

## **Contents and timetable Pilates Course**

### **Contents of Instructor Training**

1. Targets of the Pilates programme
2. Terminology used when instructing Pilates programme
3. The elements of Pilates
4. The exercises of Pilates
5. How to structure a Pilates class or private session
6. How to assist the client
7. Anatomy: functional movement
8. Concepts and components of fitness/national guidelines
9. Energy Systems
10. Nutrition
11. Pilates as a business concept

***This course covers the principles of Pilates and the NVQ Level 3 requirements.***

## Module I: Building your knowledge and skills

**Place:** Method Putkisto Studio, 56 Derby Rd., London, SW14 7DP

Date	Time	Location	Session	Teacher	Duration (h)
<b>INTRODUCTION TO METHOD PUTKISTO INSTITUTE AND THE PILATES METHOD (10h)</b>					
Sat Nov 7 <sup>th</sup> 2009	12 - 2pm	Studio	Introduction to MP Institute and NVQ Level 3	MP/TN	2
	2 - 3pm	Studio	Practical I	TN	1
	3.30 - 5.30pm	Studio	Pilates beginners	TN	2
Sun Nov 8 <sup>th</sup> 2009	10 - 11am	Studio	Practical II	TN	1
	11 - 12pm	Studio	Pilates beginners	TN	1
	1 - 4pm	Studio	Teaching practice / Worksheet	TN	3
<b>THE BASIC TOOLS (36h)</b>					
Sat Nov 21 <sup>st</sup> 2009	12 - 1pm	Studio	Practical III	TN	1
	1 - 3pm	Studio	Pilates Intermediate	TN	2
	4 - 6pm	Studio	Concepts of Fitness	TN	2
Sun Nov 22 <sup>nd</sup> 2009	11 - 1pm	Studio	<i>Anatomy - Introduction/ body types</i>	ER	2
	1 - 3pm	Studio	<i>Anatomy - Muscular system</i>	ER	2
	4 - 7pm	Studio	<i>Anatomy - Skeletal System</i>	ER	3
Sat Dec 5 <sup>th</sup> 2009	11.30 – 12.30am	Studio	Practical IV	TN	1
	12.30 -1.30pm	Studio	Pilates Intermediate	TN	1
	2.00 – 4.00pm	Studio	Concepts of Fitness	TN	2
	4.30 – 7.30pm	Studio	Nutrition	TN	3
Sun Dec 6 <sup>th</sup> 2009	10 - 11.30pm	Studio	<i>Anatomy - respiratory system</i>	ER	1 ½
	11.45 – 1.15pm	Studio	<i>Anatomy - circulatory system</i>	ER	1 ½
	2.15 – 4.15	Studio	<i>Anatomy - Neuromuscular system</i>	ER	2
	4.30 – 5.30pm	Studio	<i>Anatomy revision</i>	ER	1
Sat Dec 12 <sup>th</sup> 2009	12 - 1pm	Studio	Practical V	TN	1
	1 -3pm	Studio	Energy Systems	TN	2
	4 - 6pm	Studio	Pilates Advanced	TN	2
Sun Dec 13 <sup>th</sup> 2009	10 - 11am	Studio	Practical VI	TN	1
	11 -2pm	Studio	Nutrition	TN	3
	3 - 4pm	Studio	Concepts of Fitness	TN	1
	4 - 5pm	Studio	Pilates Advanced	TN	1
<b>THEORY INTO APPLICATION (4½h)</b>					
Sat Jan 16 <sup>th</sup> 2010	12 -2.30pm	Studio	First Sample session - Pilates	MP or TN	2 ½
	3.30 - 5.30pm	Studio	First Sample session - Pilates	MP or TN	2
Sun Jan 17 <sup>th</sup> 2010	10 - 1pm	Studio	First Sample session - Pilates	MP or TN	3
	2 - 4pm	Studio	First Sample session - Pilates	MP or TN	2

