



# Polestar Pilates Australia

## Diploma of Professional Pilates Instruction (91491NSW)

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### QUALIFICATION NAME

The Diploma of Professional Pilates Instruction

### COURSE DURATION

Nominal duration of the Diploma of Professional Pilates Instruction is 620 hours

### QUALIFICATION LEVEL

The outcome of the Diploma of Professional Pilates Instruction is as a **Pilates Studio Instructor** of the highest calibre. Graduates will be well versed in the science of human movement as well as adaptations to given situations and have the creativity to apply solutions in a range of circumstances according to the needs of each individual. They will be able to teach comprehensive Pilates work on all apparatus to a variety of clients with program design and exercise sequencing techniques and practice. Graduates will be able to take up employment in the Pilates industry in Pilates Studios, Health centres, Fitness centres, Community centres and Allied Health centres.

A **Pilates Studio Instructor** is an Pilates Studio industry Level One teacher working within the Pilates specialist environment, instructing apparently healthy to low risk clients in the full scope of the Pilates method work for general conditioning, postural assessment and correction, rehabilitation, and specific training for apparently healthy or low risk clients in private to small group situations and in co-ordination with Allied Health network personnel.

Role/Function:	Pilates Studio Instructor
AQF Level:	Level 5 (Diploma)
Industry Association (Peak Body):	Leve1 1 Membership

The **Diploma of Professional Pilates Instruction** is seen as entry level into the Pilates Studio industry (Pilates specialist) and is designed to reflect the role of those who can work autonomously within the defined range, and under limited supervision. This qualification is designed to reflect the role of Pilates Instructors who operate in a professional and specialised environment (Studio AND Matwork) and work with low risk client groups. It offers a broad range of contexts that are varied and non-routine. Leadership and guidance are involved when organising activities of self and others, as well as contribution to technical solutions.

Likely functions within the Pilates industry for those who have this level of competency include working with clients (eg Pilates Instructor), and working within clearly defined contexts (Pilates or allied health environment or similar).

At the end of the Diploma course, graduates will be able to find employment as fully trained Pilates Instructors in the following areas:

- Pilates studios
- Gymnasium with Pilates Studios
- Gymsnasiums with Pilates group fitness equipment
- Health spas
- Allied Health centres/Clinics
- Sports conditioning (Comprehensive)
- Dance conditioning (Comprehensive)
- Corporate Health
- Community Centres

## COURSE STRUCTURE

The following table outlines the units of competency that make up the Diploma of Professional Pilates Instruction. This course contains only Core units and it is a combination of units from the Complementary and Alternative Health Care disciplines of the Health Training Package as well specific Pilates unit. Please note that the Polestar Pilates unit names are also listed for ease of cross reference in the right column.

UNIT CODE	UNIT OF COMPETENCY	POLESTAR EQUIVALENT
PIPOST01	Plan and instruct Pilates method programming for postural assessment and correction	PP – Polestar Principles of Movement. OH&S – Occupational Health & Safety M1 – Matwork Level 1 M2 – Matwork Level 2 M3 – Matwork – small apparatus
HLTOHS300A	Contribute to OHS processes	
PIMAT01	Plan and instruct a Pilates Matwork class from foundation to basic level.	
PIMAT02	Plan and instruct a progressive Pilates Matwork class.	
PIMAT03	Plan and instruct an intermediate Pilates Matwork class.	
PISMAIL01	Instruct the Pilates studio basic to intermediate Small Apparatus repertoire.	
Exit with <b>CERTIFICATE IV IN PILATES MATWORK</b>		
HLTHIR301A	Communicate and work effectively in the health industry	Polestar Bridging Modules for Diploma
HLTCOM404B	Communicate effectively with clients	
HLTCOM406B	Make referrals to other health care professional when appropriate	
HLTCOM408B	Use specific health terminology to communicate effectively	
PIINDUS01	Work within a Pilates Industry framework	
PIEQUIP01	Use and maintain core Pilates Industry equipment and apparatus	Polestar Rehabilitative Series (R1, R2, R3, R4, R5, R6)  OR Polestar Studio Series (S1, S2, S3, S4, S5, S6)
PIREF01	Instruct the Pilates studio introductory to basic Reformer repertoire	
PIREF02	Instruct the Pilates studio progressive Reformer repertoire	
PIREF03	Instruct the Pilates studio intermediate Reformer repertoire	
PICAD01	Instruct the Pilates studio introductory to basic Trapeze Table repertoire	
PICAD02	Instruct the Pilates studio progressive to intermediate Trapeze Table repertoire	
PIBAR01	Instruct the Pilates studio progressive to intermediate Barrels repertoire	
PIWCH01	Instruct the Pilates studio progressive to intermediate Wunda Chair repertoire	
PIPROG01	Undertake exercise planning and programming for a Pilates studio in a variety of situations	
PISPEC01	Provide exercise for Pilates clients with special conditions	
Graduate with <b>DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION</b> Eligible for entry into the Advanced Diploma of the Pilates Method		

