



Beginning April
2019

Course Details

This course is designed to equip learners with the skills required for a career as a Pilates mat work teacher. It is accredited by the Pilates Foundation UK. The course will focus on matwork, and applied anatomy. The course offers an optional route to CYQ (YMCA) Level 3 accreditation.

Course Duration

The course will last 13 and months beginning in April, and ending in June 2020 with

VANESSA SMITH MATWORK TEACHER TRAINING COURSE

Page 1

examinations.

The course will be structured over 14 months, during weekend sessions on Friday evenings, Saturdays and Sundays constituting a total of 200 hours of contact time either with the course director, or other visiting tutors. In between contact times the other tutors and the course director will be available for questions and feedback via phone and email.

Students who wish to continue with training to teach equipment based Pilates will be able to do so, the timing for this will be confirmed.

Course fee is inclusive of 2 mat class per week, at Vanessa Smith Pilates. If trainees are from outside the Glasgow area, they are expected to keep up their personal practice with their local teacher.

Course fee does not include Pilates Foundation student membership, student insurance, examination fees, first aid certification, and Pilates classes out with the agreed limit.

Environment

The studio is situated at Vanessa Smith Pilates, 71 Oxford Street, Glasgow.

Admissions Procedure

Admission to the course will be by written application followed by interview of suitable applicants. Applicants will have to prove their experience of at least 25 hours of Pilates classes (not home practice), during the 6 months prior to course commencement. If applicants have no background in movement 50 hours are required.

Applicants should demonstrate a commitment to the course, and home study, and a good level of communication skills.

Prior to starting the course trainees will be required to have current first aid certification.



STUDYING ANATOMY

Participants will be continually assessed through on going essays informal question and answer sessions, written tests, teaching practice, direct feed back, feedback via phone and email.

Course Content

- Principles and Fundamentals of Pilates
- Pilates mat repertoire, classical and evolved
- Pilates using small equipment
- Pilates session objectives and planning
- Human anatomy and Physiology
- Movement analysis
- Teaching methods and skills
- Legal requirements
- Business and management skills
- Required texts and additional resources
- Final assessment

Theory/practical lectures

- Back injuries and problems
- Ante and post natal
- Limb injuries and problems
- Common conditions (arthritis, osteoporosis for example)
- Injury prevention
- Referral
- First Aid

Hours of assisted teaching and study

| | |
|--|-----------|
| Lectures | 200 hours |
| Practical hours (in the form of classes) | 100 hours |
| Observing and assisting matwork | 50 hours |
| Home study/practical revision | 200 hours |
| Case studies | 45 hours |

Written work and Examination

Hours of class participation, observation and assistance will be logged in books provided.

1 case study

Practical and written exam

Supervision and guidance will be given with written work

Course Fee

£3200 to be paid by instalment. A non refundable deposit of £200 to be paid by 28 February 2019.

Course fees exclude:

- Current Pilates Foundation Trainee membership (£126 at the time of writing) and final examination fees (£250 at the time of writing).
- First aid certification fees.
- Student insurance (£22 per year at the time of writing, required throughout training).
- Required books and resources.



LESSON PLANNING AT THE STUDIO