Date	Time	Location	Session	Teacher	Duration (h)
<b>EXPANDING YOUR TOOLBOX (29h)</b>					
Sat Jan 23rd 2010	12 -2pm	Studio	Energy Systems	TN	2
	2 -3pm	Studio	Practical VII	TN	1
	4 -6pm	Studio	Pilates beginners	TN	2
Sun Jan 24th 2010	10 -11am	Studio	Practical VIII	TN	1
	11 – 12pm	Studio	Pilates intermediate	TN	1
	12.15 – 2.15pm	Studio	Pilates Advanced	TN	2
Sat Feb 20 <sup>th</sup> 2010	3.15 – 5.15pm	Studio	How to assist	TN	2
	12 – 1.30	Studio	<i>Anatomy test</i>	TN	1 1/2
	2 -3pm	Studio	Pilates beginners	TN	1
Sun Feb 21 <sup>st</sup> 2010	3.15 – 4.15pm	Studio	Pilates intermediate	TN	1
	4.30 -5.30pm	Studio	Pilates advanced	TN	1
	10 – 2pm	Studio	<i>Anatomy - Postural assessment/Contra indications/revision</i>	ER	4
Sun Feb 28 <sup>th</sup> 2010	3 – 4pm	Studio	Practical IX	TN	1
	4 – 5.30pm	Studio	How to assist	TN	1 ½
	10 -1pm	Studio	<i>Business Skills</i>	TN	3
Sun Feb 28 <sup>th</sup> 2010	2 – 5pm	Studio	<i>Business Skills</i>	TN	3
	5 -6pm	Studio	Worksheets	TN	1
<b>PROVING YOUR UNDERSTANDING OF THE PILATES METHOD (6h)</b>					
Sat March 27 <sup>th</sup> 2010	12 – 2.30pm		Final Sample session - Pilates	MP or TN	2 1/2
	3 – 5.30 pm		Final Sample session - Pilates	MP or TN	2 1/2
Sun March 28 <sup>th</sup> 2010	10 -1pm		Final Sample session - Pilates	MP or TN	3
	2 - 5pm		Final Sample session - Pilates	MP or TN	3
<b>Total</b>					<b>95 ½</b>

**Additional:**

- You are invited to participate in up to ten classes and two workshops (2½ hours) Pilates, as part of your study programme. These sessions are to be taken at any time during your training course and must be booked well in advanced. Please see enclosed booking form. (N.B. we recommend you consider how these sessions will best help you in the progress of your education; saving a few classes for later in your programme can often reveal a lot of information you were unable to comprehend earlier in the year.)

**Optional:**

- To assist and follow a longer residential workshop.

## Module II: Independent working

Details of all deadlines for your independent work will be given to you at the beginning of your course.

1. Practical sessions
  - To maintain a complete record of all sessions taught.
  - To conduct an 8 week programme with a group of 4 different people and maintain all records (more debits will be given X the beginning of course).
  
2. Assistance work
  - To assist a qualified Pilates instructor. (Minimum 10 hours)
  - N.B. you are advised to work with as many different instructors as possible to appreciate the different ways of teaching Method Putkisto.
  
3. Written assignment for Pilates Method: to complete and prepare all Evidences for Active IQ, worksheets and Active IQ Theory Exam.
  
4. Preparation and presentation of two Pilates sample classes. The class plans to be submitted prior to class presentation, following Active IQ Guidelines.

<b>TOTAL TIME COMMITMENT PILATES</b>			
<b>EDUCATION</b>		<b>INDEPENDENT WORK - Module II</b>	
Module 1 - Pilates (NVQ)	95 ½ hrs	Pilates instruction	16 minimum
		Class observation	10
<b>Total NVQ</b>	<b>95 ½ hrs</b>	Class assistance	10
Class participation (x10)	10		
Workshop participation (x2)	5		
<b>Total education</b>	<b>110hrs</b>	<b>Total independent work</b>	<b>46 (minimum)</b>

***DIPLOMA PRESENTATION:***

***SUNDAY 12<sup>th</sup> September 2010***

*Whilst we will endeavour to stick to the programme set out, we reserve the right to change dates, times and teachers of this programme, with as much notice as possible given of any changes.*

*Instructor training day - available at an extra cost*

***We reserve the right to add a second assessment date for all sample sessions depending on the number of trainees on the course.***