## COURSE PRE-REQUISITES

Minimum requirements for entry into this course are:

- Attainment of HSC or equivalent
- 30 hours of personal Pilates practice - either private or group classes (*to be completed preferably with a Polestar certified practitioner prior to course commencement*)
- Successfully completed HLTAP301A – Recognise healthy body systems in a health care context (or equivalent) attained through a recognised complementary health care college or RTO. This equates to one semester of basic anatomy/physiology or equivalent.

This course does not contain limitations on access and equity, however it reserves the right to refuse an application if there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the necessary requirements of Pilates training practice.

## COURSE ASSESSMENT

Certification requirements include: attending all of the course hours, completing reading and writing assignments and short quizzes, as well as specified number of observation, self-mastery, and assistant teaching hours as shown below. To track your hours and progress, a log book will be issued at the start of your course. Certification is granted upon successful completion of the log-book, and an 80% pass mark on each section (both Theory and Practical) of the final exam.

The delivery modes are made up of nominal (approximate) hours and are broken down as follows. These hours are aligned with The Pilates Alliance criteria for educational bodies.

	Lectures	Observation	Practice (Self-Mastery)	Apprentice Teaching
Studio/Rehab	130	70	100	100
Bridging	20			
Mat	70	30	50	50
Total	220	100	150	150

**Lectures:** Lecture hours include formal lecture/workshop face-to-face delivery, practical and written assessments and mandatory tutorial hours.

**Observation:** Observation is where the student observes a studio in action, and has their hours signed off by a certified practitioner (preferably Polestar qualified).

**Self-Mastery (and Self-Directed):** Participants practice the exercises learnt in the curriculum so as to master the repertoire. Self-mastery practice hours encompass self-study and self-mastery components both practical and theory. Students will have access to the training studio at specified hours to practice in small groups or by themselves. [It should be noted that the practical self-mastery hours may be a combination of matwork and studio sessions and are at an additional cost (usually student rate).] Self-mastery hours should make up at least 70% of total hours, with 30% being self-directed.

**Apprentice Teaching:** After you have completed your observation and have attained self mastery of the exercises, you will be expected to assist a senior instructor or Pilates practitioner (preferably Polestar qualified) within a Pilates Studio workplace in order to gain practical experience.

Individual needs can be catered to during assessment where possible, including:

- Adaptation for any injury/physical limitations
- Literacy or numeracy difficulties
- Oral assessment in place of written
- Use of larger print or another language if available
- Religious/traditional beliefs
- Allowance for medical conditions and medication

## RECOGNITION OF PRIOR LEARNING (RPL) AND DIRECT CREDIT (DC)

Polestar Pilates Australia has a policy that recognises the skills and knowledge that a candidate has gained via other forms of study, formal training, self-tuition, work experience or life experience. Polestar Pilates Australia will formally recognise a candidate's existing level of skill and knowledge in the following two ways:

- Recognition of prior learning (RPL)
- Credit transfer (DC)

If you wish to apply for RPL or DC, please contact Polestar Pilates Australia to request an application form during the registration process. You will be required to show evidence of your qualification/statement of attainment/training/experience when applying.

*Note: Polestar Pilates Australia will only consider applications for RPL or DC within four weeks of the course commencement.*

## TEXT BOOKS

As part of the training students will be required to purchase the following course textbooks (additional to course fees):

- *Anatomy of Movement*, Blandine Calais-Germain: Eastland Press 1993
- *The Complete Writings of Joseph H Pilates (Return To Life & Your Health)*, Joseph Pilates: Bain Bridge Books
- *Dynamic Alignment Through Imagery*, Eric Franklin: Human Kinetics 1996
- *Energy Medicine, The Scientific Basis*, James L. Oschman: Churchill Livingstone, 2000 Chapters 1-4, 15
- *Motor Control: Theory and Practical Applications*, Anne Shumway-Cook, PhD: (Chapter 1 and 2)

Polestar has copies of these books, which can be ordered through our head office in Sydney.




## COURSE RECOGNITION



The Pilates Alliance has in place a membership structure to allow for reference of training and experience as well as a hierarchy system for achievement within the industry, and as part of membership requirements, a compulsory CEC's program to ensure currency and continued professional development.

