

# YMCA AWARDS LEVEL 3 DIPLOMA IN TEACHING PILATES

## YMCA Awards Diploma in Teaching Pilates (12 day course)

### WHAT WILL I LEARN?

Our YMCA Awards Diploma in Teaching Pilates aims to give students a strong foundation to build or develop a new career. Our course adopts a clinical approach and comprehensively covers functional anatomy alongside the practical motivational teaching and programming skills needed to become a successful Modern Pilates instructor. This course comes highly recommended by our past students due to our modern contemporary approach, the depth of knowledge, the standard of teaching and the exceptional skills they have gained over the 12 day course.

### COURSE OUTLINE:

This course is delivered via our unique blended learning programme which enables you to study some of the anatomy at home prior to attending the course which enables you to learn at your own pace.

Once you have booked on the course we will send you your home study manual and guidance notes. It is important that you allow yourself plenty of time to study the anatomy manual before you attend the course.

The first two days of the course will involve revising your anatomy and physiology with your tutor prior to sitting your theory exam. The rest of the course focuses on the practical aspects of teaching a Modern Pilates Matwork class. You will be taught by Physiotherapists and Pilates Practitioners via a combination of lectures, workshops and home study. You will always have the support of your tutors who will be in attendance for 100% of the course and be available to give you feedback and support.



EDUCATING MINDS TO STRENGTHEN BODIES

### What qualification will I gain?

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### How long is the course?

The course is 12 days set over 6 weekends. Plus there is 1 day extra for assessments.

### Who will teach me?

This course is taught by both experienced Physiotherapists and Modern Pilates Teachers.

### What are the entry requirements?

The course can be accessed by candidates who have either a level 2 qualification or who have experience from attending Pilates classes.

### How will I be assessed?

You will be assessed practically and theoretically via theory papers, worksheets and taught sessions.

Once qualified you will receive a YMCA Awards Level 3 Diploma in Teaching Pilates certificate. You will then be on the road to success and can work with a wide range of clients of any age and fitness level. Begin your journey on a new and rewarding career.

#### **COURSE CONTENT:**

The course covers essential and advanced anatomy along with knowledge of functional movement and Pilates exercises including:

- Modern Pilates exercises and methodology
- Joseph Pilates exercises
- Postural Assessment
- Muscle imbalance
- Spinal and core stability
- Pelvic Floor
- Shoulder and pelvic stability
- Class structure
- Essential teaching and communication skills
- Modifications and adaptations for common conditions
- Science of teaching effective skilled movement to clients
- Programme planning (groups and one-to-one)
- Case Studies
- Marketing

#### **PREREQUISITES:**

- There are no educational prerequisites for the course
- Currently attending a Modern Pilates class or similar. This will ensure you are familiar with class format and style prior to attending
- Apply for the Blended Learning at least 6 weeks prior to the course starting
- Complete the Blended Learning workbooks prior to attending the course
- Students who hold a current Level 3 Anatomy and Physiology for Exercise & Health (CYQ or Active IQ) will be given recognition for prior achievement and do not need to attend the first weekend of the course. We must have a copy of your Certificate for our Awarding Body.
- Committed to attending 100% of the course

#### **ASSESSMENT REQUIREMENT:**

- Undertake YMCA Awards Level 3 Anatomy & Physiology for Exercise & Health theory paper (on the course) or provide evidence of current NVQ Level 3 theory
- Undertake YMCA Awards level 2 Principles of Exercise, Fitness & Health theory paper (on the course) or provide evidence of current certification
- Undertake YMCA Awards Worksheets (3)
- Undertake a Case Study and Progressive Programme on a client of your choice
- Plan, Teach and Evaluate a Modern Pilates session
- Bring a 'client' for the practical assessment

**Note:** Students who hold a current Level 3 Knowledge Base Qualification are exempt from attending the first two days of the course. RPL will be given for certification.

#### **Testimonial:**

"This course was recommended specifically by my own Pilates teacher, as one of the best on the market and I can truly say that it has given me the tools to teach, and knowledge to provide an excellent foundation in delivering my own classes. It is not any easy course, but then nothing worthwhile is easy, what is excellent is the support you receive throughout the course and the study materials provided, which are very comprehensive. The delivery by the tutors, both in a classroom setting and the studio were invaluable and initially pushed me outside my comfort zone, but by the final weekend I had been given everything I needed to pass the final exams. I've discovered that Pilates people are lovely, ready to help each other both during the course and after. I enjoyed it so much I'm coming back for some of the specific condition courses. Can't wait!"

**Kerry | 2016**

If you would like more information or to book your place on this course please contact us:

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