

INTERNATIONALLY RECOGNIZED & CERTIFIED PILATES TEACHER TRAINING – INFO PACK

We offer the following Training: -

- 1) Three (3) Internationally recognized and Certified Teacher Training Qualifications; and
- 2) Various Short Courses for Qualified Fitness & Pilates Trainers who are interested in furthering their learning and knowledge

1. INTERNATIONALLY RECOGNIZED & CERTIFIED PILATES TEACHER TRAINING COURSES OFFERED:

Course Name & Hours	Course Material	Course Date	Course Fees (Vat Incl.)	Payment Options
<p>1.1 Pilates Mat & Small Equipment Course</p> <p>Total Course Hours = 100 Hours <u>Breakdown of Hours:</u> Lectures: 30 hours Self-Practice: 20 hours On-line Observation: 20 hours Teacher Training: 30 hours</p>	<ul style="list-style-type: none"> -Mat Levels 1; 2 & 3 (<i>Basic to Advance</i>); -History of Pilates; -Code of Ethics & Practice; -Guidelines for Teaching and Professionalism; -Anatomy; -Faulty Posture Patterns; -Injuries & Pathologies; -Exercise Recommendations & Contra-indications; -Exercise Adaption (<i>Variations & Modifications</i>); -Muscle and Goal description per exercise; -Various Use of Props & Small Equipment (incl. Barre & TRX); -Program Flow & Program examples; and -Teaching & Cueing Skills 	<p><u>2 Annual Intakes, starting dates:</u> 1st Intake date: 8 February 2020; and 2nd Intake date: 10 July 2020 <i>(Lectures are held on Saturdays & Sundays 1 weekend per month)</i></p> <p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p><u>Group Fees:</u> R10 600 (Once-off payment) <u>Private Fees:</u> R13 500 (Once-off payment)</p> <p><u>Additional Once-off Fees:</u> (Vat incl.) -Exam Registration fee: R950 -Online Exercise Library: R350</p> <p>**First Group Intake: Early Bird Specials of 10% discount apply on Once-Off payments received by 13 December 2019** **Second Group Intake: Early Bird Specials of 10% discount apply on Once-Off payments received by 31 May 2020**</p>	<p><u>Group Payment Plan: (On Terms)</u> Course Fee – R11 600 Immediate Deposit of – R2 900; and thereafter: 5 x Monthly Repayments of – R1 740</p> <p><u>Private Payment Plan:</u> Course Fee – R14 500 Immediate Deposit of – R5 500; and thereafter: 3 x Monthly Repayments of – R3 000</p> <p>**Do not let financial restraints withhold you from obtaining a quality education, contact us for assistance**</p>
<p>1.2 Pilates Large Equipment (Machines) & Small Equipment Course</p> <p>Total Course Hours = 350 Hours <u>Breakdown of Hours:</u> Lectures: 80 hours Self-Practice: 100 hours On-line Observation: 90 hours</p>	<ul style="list-style-type: none"> -Reformer; Cadillac; Chair; Ladder Barrel; and Arc Barrels (<i>Basic to Advance levels</i>); -Muscle Imbalances; -Faulty Movement Patterns & Neuromuscular re-education; -Injuries & Pathologies; 	<p><u>2 Annual Intakes, starting dates:</u> 1st Intake date: 27 March 2020; and 2nd Intake date: 28 August 2020 <i>(Lectures are held on Friday afternoons; Saturdays & Sundays on a 1 weekend per month basis)</i></p>	<p><u>Group Fees:</u> R16 000 (Once-off payment) <u>Private Fees:</u> R19 500 (Once-off payment)</p> <p><u>Additional Once-off Fees:</u> (Vat incl.) -Exam Registration fee: R1200</p>	<p><u>Group Payment Plan: (On Terms)</u> Course Fee – R17 000 Immediate Deposit of – R4 250; and thereafter: 5 x Monthly Repayments of – R2 550</p> <p><u>Private Payment Plan:</u> Course Fee – R20 500</p>

