last payment
<i>5<sup>th</sup> payment</i>	\$900	Paid 60 days from last payment
<i>6<sup>th</sup> payment</i>	\$900	Paid 60 days from last payment
<i>7<sup>th</sup> payment</i>	\$900	Paid 60 days from last payment
<i>8<sup>th</sup> payment</i>	\$900	Paid 60 days from last payment
<i>9<sup>th</sup> payment</i>	\$900	Paid 60 days from last payment
<i>Final payment</i>	\$820	Paid 60 days from last payment
<b>Total</b>	<b>\$9320</b>	

## Contact Details

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*Pilates Institute of Queensland*

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Email: [info@pilatesiq.com.au](mailto:info@pilatesiq.com.au)

**Call or email us if you would like more information.**

