



Body Organics® Education

In association with the Australian Pilates Method Association (RTO Code 40805)

Diploma in Pilates Movement Therapy 10567NAT

Brisbane 2017



Diploma in Pilates Movement Therapy 10567NAT

What is it?

This government-accredited qualification prepares students to work with low-to-medium risk clients in a one-on-one studio (equipment-based) or group setting. The course is designed to teach the theoretical and historical basis of the Pilates Method and prepare students to work safely and professionally with confidence.

The aim is for students to become proficient at teaching a variety of traditional and contemporary interpretations of the Pilates Method repertoire, with an understanding of the methodology necessary to modify it for use by clientele with a wide variety of pathologies, conditions and specific needs.

Why a Diploma?

A Diploma standard is necessary for those people wanting to work in a professional environment, as it shows that you have reached a standard of knowledge and competency as reviewed by an independent organization.

The Diploma means you will be accepted by a professional organization and will give you the confidence that you have the correct foundations for your career as a movement educator.

A Diploma is part of a nationally accredited qualification and can be considered a basis for students wanting to go onto complete Advanced Diploma qualifications and possibly Bachelor Degrees.

Diploma's are recognized for study and work commitments for Department of Education and Department of Immigration. Students need to check with their various Departments about the necessary processes for compliance.

Why Body Organics?

We focus on limited student intakes per course so that each student obtains supervised practical sessions to build their confidence and understanding of how to teach and work with clients. Our multidisciplinary approach exposes students to a variety of professionals (from Physiotherapists, Exercise Scientists, Osteopaths, Podiatrists and Occupational Therapists) to enhance their learning experience and understanding.

Our students are able to access specially written workbooks and podcast materials in order to facilitate their understanding of anatomy and pathologies that are seen in a pilates practice. Our students are able to undertake their supervised placement hours and mentoring in our studios at no extra charge.

Our Education Director has been involved with pilates since 1993, and her extensive experience of the Pilates Method as a mind body discipline has provided our course delivery with depth and subtlety. Our multidisciplinary practice provides students with a wealth of knowledge.

Our focus is on encouraging students to embody the pilates movement principles so that they undertake the journey to strength that their clients will achieve. Through the experience of the work we seek to ensure that our graduates can teach and facilitate the pilates method in their clients. Students receive heavily discounted supervised studio classes throughout their course to enable them to understand the stages of progression of the various exercises and pilates principals.

We want you to master the basics and understand the concepts that make up the complex movement patterns of the traditional pilates repertoire. Giving you the foundations to teach movement and change movement patterns in your clients so that you understand why and when you teach.

What if I don't live in Brisbane?

For those students undertaking the study from areas outside of Brisbane, we provide intensive blocks so that you only have to travel a few times for the course, and receive additional tutorial and assistance during the intensives.

Podcasts and webinars will also be provided to facilitate long distance learning.

What is involved?

Units of Competency

10567NAT DIPLOMA OF PILATES MOVEMENT THERAPY (Dip PMT)

PILEXS501A	Apply a broad knowledge of exercise science, planning and programming to Pilates Movement Therapy
PILMUS502A	Plan and deliver Pilates Movement Therapy for clients with musculoskeletal needs
PILFLR503A	Design and instruct a Pilates Movement Therapy floorwork session
PILEQU504A	Design and instruct Pilates Movement Therapy using equipment
PILPOS505A	Undertake postural appraisal of low risk clients for Pilates Movement Therapy
HLTWHS300A	Contribute to WHS processes
HLTPOP402B	Assess readiness for and effect behaviour change
HLTAP401B	Confirm physical health status
HLTCOM406C	Make referrals to other health care professionals when appropriate
HLTCOM404C	Communicate effectively with clients
TAEDEL401A	Plan, organise and deliver group based learning
HLTAP501C	Analyse health information
HLTCOM502C	Develop professional expertise