The Diploma of Professional Pilates Instruction will continue to align with expectations set down by the PAA and therefore retain the recognition of the PAA at the relevant membership level.

AQF Level	Pilates Alliance recognition	Malpractice/ Professional Indemnity/ Insurance	Eligible for Health Fund** Provider number	Able to lead a Pilates practice /studio
	Enrolled as a student in a recognised training program Student membership	No	No	No
<b>Certificate IV in Pilates Matwork Instruction</b>	Matwork Membership Minimum 120 hours	Yes	No	No
<b>Diploma of Professional Pilates Instruction</b>	Full membership Level 1	Yes	Yes	No
<b>Advanced Diploma of the Pilates Method</b>	Full membership Level 2	Yes	Yes	Yes

The following table outlines the various organisations/associations that recognise Polestar Pilates Certification.

Australian Accreditations	
<b>PAA –Pilates Alliance Australasian</b> Administration Ph: 02. 9969-5130 <a href="http://www.pilatesalliance.net">www.pilatesalliance.net</a> Email: <a href="mailto:admin@pilatesalliance.net">admin@pilatesalliance.net</a>	
<b>APMA – Australian Pilates Method Association</b> Administration Ph: 03. 9440-8499 <a href="http://www.australianpilates.asn.au">www.australianpilates.asn.au</a> Email: <a href="mailto:apmapilates@optusnet.com.au">apmapilates@optusnet.com.au</a> Polestar certified Studio/Rehab Pilates instructors can become full members of the APMA after completing the APMA exam and case study.	
<b>Fitness Australia</b> Polestar Principles (PF) – 10 CECs Studio Series (S1-S6) – 15 CECs Allegro Series (A1-A3) – 15 CECs Mat Series (M1-M3) – 15 CECs	

USA Accreditations	
<p><b>Pilates Method Alliance (PMA)</b>  Polestar Education supports the national Pilates certification examination established in 2005 through the Pilates Method Alliance (PMA), which will standardize the quality of Pilates practice. As a result, in the United States, Polestar will grant a diploma to students meeting graduation requirements. Polestar graduates will be eligible to sit for the national certification exam through the PMA. For details on the PMA's certification exam please visit <a href="http://www.pilatesmethodalliance.org">www.pilatesmethodalliance.org</a>.</p>	
<p><b>NATA Board of Certification</b>  Polestar Principles (PF) – 13.75 CEUs  Studio Series (S1-S6) – 14.5 CEUs  Allegro Series (A1-A3) – 14 CEUs  Mat Series (M1-M3) – 13.5 CEUs  Rehabilitation Principles (PR) – 13.75 CEUs  Rehab Series (R1-R6) – 14.25 CEUs</p>	

## COURSE PRICING & SCHEDULE

Go to our website for full pricing details. [www.polestarpilates.com.au/prices.php](http://www.polestarpilates.com.au/prices.php)

Go to our website for the current course dates in each city. [www.polestarpilates.com.au/course\\_dates.php](http://www.polestarpilates.com.au/course_dates.php)

## COURSE REGISTRATION

All registrations are processed on-line and require a valid email address. If you do not have an email address, please call our head office to register (02) 9977 1536. Your registration will be pending until payment is processed. Allow 2-5 business days for your registration to be processed (if paying by cheque, that is after cheque is received). Once registered, you will be able to view your registration details on-line.

Please go to our website to read our full registration policies. [www.polestarpilates.com.au/registration.php](http://www.polestarpilates.com.au/registration.php)

## STAFF COMPETENCIES

Educators with Polestar Pilates Australia are of the highest calibre in the world, holding either a relevant Degree such as Physiotherapy, Osteopathy, or the like. Educators must have at least 5 years teaching experience and go through a dedicated process of mentoring and assisting students before they can become an Educator.

All Educators with Polestar Pilates Australia are required to obtain the following:

- Certificate IV in Pilates Instruction, or higher.
- Certificate IV in Training and Assessment Training Package (TAA04) or equivalent as outlined in the 'AQTF 2007 Users Guide to the Essential Standards for Registration'.
- Current membership of relevant professional/industry association (e.g. Pilates Alliance Australasia)
- Maintain professional development credits, insurance and first aid training.
- Attend annual Educator in-house training and any international conference with Polestar Pilates international. Induction program to be cognisant of AQTF standards and the responsibilities and expectations of teaching in the VET system and its relationship to the Pilates education programs.

It is also recommended that staff have associated learning experience/skills/qualifications such as: dance, sports science, physiotherapy.