<p>Teacher Training: 80 hours</p> <p>**A pre-requisite to doing this Course is a Pilates Mat Qualification through a recognized institution**</p>	<p>-Exercise Adaption (<i>Variations & Modifications</i>);</p> <p>-Muscle and Goal description per exercise;</p> <p>-Exercise Recommendations & Contra-indications</p> <p>-Various Use of Props & Small Equipment (incl. Barre & TRX); Program Flow & Program examples; and</p> <p>-Teaching & Cueing Skills;</p>	<p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p>-Online Exercise Library: R350</p> <p>**If you have done your Pilates Mat and Small Equipment through us, and want to continue with the Pilates Large Equipment in the same year, you qualify for a 10% discount**</p> <p>**First Group Intake: Early Bird Specials of 10% discount apply on Once-Off payments received by 13 December 2019**</p> <p>**Second Group Intake: Early Bird Specials of 10% discount apply on Once-Off payments received by 31 May 2020**</p>	<p>Immediate Deposit of – R8 500; and thereafter: 3 x Monthly Repayments of – R4 000</p> <p>**Do not let financial restraints withhold you from obtaining a quality education, contact us for assistance**</p>
<p>1.3 Pilates Comprehensive Course (A combination of Pilates Mat & Small Equipment AND Pilates Large Equipment Courses under 1.1 and 1.2 above)</p> <p>Total Course Hours = 450 Hours <u>Breakdown of Hours:</u> Lectures: 90 hours Self-Practice: 120 hours On-line Observation: 100 hours Teacher Training: 140 hours</p>	<p>-This is the FULL COURSE comprising of:-</p> <p>-Mat & Small and Large (Machines) Equipment, which covers all the course info given in 1.1 and 1.2 above</p>	<p><u>2 Annual Intakes, starting dates:</u> 1st Intake date: 8 February 2020; and 2nd Intake date: 10 July 2020 <i>(First 2 Lectures are held on Saturdays & Sundays and thereafter on Friday afternoons; Saturdays & Sundays on a 1 weekend per month basis)</i></p> <p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p><u>Group Fees:</u> R25 000 (Once-off payment) <u>Private Fees:</u> R29 000 (Once-off payment)</p> <p><u>Additional Once-off Fees:</u> (Vat incl.)</p> <p>-Exam Registration fee: R1200 -Online Exercise Library: R350</p> <p>**First Group Intake: Early Bird Specials of 10% discount apply on Once-Off payments received by 13 December 2019**</p> <p>**Second Group Intake: Early Bird Specials of 10% discount apply on Once-Off payments received by 31 May 2020**</p>	<p><u>Group Payment Plan: (On Terms)</u> Course Fee – R26 000 Immediate Deposit of – R6 500; and thereafter: 5 x Monthly Repayments of – R3 900</p> <p><u>Private Payment Plan:</u> Course Fee – R30 000 Immediate Deposit of – R12 000; and thereafter: 3 x Monthly Repayments of – R6 000</p> <p>**Do not let financial restraints withhold you from obtaining a quality education, contact us for assistance**</p>

****Tests are written throughout the course. These tests/assessments do not count towards the final mark and are only done to evaluate progress at various stages during the course. Dates will be confirmed with students.**

****Exam Dates:** Exams are written in April/May and October/November annually – dates will be confirmed closer to the time.

****The pass rate for exams are 70%**

****Exams are made up of a Theoretical exam and 2 Practical Exams**

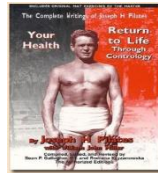
****Exams are evaluated by an Assessor and a Moderator**

Pilates Dynamics Internationally Certified Teacher Training Course
First Course Starts 8 February 2020

Course Dates

A. 100 Hour Mat Section

Module 1 – Anatomy Mat Level 1



First Intake Course Dates 2020:

Saturday 8 February 2020 from 09h00 to 16h00

Sunday 9 February 2020 from 09h00 to 16h00

Second Intake Course Dates 2020:

Saturday 10 July 2020 from 09h00 to 16h00

Sunday 11 July 2020 from 09h00 to 16h00

Module 2 – Mat Level 2 & 3



First Intake Course Dates 2020:

Saturday 29 February 2020 from 09h00 to 16h00

Sunday 01 March 2020 from 09h00 to 16h00

Second Intake Course Dates 2020:

Saturday 01 August 2020 from 09h00 to 16h00

Sunday 02 August 2020 from 09h00 to 16h00

B. 350 Hour Equipment Section

Module 3 – Reformer; Muscle Imbalances & Movement Patterns



First Intake Course Dates 2020:

Friday 27 March 2020 from 13h00 to 17h00

Saturday 28 March 2020 from 09h00 to 15h00

Sunday 29 March 2020 from 09h00 to 15h00

Second Intake Course Dates 2020:

Friday 28 August 2020 from 13h00 to 17h00

Saturday 29 August 2020 from 09h00 to 15h00

Sunday 30 August 2020 from 09h00 to 15h00

Module 4 & 5 – Cadillac & Chair



First Intake Course Dates 2020:

Saturday 18 April 2020 from 09h00 to 15h00/16h00

Sunday 19 April 2020 from 09h00 to 15h00/16h00

Second Intake Course Dates 2020:

Saturday 19 September 2020 from 09h00 to 15h00/16h00

Sunday 20 September 2020 from 09h00 to 15h00/16h00

Module 6; 7; and 8 - Ladder Barrel and ARC Barrels; Pregnancy; and Injuries/Pathologies



First Intake Course Dates 2020:

Saturday 16 May 2020 from 09h00 to 15h00/16h00

Sunday 17 May 2020 from 09h00 to 15h00/16h00

Second Intake Course Dates 2020:

Saturday 17 October 2020 from 09h00 to 15h00/16h00

Sunday 18 October 2020 from 09h00 to 15h00/16h00

TOTAL 450 HOUR COMPREHENSIVE COURSE (Mat & Equipment combined)

- The above hours include tests and exams.
- After each module instruction, students have 60 days in which to complete the required practical, observation and teaching hours.

What is the course recognition and accreditation?

- Our Courses have been allocated CPD points (Continuing Professional Developing point system) by REPSSA, who is the Register of Exercise Professionals in South Africa, which recognizes qualifications and expertise. REPS set an international standard bench-mark and run across the whole of Europe, UK, Australia, New Zealand, Ireland, U.A.E., Canada, Belgium, Poland, USA, and South Africa.
- Pilates Dynamics is affiliated to the Pilates Education Institute in the USA which is a worldwide Pilates Educator with a renowned curriculum utilized in the USA and abroad.
- Our courses are recognized by the Pilates Education Association, which is a 3rd party non-profit organization whose purpose it is to establish quality within the international Pilates community to ensure safety and maintain high standards
- Our Courses are in line with the Pilates Method Alliance (PMA) requirements. This institution is a professional agency that provides 3rd party Pilates Certification testing to establish legitimacy and compatibility with teaching and safety standards established by a range of experts in the international field of Pilates to ensure International Pilates standards.
- Our Courses are accredited by BASA (Biokinetics Association of South Africa.)
Pilates Mat Course - PPB008/B002/2019/00665 Level 2 - 24 CPD
Pilates Equipment course - PPB008/B002/2019/00666 - Level 2 - 30 CPD
Pilates Comprehensive course – PPB008/B002/2020/00678

Our Lecturers:

- We offer an intensive and in-depth course in line with international standards;
- You will be continuously supported throughout your Pilates journey by our very qualified team of Pilates professionals;
- Our Teacher Trainers/Lecturers have been exposed to numerous different styles of Pilates and have many years of training and education experience;
- Our Teacher Trainers/Lecturers hold the following degrees -
 - BA Human Movement Science
 - Personal Training Qualifications
 - Professional Dance and Ballet
 - BA Biokinetics Honours
 - BA Sports Science Honours
 - Diploma Sports Nutrition and Supplementation
 - Diploma Ballroom and Latin American Dance
- Our Teacher Trainers/Lecturers have had exposure both nationally and internationally;
- Our mission is to mentor you towards a successful and rewarding Pilates career; and
- We are here to teach you how to teach, not just what to teach.

What makes us different:

- We are internationally recognised with global affiliations and professional associations;
- The lecturers of the courses have been exposed to numerous styles of Pilates and have many years of training and education experience (both nationally and internationally);
- Our courses are in-depth and intensive and offer an integration of anatomy, injuries and pathologies with recommendations and contra-indications, and exercise goals to ensure an understanding of the work;
- We offer a very comprehensive compilation of exercises;
- We are flexible in terms of finances to enable you to obtain a quality Pilates education;
- We understand that people lead busy lives, therefore it is not always possible to do all the required hours at OUR studio so you can do your hours at OTHER studios and a portion of the hours ONLINE;

- At our studio you will be able to attend group mat and group large equipment classes at no charge for a period of between 3 to 5 months, depending on the course selected, which will count towards your practical hours;
- At our studio, you will be exposed to the integration of a variety of small equipment like: Ballet Barre, TRX, Bosus, Kettlebells, Weights, Balls – big and small, Thera-bands, Foam Rollers, Air Cushions, Arc Barrels, Step Barrels, and Toning Bars, Rotation Discs, to name but a few;

If you are a Discovery Vitality or a Momentum Multiply member, you can earn points for every workout

For information on our International recognition and certification please click on the following link <https://pilatesdynamics.co.za/pilates-teacher-training-courses/#>

Various short courses offered for qualified personal trainers and Pilates Instructors click on this link to take you through to the workshop page. <https://pilatesdynamics.co.za/workshops/>