



studio pilates®
LICENSED INSTRUCTOR



Get Studio Pilates® certified and advance your fitness career today!

You may be eligible to receive up to 50% off the cost of your course for a limited time only if you work for any of the following Studio Pilates® Licensed Health Clubs:



Studio Pilates® Matwork Course Outline

Course Prerequisites:

1. Anatomy and Physiology knowledge – either a university degree such as Physiotherapy, Human Movement, or a Cert III or IV in Fitness, or completing the Studio Pilates® Anatomy Module and passing all exams.
2. Participate in a minimum of 20 hours of Pilates Matwork classes taken by an approved or Studio Pilates® licensed instructor or 20 workouts using a Studio Pilates® DVD.
3. Complete the workbook on injury, posture and review of stabilising muscles.

This course includes 2 Manuals which are included in the cost of your course, these are:

- **Body Essentials 1 Manual** – Postural assessment, stability muscles, Pilates history and basics, spinal injuries, pregnancy issues – 72 pages
- **Matwork Exercise Manual** – 75 Basic to intermediate Matwork exercises, including prerequisite for each exercise, set up, breathing and movement, cueing, corrections/common mistakes, modifications and injuries/caution - 148 pages

*You also receive a Studio Pilates® matwork DVD for free valued at \$24.95 as part of this package which you can use to gain experience before your course commences.

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Matwork Course Outline:

Day 1 – 8 hours

- History and basic principles of Pilates
- Review of the core stabilising muscles: transversus abdominus, pelvic floor, multifidus, gluteus maximus, minimus and medius, deep hip rotators, iliacus, lower trapezius, serratus anterior and deep neck flexors
- Postural assessment and assessment of core stabilising muscle function
- Teaching correct activation of the core stabilising muscles and basic pilates principles
- Cueing formula/methods of instructing, imagery, demonstration, voice projection and variation
- Learn and practice performing and teaching basic abdominal exercises

Day 2 - 8 hours

- Learn and practice performing and teaching basic to intermediate abdominal, gluteal, leg and side exercises

Day 3 – 8 hours

- Learn and practicing performing and teaching back and shoulder exercises and stretches
- Common spinal injuries
- Pregnancy issues
- Programming and guidelines for injury rehabilitation, hard workouts, athletes, pregnancy etc

Day 4 – 8 hours

- How to take a large group class safely and giving different levels
- Practice teaching all of the 75 Pilates exercises again in both small groups and larger classes
- Practice doing a physical assessment on a client, then program for their specific posture and problems and take them through a workout.

Call now to learn more about getting certified

Ph: 0402 100 334 or 07 3899 4555