# POLESTAR UNIT DESCRIPTIONS

## STUDIO SERIES

The Polestar Pilates Studio Certification course is a comprehensive program providing Fitness Leaders and Pilates enthusiasts in-depth training to become a Pilates Studio teacher. Each student will receive comprehensive didactic and theoretical review and practical training using a clinical reasoning approach. Students will receive instruction in teaching techniques, Pilates exercise benefits, self mastery and practice. The Polestar Pilates didactic curriculum has earned the reputation world wide as the most scientifically based Pilates curriculum available, taking Pilates education to a new pinnacle, consisting of formal lecture, reading assignments, research literature review, and writing assignments. Polestar Education is best known for it's "critical thinking" model and original design of the Polestar Fitness Screening, Polestar Health Model and use of problem solving rehabilitation assessment tools.

The Polestar Pilates Studio Series consists of 7 two day courses as follows: The courses must be taken in the following order: **PP, S1, S2, S3, S4, S5, S6.**

### **PP - Polestar Pilates Principles of Movement** (2-days, 16 hours)

This non-apparatus course introduces current research in movement science, motor learning, bioenergetics, and communication science to instructional practice through six basic movement principles which are used throughout the Polestar Pilates curriculum. Tactile, verbal and imagery cues are integrated with the Pilates exercises. This course introduces Polestar Pilates Screening™, which includes postural evaluation and functional testing, to prepare you to properly design a plan to implement Pilates exercises for clients. This unique component significantly enhances decision-making skills as a Pilates practitioner.

*For those participants undertaking more than one series, it is only required to complete PP once.*

### **S1 to S6** (12 days (6 x 2 day courses))

After the Pilates Principles course (PP), the Pilates Studio program continues with six course modules scheduled approximately one month apart. The time between courses allows you to practice and become comfortable with the material before continuing to the next course. Each course is two days, usually Saturday and Sunday. For certification, you will be required to complete at your own expense, the required reading and writing assignments, as well as hours of observation, self mastery practice and apprentice teaching.

These courses review the postural screening methodology and the six principles learned in PP, then applies them to exercises on the Studio Reformer, Trapeze Table, Chair, Ladder Barrel, Mat and small props. You will learn:

- Verbal and tactile cueing combined with mental imagery to facilitate accurate execution of the movements
- Program design and exercise sequencing
- Practical application of the repertoire through use of case studies
- Exercise modifications for a variety of populations



## REHABILITATIVE SERIES

The Polestar Pilates Rehabilitation program provides a unique environment for licensed and certified rehabilitation professionals to receive in-depth instruction in Pilates rehabilitation principles, teaching techniques, self-mastery and practice. Each student will receive comprehensive didactic and theoretical review and practical training using a clinical reasoning approach. The Polestar Pilates didactic curriculum has earned the reputation world wide as the most scientifically based Pilates curriculum available, taking Pilates education to a new pinnacle, consisting of formal lecture, reading assignments, research literature review, and writing assignments. Polestar Education is best known for it's "critical thinking" model and original design of the Polestar Fitness Screening, Polestar Health Model and use of problem solving rehabilitation assessment tools.

The Polestar Pilates Rehabilitation Series consists of 7 two day courses as follows: The courses must be taken in the following order: **PP, R1, R2, R3, R4, R5, R6.**

### **PP - Polestar Pilates Principles of Movement** (2-days, 16 hours)

This non-apparatus course introduces current research in movement science, motor learning, bioenergetics, and communication science to instructional practice through six basic movement principles which will be used throughout the rehabilitation series. You will integrate critical reasoning skills with these principles to facilitate movement assessment and intervention within the Pilates environment.

*For those participants undertaking more than one series, it is only required to complete PP once.*

### **R1 to R6** (12 days (6 x 2 day courses))

After the Pilates Principles for movement course (PP), the Pilates for Rehabilitation program continues with six course modules scheduled approximately one month apart. The time between courses allows you to practice and become comfortable with the material before continuing to the next course. Each course is two days, usually Saturday and Sunday. For certification, you will be required to complete at your own expense, the required reading and writing assignments, as well as hours of observation, self mastery practice and apprentice teaching.

You will learn the practical skills needed to become proficient with the assessment techniques, movement sequences and the application of principles learned in PP. The movement selections focus on early intervention and beginning through intermediate exercises on Pilates equipment, including Trapeze Table, Reformer, Chair, Ladder Barrel, mat and small props. Additionally, you will learn:

- Cueing and movement facilitation
- Adjustment of equipment for patient safety and instructor efficiency
- Movement sequences for treatment of specific lesions
- Progression of movement following an injury
- Indications and contraindications for exercise selection
- Integration of manual mobilization skills and Pilates movement (appropriate to your scope of practice)
- To create treatment plans through use of case studies



## MAT SERIES

The Mat Series is comprised of four two-day courses.