Students will be required to attend

Module	Topic	Date
One	Introduction to anatomy and exercise physiology	21–24 July 2017
	Introduction to mat class and principles of pre-pilates	
	History and principles of pilates	
	The 'core', what it is and how to assess	
	Introduction to pilates equipment	
Two	Anatomy of the feet	11–13 August
	Exercises and application mat and equipment repertoire given feet types and pathologies	
	Anatomy of the knee	
	Exercises and application mat and equipment repertoire given knee types and pathologies	
	A review of assessment of the knee and feet	
	Anatomy of the psoas and sacrum	
	Anatomy of the pelvis and femur	
	Gait assessment	
	Exercises and application mat and equipment repertoire for the pelvis, sacrum and femur types and pathologies	
Three	Anatomy of the shoulder	1–4 September
	Anatomy of the hand	
	Anatomy of the neck and jaw	
	Exercises and application mat and equipment repertoire for neck jaw shoulder, elbow and hand types and pathologies	
Four	Cueing and programming	7–11 December
	Postural assessment and programming	
	Client assessments	
	Occupational health and safety	
	Pregnancy and postnatal clients	
Five	Introduction to physiology and medications	Tutorials
	Working with cancer and autoimmune conditions	
	Practice teaching and assessments	



Students will be required to attend (cont.)

- // Theoretical and practical content modules, delivered in four blocks with each block being approximately 32 hours (see above)
- // Tutorials, either by distance learning or face to face (amount of hours will vary depending on student requirement, but approximately 1,5 hours weekly or 3 hours fortnightly over seven months)
- // 30 hours observation (minimum four teacher and no more than four hours in any one studio)
- // 200 hours supervised practice placement (attained in an equipment-based Pilates studio with minimum 50% completed with APMA level 2 or above member)
- // 150 hours of supervised personal Pilates practice (provided at Body Organics at a discounted rate of 60 per cent less than the normal casual class price. The cost of these sessions are in addition to the course fees.)

Fees for the course

It is APMA Education and Training's policy is that the course fee will be all-inclusive.

Candidates will not be required to pay any additional and unexpected fees or expenses. The current inclusions are:

- // All tuition
- // Support and coaching
- // Specified text books (booklist will be in provided in Candidate Handbook)
- // Usage of classrooms and facilities.

Where additional resources normally associated with a program of study are required (reference material, research documents, own computer for example), the candidate will be clearly advised of exactly what is required in the candidate study guide for that program.

Course fees are:

- // 10567NAT Diploma of Pilates Movement Therapy — \$8200 (GST exempt)
- // Administration fee — \$300

Schedule of Fees – Diploma 10567NAT

Student administration enrolment fee (non-refundable)	\$300	Paid on enrolment
1st payment (deposit)	\$1000	
2nd payment	\$1500	Paid on course commencement
3rd payment	\$1500	Paid 60 days from date of course commencement
4th payment	\$1500	Paid 60 days from last payment
5th payment	\$1500	Paid 60 days from last payment
Final payment	\$1200	Paid 60 days from last payment
Unit of competency	\$ 600	Paid 30 days for commencement of unit
Re-assessment fee	\$150	per assessment
Recognition of prior learning	\$600	per unit

- // Pilates sessions are offered at a student discount rate.
- // The first 50 studio and mat classes (75hrs of Personal Prac) at \$20 per hour. This is a substantial discount on our rates and the students will take these classes on the condition that they are not in peak times where full paying clients are wanting those times, e.g., 6 – 8 a.m., 6 – 8 p.m. weekdays, 7 – 9 a.m. Saturdays.
- // The next 50 studio classes (75hrs of Personal Prac) at \$30 per hour. This is a substantial discount on our rates and the students will take these classes on the conditions that they are not in peak times where full paying clients are wanting those times, e.g., 6 – 8 a.m., 6 – 8 p.m. weekdays, 7 – 9 a.m. Saturdays.
- // There are no fees for observation hours or for supervised practice placement hours, which are available at any of our three studios.

The course fee is paid directly to the APMA RTO, and the details are in the attached application form.



Body Organics® Education

Body Organics supports the ongoing education and professional development of teachers and practitioners in our industry. We provide and host a range of courses and workshops, from fully accredited training courses in pilates and Gyrotonic® to weekend workshops for allied health practitioners.

www.bodyorganics.com.au/education

Who is Body Organics®?

Body Organics was established in 2002 and has evolved into one of Brisbane's best multidisciplinary health care practices. Under the umbrella of Body Organics we bring together a broad range of highly skilled and experienced health professionals, from pilates teachers, physiotherapists, osteopaths and podiatrists to dietitians, nutritionists and paediatric specialists.

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