

Level 3 Diploma in Teaching Mat Pilates
At the Pilates Place
2018/19

Every year Pilates Place trains high quality Pilates teachers through its Level 3 Diploma course, accredited by YMCA Awards, with our small classes we offer an extremely low student-teacher ratio, so our trainees are assured of a great deal of personal attention and guidance.

Course aims

You will develop a broad understanding of Pilates and gain the skills and confidence to devise and teach your own Pilates mat classes. You will be eligible to join our exclusive Pilates Place Associates scheme to receive support in establishing your Pilates teaching business.

Course overview

- Exercise and fitness knowledge, including bones, joints, muscles, components of fitness, and models of behaviour change
- Aspects of health and safety in a fitness environment
- The fundamentals of Pilates
- Original Pilates exercises, adaptations, and modifications
- Programme and deliver a Pilates class
- Health, safety, and welfare in the fitness environment
- Principles of exercise and health
- How to support clients who take part in exercise and physical activity
- Client profiles and exercise programme progression

Practical information

Qualification name	Level 3 Diploma in Teaching Pilates (QCF)
Awarding body	YMCA Awards
REPs	Entry to REPs at level 3/ 20 CPD points

This course is made up of a combination of practical and theory sessions, adding up to a total of 210 guided learning hours. This course can be completed digitally or in written format.

Fees

£1,000 - Total cost includes course manuals and textbooks.

Theory paper examinations and one resit.

10% discount available for all up front payments.

Instalment plan

Please speak to us to arrange paying by instalments. NB. £150 deposit due upon booking. Instalment dates by arrangement.

Optional extras

First Aid: £140

Level 2 Anatomy & Physiology: £250 and theory paper examination

Level 3 Anatomy and Physiology e-learning programme: £60

Entry Requirements

- Level 2 certificate in Anatomy and Physiology. *This can be completed before you begin the Diploma course.
- Knowledge and experience of Pilates.

*If you already hold a Level 3 Anatomy and Physiology certificate or equivalent that is less than three years old, this may count towards completion of part of this course. Please enquire with us on 01608 666 999 to see if this applies to you.

Diploma Course 2018/19

Sat 22 September 1-4pm

Sun 23 September 10-1pm

Sat 6 October 1-5pm

Sat 20 October 1-5pm

Sat 10 Nov 1-5pm

Sat 8 December 1-5pm

Sat 12 January 2019 1-5pm

Sat 19 January 2019

Sat 26 January 2019

Practical workshop

Theory workshop

Practical and theory workshop

Practical and theory workshop

Practical and theory workshop

Practical and theory workshop

Practical and theory workshop

Practical Assessment

Theory Papers

Venue Pilates Place 2, Packwood House, Packwood court, Guild Street, Stratford upon Avon , CV37 6RP

Teaching Practice

You will be required to complete 25 teaching assisting hours, with a qualified Level 3 Pilates Instructor at the Pilates Place.

Course Outcomes

Upon successful completion of this course you will gain an internationally recognised YMCA qualification which recognises the skills, knowledge, and competence required to teach mat Pilates. You will be able to work in an unsupervised capacity to plan, teach, and evaluate the safety and effectiveness of Mat Pilates lessons.

Enrol with us today!

Enquiries: 01608 666 999
pilatesplace@btconnect.com