The courses must be taken in the following order: **PP, M1, M2, M3.**

*For those participants undertaking more than one series, it is only required to complete PP once.*

### **M1 to M3** (three 2-day courses of 16 hours per course)

Polestar Pilates Mat program provides instruction in Pilates principles, techniques and practice with emphasis on group dynamics for the Pilates Mat. After the Pilates Principles of Movement course (PP), the Pilates Mat program continues with three 2-day courses scheduled approximately one month apart. The time between courses allows you to practice and become comfortable with the material before continuing to the next course.

The principles learned in PP will be applied throughout the three courses and you will learn the following:

- Mat exercises for beginning through advanced levels
- Dynamics of group training
- Program design and exercise sequencing
- Advanced cueing skills
- Exercise modifications for a variety of populations
- Use of small props\* (foam rollers, Ultra-Fit Circle®, springs, gym balls, rotating discs and balance boards)



## BRIDGING MODULES

(2-days, 16 hours)

The Bridging Program delivers formal training in government required competencies for working in an allied health industry. The program areas cover units of competencies drawn from the Health and Community Training Packages.

Over the course of the two-days, participants will be taken through essential components of the required units as well as being assessed interactively over the program. Assessments will include task sheets, group discussion, questioning and practical interaction. This Bridging Program will incorporate seven (7) units of competency over the two-day program:

### **PIINDUS01 – Work within a Pilates Industry Framework**

This unit describes the skills required for Pilates professionals to work effectively in a Pilates studio and within the industry, and describes the knowledge and skills required by the professional within a legal and ethical framework that supports duty of care requirements.

At the completion of the unit you will be able to:

- Demonstrate commitment to the core concepts and principles applied to the works of
- Joseph Pilates
- Develop knowledge of complementary therapies
- Represent the Pilates Industry professional framework to the community
- Conduct an initial consultation assessment
- Work within studio and regulation guidelines
- Establish and implement personal health and physical maintenance strategy

### **HLTHIR301A –Communicate and work effectively in health industry**

This unit covers the introductory skills and knowledge required to work effectively in a healthcare setting with patients, clients, staff, visitors, suppliers and others to meet established work requirements. At the completion of the unit you will be able to:

- Work ethically
- Demonstrate the importance of hygiene and infection control in the health industry
- Participate in quality improvement activities
- Take responsibility for personal skill development
- Communicate effectively with colleagues and clients

### **HLTOHS300A – Contribute to OH&S processes**

This unit covers general OH&S requirements according to legislation and codes of practice, including duties and responsibilities for all parties under the general duty of care. At the completion of the unit you will be able to:

- Follow the organisation procedures for hazard identification and risk control.
- Contribute to OH&S in the workplace.
- Utilise and implement strategies as directed to prevent infection in the workplace.
- Utilise strategies to prevent work overload.
- Work in a safe manner.
- Utilise and implement strategies to prevent manual handling injuries.

### **PIEQUIP01 – Use and maintain core Pilates Industry equipment and apparatus**

This unit provides the Pilates Instructor with basic knowledge and skills to maintain equipment and apparatus commonly used in a Pilates studio, and operate it to manufacturer's specification and industry safety standards. At the completion of the unit you will be able to:

- Conduct basic maintenance of equipment and apparatus of a Pilates studio.
- Assist clients/patients in the safe operation of the major types of equipment and apparatus in a Pilates studio
- Use safe practices in the operation of all Pilates studio apparatus and equipment.

### **HLTCOM404B – Communicate effectively with clients**

Exercising effective communication skills in the workplace.

At the completion of the unit you will be able to:

- Exercise effective communication techniques.
- Follow routine instructions.
- Complete reports as required.

### **HLTCOM406B – Make referrals to other health care professional when appropriate**

This unit describes the skills required to arrange formal referrals to other health care professionals when required. At the completion of the unit you will be able to:

1. Formulate a referral plan for clients/patients requiring further treatment.
2. Interact with other health care professionals.
3. Arrange a referral to an appropriate source for clients/patients with specific needs.

### **HLTCOM408B – Use specific/medical terminology to communicate with effectively**

This unit describes the skills required to understand and respond to instructions, carry out routine tasks and communicate with a range of internal/external clients in a health care practice, using appropriate practice-specific/medical terminology. At the completion of the unit you will be able to:

- Respond appropriately to instructions, which contain practice-specific/medical terminology.
- Carry out routine tasks.
- Use appropriate practice-specific/medical terminology in oral and written communication with client/patients, fellow workers and healthcare professionals.

