

TEACH PILATES

SEMESTER 1 2010 COURSE DETAILS

DESCRIPTION

This course introduces the Pilates Method for strength development, injury and pain management and motor retraining. It provides an extensive overview of Pilates floor, Reformer, Trapeze Table and Wunda Chair repertoire. Students will gain appropriate knowledge and skills in performing each exercise with theory, personal practice and observations of qualified Instructors and Clinical Pilates Practitioners (Physiotherapists).

Students will gain knowledge and experience in performing a Pilates assessment, focusing on posture and movement. A brief overview of Clinical Pilates and other rehabilitation methods commonly used in conjunction with Pilates will be explored.

PREREQUISITES

Successful completion of Tertiary level Anatomy, Physiology and Exercise Programming units AND/OR Certificate IV in Fitness.

UNIT DETAILS

HOURS OF STUDY:

4 hours contact per week and 1 hour of pre-reading

Course length 13 weeks

Commencement - 8 March 2010

The weekly contact hours will consist of:

- 30 minute discussion of the readings
- 1.5 hours experiential practice
- 1 hour observation of a Pilates Instructor or Clinical Pilates Physiotherapist.
- 1 hour personal practice

The discussion sessions will be based on the weekly readings and lecture notes (provided).

The experiential practical and discussion of the reading will be run as a collaborative learning session and you will have the opportunity to practice your teaching and personal performance. The experiential practical sessions and discussion of the reading are available on: **Monday 7pm – 9pm**

Please note, each course will only go ahead with a minimum of 8 students and a maximum of 12 students. Places are allocated on a first in first served situation.

Student's 1 hour observation and 1 hour personal practice sessions are to occur at Riseley Physiotherapy and are to be arranged by the student within the Riseley Physiotherapy Pilates Group Sessions. Places are limited so students are to pre-book these sessions.

COURSE OUTLINE:

See appendix.

WHAT YOU NEED:

Please ensure that you arrive at Riseley Physiotherapy with plenty of time to get organised for the session. You will need to bring:

- Pen and exercise book for taking notes
- Printed copy of appropriate weeks lecture notes
- Towel and a clean pair of socks to group practice sessions
- Clothes that are easy to move
- Water bottle

LOCATION:

Riseley Physiotherapy - Pilates Studio
8 Riseley Street
APPLECROSS WA 6153

COST:

Early Bird \$650 + GST
The full fee to be paid by 8th February 2010

Full Fee \$700 + GST
The full fee is to be paid by 2nd March 2010.

Payment Plan of three instalments available. First instalment of \$350 + GST to be paid prior to commencement of course (8th March 2010). Second instalment of \$175 + GST to be paid by week five (5th April) and third instalment of \$175 + GST to be paid by week ten (10th

May). The second and third instalments will incur a \$3.30 administration fee. Available with credit cards only.

Students will be intelligible to sit any assessments if they are not financial.

Online payments welcome

BSB 086-136 A/c 49 431 5001

Please use your name as the comment and send a remittance advice to lisam@riseley.com.au

Additional personal practice sessions are available and recommended. Course students will have access to additional practice sessions through Riseley Physiotherapy. Students can benefit from a 25% discount by accessing the TP Personal Practice Pack, which includes 18 sessions to be used over a three month period (\$297.00).

REFUND POLICY:

Refunds are available under the following conditions

Prior to course starting – 90% of fee

Before week five – 50% of fee

ASSESSMENTS

THEORY:

Written Exam – case study and general Pilates knowledge (week 12)

PRACTICAL:

Pilates Assessment – Posture, movement and ROM Analysis (week 11)

Teaching – a selection of individual exercises assessed in week 11 (week 12)

Case Study – exercise programming, and teach exercises to each other
Personal Performance of selected exercises (week 12)

Assignment – 1 hour personal practice and 1 hour observation (weekly attendance)

Each component of this course must be passed in order to receive a certificate of completion. Without this certificate entry into further Pilates Training is not guaranteed.

The assessment process will test the student's knowledge of Pilates repertoire and their understanding of the Pilates Method. The Case Studies given may include mild pathologies discussed throughout the course and postural concerns that must be addressed. The personal

performance aspect is to allow students to show their competency of performing the repertoire for demonstration purposes and to facilitate experiential learning.

GRADUATE ATTRIBUTES

After completing the Teach Pilates Training you will have knowledge and experience of a rehabilitation method acknowledged by many major health funds and workers compensation companies.

ADDITIONAL INFORMATION

Pilates is a form of exercise that involves strengthening from the core, toning to the extremities and awareness of movement. The Pilates Method is a development of a basic technique or philosophy, which has been progressively modified to accommodate research within the area. Joseph Pilates developed the revolutionary technique which, as recognised by Pilates himself, was 'well before its time'.

This course offers students the opportunity to learn about The Pilates Method. Pilates is a modality that has stood the test of time. Joseph Pilates saw health as a right not a luxury and combined exercise with functional training to create better movement patterns amongst the general population as well as elite athletes in the world of dance, more specifically Ballet. This Method has been commercialised through celebrities, group gym classes and clinically through the development of Clinical Pilates rehabilitation and pain management.

Pilates is not only a great advancement in the field of health and fitness but is also acknowledged within the rehabilitation world with injuries including, back, knee and shoulder pains, people with movement disorders and retraining of very specific muscles groups such as Pelvic Floor. The development and recognition of Clinical Pilates (Pilates performed by physiotherapists) opens the gate to rehabilitation opportunities, encompassing pathologies and pain at level beyond that of a Pilates Instructor. The limitations or contraindications of The Pilates Method are minimal, as each exercise can be modified to suit the ability of each person.

Skills gained from this course would be an attribute to any person looking to start a career in the rehabilitation industry. The topics that are explored throughout the course aim to challenge your thinking and provide additional information and experience that is not offered through any university degree.

Students considering teaching Pilates should be confident and well spoken and be lateral thinkers. The principles taught through this course can be applied to all areas of fitness and rehabilitation.

For further information regarding this course please contact Lisa Amin on email lisam@riseley.com.au or phone 9364 4073.

COURSE OULINE

Week	Topic
1	Introduction: Pilates Method, Joseph Pilates and the History of Pilates. Principles of Pilates Equipment Safety and Spring Tensions Professional protocols – cuing and touch
2	Breathing: Types and Teaching Techniques
3	Centering: Neutral spine, Pelvic Floor and Transversus Abdominis
4	Control: Bracing and Speed of Exercises
5	Imagery
6	Posture: Alignment and Length
7	Pilates Assessment - Posture - Movement Assessment - Functional Range of Motion - Strength Client History – relevant questions
8	Pathology 1 – contraindications, exercises to assist management Exercise Programming Example Case Studies
9	Power and Programming - Case Studies
10	Pregnancy
11	Pilates Assessment – performed on each other (1 hr each)
12	ASSESSMENT - Practical 30 min each, to teach exercises from written out from the Pilates Assessment performed the week 11 ASSESSMENT – Theory 30 mins, write a program from an unsighted case study ASSESSMENT – Personal Performance 30 mins (given a set of exercises to perform)
13	‘Master Class’ – floor based class Final theory: feedback from exam Final review of exercises if required Course feedback – evaluation