

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

INTERNATIONALLY RECOGNIZED & CERTIFIED PILATES TEACHER TRAINING COURSES OFFERED:

Course Name & Hours	Course Material	Course Dates	Course Fees (Vat Incl.)
<p>1.1 Pilates Mat & Small Equipment Course</p> <p>Total Course Hours = 100 Hours (inclusive of lecture hours, which is credited)</p> <p><u>Breakdown of Hours:</u> Self-Practice: 20 hours On-line Observation: 20 hours Teacher Training: 30 hours</p> <p>**Lectures can be done on a private (one-on-one) basis</p>	<p>-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>	<p>Next course starts on the 12th of February 2021</p> <p><i>(Lectures are held every second weekend on Fridays & Saturdays, over a period of 4 weeks)</i></p> <p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p><u>Group Fees:</u> R11 850 (Once-off payment) exercise video library included.</p> <p><u>Private Fees:</u> R14 500 (Once-off payment) exercise video library included.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.) -Group Exam Registration fee: R940 - Private exam Registration fees are subject to confirmation</p>
<p>1.2 Pilates Comprehensive Course (A combination of Pilates Mat & Small Equipment AND Pilates Large Equipment)</p> <p>Total Course Hours = 450 Hours (inclusive of lecture hours, which is credited)</p> <p><u>Breakdown of Hours:</u> Self-Practice: 120 hours On-line Observation: 100 hours Teacher Training: 140 hours</p> <p>**Lectures can be done on a private (one-on-one) basis</p>	<p>-This is the FULL COURSE comprising of the Mat & Small Equipment above and the Pilates Large Equipment (Machines);</p> <ul style="list-style-type: none"> • Reformer • Cadillac • Chair • Ladder Barrel • Arc Barrels <p><i>(Basic to Advanced levels)</i></p> <p>-Muscle Imbalances; Pregnancy; Auto-Immune Diseases; Additional Injuries & Pathologies not covered in the Mat program; Teaching & Cueing skills</p>	<p>Next course starts on the 12th of February 2021</p> <p><i>(Lectures are held every second weekend on Fridays & Saturdays, over a period of 6 weeks)</i></p> <p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p><u>Group Fees:</u> R32 000 (Once-off payment) exercise video library included.</p> <p><u>Private Fees:</u> R34 600 (Once-off payment) exercise video library included.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.) -Group Exam Registration fee: R1320 -Private exam Registration fees are subject to confirmation</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 February / June or July / November or December annually (dates to be determined).

**The pass rate for exams is 70%.

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

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

Recognition of prior learning is granted to students wishing to obtain their Comprehensive qualification who are in possession of a Pilates Mat qualification. The cost of converting a Mat Qualification into a Comprehensive Qualification is as follows;

1.3 Comprehensive Conversion Course: (This is the Large Equipment [Pilates Machines] section of the Comprehensive Pilates course – **NB:** a pre-requisite is a Pilates mat qualification under 1.1 above)

<p>Total Course Hours = 350 Hours <i>(inclusive of lecture hours, which is credited)</i> Breakdown of Hours: Self-Practice: 100 hours On-line Observation: 80 hours Teacher Training: 110 hours</p> <p>**Lectures can be done on a private (one-on-one) basis</p>	<p>Pilates Large Equipment (Machines);</p> <ul style="list-style-type: none"> • Reformer • Cadillac • Chair • Ladder Barrel • Arc Barrels <p><i>(Basic to Advanced levels)</i></p> <p>-Muscle Imbalances; Pregnancy; Auto-Immune Diseases; Additional Injuries & Pathologies not covered in the Mat program; Teaching & Cueing Skills</p>	<p>Next course starts on the 9th of April 2021</p> <p><i>(Lectures are held every second weekend on Fridays & Saturdays, over a period of 3 weeks)</i></p> <p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p><u>Group Fees:</u> R18 000 (Once-off payment) exercise video library included. <u>Private Fees:</u> R21 850 (Once-off payment) exercise video library included.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.) -Group Exam Registration fee: R1320 -Private exam Registration fees are subject to confirmation</p>
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****Should you decide to continue with the Comprehensive Conversion Course (Large Equipment Pilates Machines) in the same year that the Certified Mat work Section has been completed, a discount of 10% will apply on the Comprehensive Conversion Course price, together with an additional fee of R1000 for the manuals.**

Course Dates

Pilates Mat & Small Equipment Course (100 Hours)

Anatomy; Mat Level 1 ; 2; and 3; Use of Props; Injuries & Pathologies; Pregnancy; Teaching & Cueing Skills; Program Planning.

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Pilates Comprehensive Course - Includes the Pilates Mat & Small Equipment Course above (450 Hours)

Reformer; Caddilac; Chair; Ladder Barrels; Arc Barrels (Basic to Advanced Levels); Muscle Imbalances & Movement Patters; Additional Injuries & Pathologies to that which is covered in the Pilates Mat Course; Pregnancy; Program Flow, Teaching & Cueing Skills; Program Planning & Examples.



NB:

The Pilates Mat and Small Equipment Teacher Training Course runs in conjunction with the Pilates Comprehensive Teacher Training Course.

Mat & Comprehensive Teacher Training 2021 dates:

Mat & Comprehensive courses

Mat course:

Friday 12 th February	16h00-18h00
Saturday 13 th February	09h00-12h00
Friday 26 th February	16h00-18h00
Saturday 27 th February	09h00-12h00
Friday 5 th March	16h00-18h00
Saturday 6 th March	09h00-12h00
Friday 19 th March	16h00-18h00
Saturday 20 th March	09h00-12h00

Comprehensive and Comprehensive conversion course):

Friday 9 th April	15h00-18h00
Saturday 10 th April	09h00-12h00
Friday 23 rd April	15h00-18h00
Saturday 24 th April	09h00-12h00
Friday 30 th April	15h00-18h00
Saturday 1 st May	09h00-12h00
Friday 7 th May	15h00-18h00
Saturday 8 th May	09h00-12h00
Friday 21 st May	15h00-18h00
Saturday 22 nd May	09h00-12h00
Friday 4 th June	15h00-18h00
Saturday 5 th June	09h00-12h00

NB: The Comprehensive/Comprehensive conversion course starts on the 9th of April 2021.

Mat & Comprehensive Teacher Training Starts 21 July 2021: Dates & Times TBA

The Pilates Comprehensive Course – Includes the Pilates Mat & Small Equipment Course (450 Hours)

Reformer; Caddillac; Chair; Ladder Barrels; Arc Barrels (Basic to Advanced Levels); Muscle Imbalances & Movement Patters; Injuries & Pathologies; Pregnancy; Program Flow, Planning & Examples.



What is the course recognition?

- Our Courses have been allocated 20 CPD points (Continuing Professional Developing point system) by REPSSA, who is the Register of Exercise Professionals in South Africa, which recognizes qualifications and expertise. REPSSA 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 and our Program Director is a member of the PMA.
- Our Courses are endorsed by BASA (Biokinetics Association of South Africa.)
 1. Pilates Mat Course - PPB008/B002/2019/00665 Level 2 – 24 CPD points
 2. Pilates Comprehensive Course – PPB008/B002/2020/00678 – Level 2 – 30 CPD points
 3. Pilates Comprehensive Conversion Course – PPB008/B002/2019/00666 – Level 2 – 30 CPD points

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
 - BHSc Honours Biokinetics
 - Personal Training Qualifications
 - Professional Dance and Ballet
 - BA Sports Science Honours
 - 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; including a full exercise video library.
- 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;
- Students will have access to our studio for practise for a period of 3 to 5 months, depending on the course selected;
- 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 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/>