

INTERNATIONALLY RECOGNIZED & CERTIFIED PILATES TEACHER TRAINING – ONLINE INFO PACK

We offer the following Training: Three (3) Internationally Recognized and Certified Teacher Training Qualifications (Pilates Mat & Small Equipment; Pilates Comprehensive & Pilates Comprehensive Conversion courses); and

- 1) Various Short Courses for Qualified Fitness & Pilates Trainers who are interested in furthering their learning and knowledge

*****Only the Pilates Mat & Small Equipment Course is offered ONLINE*****

(Please refer to our In-Studio Course web page for information about our other Pilates courses)

Course Name & Hours	Course Material	Course Dates	Course Fees (Vat Incl.)
<p>Pilates Mat & Small Equipment Online Course</p> <p>Total Course Hours = 100 Hours <i>(inclusive of lecture hours, which is credited)</i></p> <p><u>Breakdown of Hours:</u> <i>(Total Practical Hours are 70)</i></p> <p>Self-Practice: 20 hours On-line Observation: 20 hours <i>(50% of Observation can be done via Pilates Anytime)</i> Teacher Training: 30 hours</p> <p>**Lectures can be done on a private (one-on-one) basis</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); -Pregnancy; -Program Flow & Program examples; and -Teaching & Cueing Skills 	<p>Next Course starts on 4th March 2022</p> <p>EARLY BIRD DISCOUNT OF 10% WHEN YOU REGISTER & PAY FOR ANY COURSE ON/BEFORE 15th DECEMBER 2021.</p> <p><i>(Lectures are held every second week on Tuesdays & Thursdays, over a period of 4 weeks)</i></p> <p>**Please refer to Course Lecture Dates and Modules further below**</p>	<p>Group Fees: R12680 (Once-off payment) exercise video library and course materials included.</p> <p><u>Payment Plan:</u> R3485 x 4 monthly installments.</p> <p>Private Fees: R15515 (Once-off payment) exercise video library and course materials included.</p> <p><u>Payment Plan:</u> R4265 x 4 monthly installments.</p> <p><u>Additional ONCE-OFF Fees:</u> (Vat incl.)</p> <ul style="list-style-type: none"> -Group Exam Registration fee: R1050 - Private exam Registration fees are subject to confirmation

****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/ July / November 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.**

****The 1st months' installment is due on registration.**

****Courses are limited to a minimum of 4 and a maximum of 10 participants. We reserve the right to cancel or postpone a course should this criteria not be achieved.**

Course Dates

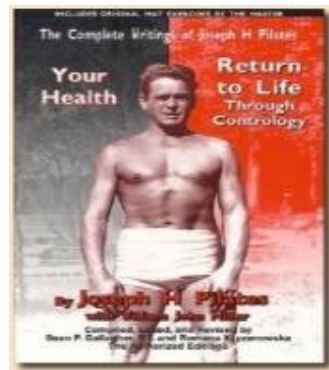
Pilates Mat & Small Equipment Course (100 Hours in total)

Course Material:

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

Notes:

- *The online course follows the same structure and covers the same course material as that of the In-Studio course.*
- *Lectures are presented on the Zoom platform, it is therefore essential that you have good wi-fi connectivity.*
- *Pilates Dynamics offer online mat classes and tutorials.*
- *Practical training hours are recorded via your device (cell phone or laptop) and sent to us via Drop-box or We-transfer, for verification and control purposes.*



**2022 Pilates Mat GROUP Teacher Training
Next ONLINE Course Dates:**

Friday 4 th March	12h00-17h00
Saturday 5 th March	08h00-13h00
Friday 25 th March	12h00-17h00
Saturday 26 th March	08h00-13h00

**2022 Pilates Mat GROUP Teacher Training
Next ONLINE Course Dates: To be confirmed**

**** 2 Additional Practical Tutorial Sessions of 2 hours each will be scheduled on dates to be determined (1 midway during the lectures and 1 at the end of the lecture dates) ****

****Please note that all above courses can also be done on a private (one-on-one) tuition basis, time and availability to be arranged between student and lecturers. Contact our facility for arrangements.****



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

Who are 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, in addition to Pilates Qualifications: –
 - Physiotherapy Degree
 - BA Human Movement Science
 - BHSc Honours Biokinetics
 - Personal Training Qualifications
 - Professional Dance and Ballet
 - BA Sports Science Honours
 - Diploma Ballroom and Latin American Dance
 - Continuous courses and workshops annually to stay at the forefront of the Pilates Industry
- 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;
- Courses include 2 practical tutorials of 2 hours each: 1 midway through the lectures and 1 at the end of the lecture dates.
- We offer a very comprehensive compilation of exercises; including a full exercise video library of exercises in our manual AND pre-recorded Pilates Classes.
- 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 pre-approved studios;
- The Pilates Mat Course is also offered online – using the same in-studio course manual and material – to ensure the same high standards and quality;
- Students will have access to our studio for practise and observation hours 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 attended at our studio.

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/>