



### **Pilates Mat Work**

This specialisation on teaching *Pilates Mat* will add a valuable qualification to your current competencies as a fitness practitioner or a coach. On successful completion of the course, you will understand the principles and theory of Pilates and be able to teach a range of Pilates mat exercises to individuals or to groups. This specialisation introduces you to Pilates as an exercise modality as well as a mind-body practice.

### **Subjects include**

1. The history of Pilates
2. The principles and benefits of Pilates
3. Screening candidates and posture analysis
4. Plan and prepare to instruct safe and effective Pilates Mat classes
5. Instruct Pilates Mat classes using appropriate teaching methods

### **Credits and duration**

The credit value of this course is 18 credits (180 notional learning hours). If you allow approximately 10-hours a week for studies (including tasks for assessment and experiential learning) you will take 18 weeks to complete the course.

Programmes are learner-paced. Students learn at different rates and some become competent and confident sooner than others. Our experience informs us that students who follow the learning process usually master the learning in the expected time frame.

### **Admission Criteria and certification requirements**

1. **Qualified applicants:** If you hold an NQF level five qualification which includes exercise science and nutrition, you need to provide proof of your certification when you register.
2. **Unqualified applicants:** You need to complete the learning and assessment criteria of the prerequisite/s and the specialisation.
3. **Self improvement:** It is possible to attend the specialisation but not take assessment.

4. **Certificates:** Certificates are only provided once fees are paid in full and on successful completion of all assessment criteria. Certificates of attendance are **not** provided. Students receive a letter of registration and confirmation once they register.

### **Students receive the following**

**eta** course manual, study guide, evidence portfolio and Pilates Mat CD.

### **Studying through Distance Learning**

You do not attend classes; you follow the instructions and the learning process in your **eta** Study Guide. See points 4, 5 and 6 below

### **Studying through an eta campus**

*This module may be run as part of an existing **eta** programme or it may be run separately. If run separately, the following procedure will be followed. Please check with the **eta** to clarify timetables.*

#### **1. Induction session and introduction to the learning system**

You will attend an induction session given by an **eta** facilitator. The aim of the session is to prepare you for the learning and assessment process. In addition, it is an opportunity for you to clarify your expectations and for **eta** to ensure that you understand their expectations.

#### **2. Attend a practical workshop at your campus**

Once you have familiarised yourself with the material and the specialisation's practices, you attend a practical skills workshop with a qualified practitioner who is experienced in this specialisation. The workshop focuses on practical application to help you acquire a deeper understanding of the skills required for your specialisation.

#### **3. Arrange a practical session at your campus through your facilitator**

You will give a demonstration at your campus where someone from faculty will attend to determine if you are ready for assessment. If the faculty member is satisfied you can prepare for your summative assessment. If you are not ready for assessment, feedback will be provided on areas that need more work and on what to practise.

### **All students do the following**

#### **4. Learn and practice what you have learnt**

As a self-reliant student, you study your manual, follow the study guide, gather evidence for your portfolio and immerse yourself as a participant in your specialisation's practices.

**5. Practice your skills**

Once you have familiarised yourself with the necessary knowledge and skills you need to practice your newly learned skills on your own, in local facilities, in front of a mirror or with willing participants. You learn by practicing and at times through trial and error. If you need more guidance from a subject expert you can arrange this privately and you are liable for extra fee that they charge.

**6. Submit your portfolio of evidence and arrange a practical demonstration**

Submit your completed tasks and complete a practical demonstration for summative assessment. You are required to make a DVD of your demonstration and then submit the DVD for assessment. You will receive written assessment feedback and results.

**To register**

Complete the **eta** registration form for specialisations. You can also go to the website [www.exerciseacademy.com](http://www.exerciseacademy.com) and click on the **short course** button on the home page.

**Accreditation**

For details of **eta** accreditation check on the **eta** website: [www.exerciseacademy.com](http://www.exerciseacademy.com)

**Continued Professional Development Credits**

All **eta** fitness modules and specialisations will be registered with REPS SA for Continuing Professional Development credits.