

# BRIDGE COURSE APPLICATION

## Dip. bridge 10567NAT DIPLOMA OF PILATES MOVEMENT THERAPY

APMA Education & Training  
Registered Training Organisation (RTO) for the APMA



AUSTRALIAN  
PILATES METHOD  
ASSOCIATION  
EDUCATION & TRAINING

Dear Applicant,

Thank you for your interest in our Dip. bridge 10567NAT Diploma of Pilates Movement Therapy that will fast track you to our exciting qualification

### THE CLEAR CHOICE

The APMA developed this government-recognised Diploma using its well-regarded **Level Two Pilates Instructor Course** (1999 to today) as a template. The result is a product of many years of debate, study and practice from several highly respected voices in the profession, making it the most comprehensive and balanced course in the marketplace.

## UNITS OF COMPETENCY

### 10567NAT DIPLOMA OF PILATES MOVEMENT THERAPY

#### LEVEL 2 RPL EQUIVALENT:

APMAEXS501A	Apply a broad knowledge of exercise science, planning and programming to Pilates Movement Therapy
APMAMUS501B	Plan and deliver Pilates Movement Therapy for equivalent clients with musculoskeletal needs
APMAFLR503A	Design and instruct a Pilates Movement. Therapy floor-work session
APMAEQU504A	Design and instruct Pilates Movement. Therapy using equipment
APMAPOS505A	Undertake postural appraisal of low risk clients for Pilates Movement Therapy
HLTAP401A	Confirm physical health status
HLTCOM406B	Make referrals to other health care professionals when appropriate
HLTCOM404B	Communicate effectively with clients
HLTAP501A	Analyse health information
HLTCOM502B	Develop professional expertise



#### FURTHER READING/RESEARCH & ASSESSMENT REQUIRED:

HLTOHS300A	Contribute to OHS processes
HLTPOP402B	Assess readiness for and effect behavioural change
TAADEL401B	Plan and organise group based delivery

## AUTO ENTRY FOR APMA LEVEL TWO GRADUATES

As a graduate of the APMA's Level Two Course, you are afforded automatic entry to the Bridging Course through the RPL (Recognition of Prior Learning) process. The Bridging Course will provide what is necessary to complete the missing units of competency for the Diploma. This is the fastest and most cost-effective pathway to receive the Diploma qualification.

**All students enrolled in the APMA Level 2 Course after the 30th June 2016 will not be eligible to the auto entry process, until such a time, that the student is granted an APMA Level 3 Professional Practitioner Membership. For further information on Membership criteria, please contact the administration.**

## GAP UNITS TO BE COVERED

As listed on page 1, during the Bridging course, the following Units of Competency will be delivered full or in part and/or assessed to meet Diploma requirements:

**TAADEL401B** Plan and organise group based delivery

**HLTPOP402B** Assess readiness for and effect behavioural change

**HLTOHS300A** Contribute to OHS/WHS processes

## DELIVERY METHODS

### HOME-BASED DELIVERY & ASSESSMENT METHOD

Once you have successfully applied, enrolled and paid the appropriate fees, you will receive a Learner Guide and Assessment Booklet. You are required to become familiar with the material, complete the relevant written tasks, as well as a short practical Assessment of your ability to teach a group-based Pilates class. Please return all completed tasks, video recordings and assessments to your Course Deliverer for marking.

During your home-based delivery you are invited to communication with your Course Deliverer as necessary. This can include email, phone, Skype or the need for face-face contact.

*Anticipated time to complete: 14 hours*

## PAYMENT SCHEDULE

Student Administration Fee	\$300	Paid on application (non refundable)
1st Payment (Deposit)	\$1,000	Paid on enrolment
Final Payment	\$800	Paid 30 days after application

## PERSONAL DETAILS

Application Date

Home Phone

Name

Mobile

Mailing Address

City

I would like to receive my Learner Materials package by:

State

Postcode

Hard copy (land mail)

Email

Digital (email)

## PRE-REQUISITES ATTACHMENT CHECKLIST

Indicate you have completed requirements and attach copies of all documents to this application

### SUPPORTING DOCUMENTATION

APMA Level 2 (prev. Level 1) Course Completion

- Copy of Certificate of Completion
- Date completed and total course duration

### FEES

Application and enrolment fee \$1300.

Remaining balance due  
30 days from enrolment

## PAYMENT OPTIONS

**EFT**



(Pay Electronically)

**Account Name:** APMA  
**BSB:** 633-000  
**Account Number:** 156 490 898  
**Bank:** Bendigo Bank

Note name and 'DIPLOMA' on reference & attach payment receipt.

**CREDIT CARD**



Please note that a 1.5% surcharge is applicable to all credit card transactions

Name on card:

Tick Card Type: Mastercard    Visa

Card Number:

Expiry Date:                    /                    Security Code:

**CHEQUE**



**Make Payable to:** Australian Pilates Method Association Inc

Cardholders Signature: \_\_\_\_\_

### FOR OFFICE USE ONLY

Date Application Received:

Date Approved:

Approved