



## CERTIFICATE IV CONTEMPORARY PILATES & TEACHING METHODOLOGY (52042WA)

The Certificate IV in Contemporary Pilates & Teaching Methodology is a nationally recognised qualification, allowing you to work independently with skill and confidence.



This education is based on Contemporary Pilates; its' scientific foundation is up-to-date, adaptable and holistic. Teaching Pilates however, does not just require great knowledge and personal practice, but flexible teaching and refined communication skills. Hence we have included extensive and in-depth sections about teaching methodology and didactics.

In reality Certificate IV is a double-qualification. You begin by undertaking the Contemporary Pilates Matwork Certification recognised by Fitness Australia, which enables you to begin teaching immediately at the conclusion of the course. Following this you work through courses comprising Certificate IV in Contemporary Pilates & Teaching Methodology, equipping you with further skills and knowledge to instruct at an advanced level when working with generally fit and healthy bodies.

Certificate IV gives you the **CAREER OPPORTUNITY** to:

- Work independently as a recognised Pilates Professional.
- Obtain Pilates-specific public liability insurance.
- Register as a Pilates Provider with some of the major health funds.

You will develop a sound, in-depth **UNDERSTANDING** of:

- The modern approach to the Pilates Method.
- Functional anatomy.
- Training for function.
- Adaptable, holistic training strategies.

Certificate IV gives you the **SKILL** to:

- Design and teach general and specialised Pilates Matwork group classes at all levels.
- Design and teach personalised Pilates training designed for all levels, body and postural types.
- Design and teach Pilates Reformer lessons.
- Include a variety of props into all of your lessons.

Part of Certificate IV is the **PERSONAL DEVELOPMENT** of your:

- Physical ability and functionality.
- Communication skills.
- Skill as a trainer.

### For Whom is the Qualification suitable

- For Pilates instructors who want to attain a higher level of education.
- For bodywork therapists such as physiotherapists, massage therapists, etc.
- For teachers of movement arts such as Yoga, dance, etc.
- For physical education and fitness professionals.
- For experienced Pilates practitioners who want to further their practice and/or become Pilates teachers.

## Certificate IV Comprises These Course Units

You need to complete the individual courses below

**MATWORK CERTIFICATION/CERTIFICATE IV • CLUSTER I** – must be completed in consecutive order.

- Basic Pilates Anatomy (art 01)
- Pilates Essentials (art 02)
- Remedial Pilates I – Postural Assessment (art 03)
- Pilates Flow (art 06) & Active-Dynamic Pelvic Floor Training (art 05)

**CERTIFICATE IV • CLUSTER II** – may be completed in any order.

- Functional Pilates Choreography (art 07)
- Remedial Pilates II – Movement Assessment (art 04)
- Tactile Cueing & Kinaesthesia (art 08)
- Market your Pilates Knowledge (art 09)

## Self-Mastery

50 Self-Mastery hours (both supervised and unsupervised) are required to obtain your Certificate IV. A minimum of 30 hours must be supervised by a qualified Pilates instructor. The cost of Self-Mastery is additional to course fees.

## Teaching Hours

30 Teaching Hours are required where you apply the course content in a real workplace situation. 15 of these hours are Observation Hours.

- Observation hours can be accumulated as soon as you have begun attending the courses, and need to be completed in facilities where a Qualified Pilates Instructor practices.
- After successful completion of Cluster I you can begin accumulating your Teaching Hours. Organising a facility to complete your teaching hours will be your responsibility. If you have difficulty finding a suitable place, we will assist you as best as we can.

## Mandatory and Recommended Literature

### MANDATORY

- The Millennium Edition – Return to Life Through Contrology, and Your Health, by Joseph Pilates & William J. Miller
- Manual of Structural Kinesiology, by Clem W. Thompson & R.T. Floyd
- Anatomy of Movement, by Blandine Calais-Germain

### RECOMMENDED

- Pelvic Power for Men and Women, by Eric Franklin
- Relax your Neck, Liberate your Shoulders, The Ultimate Exercise Program for Tension Relief, by Eric Franklin

## Application for Enrolment Process

The application for enrolment process comprises three steps.

### Step 1: APPLICATION

- Complete the Application Form.

### Step 2: PRE-ENROLMENT INTERVIEW

- After we have received your Application Form we will contact you to arrange a Pre-Enrolment Interview.
- Depending on your existing qualifications, Pilates experience, motivation and where you are living, the Pre-Enrolment Interview may be conducted over the telephone or at an arranged time in person.
- The Pre-Enrolment Interview will determine if you have the required prerequisites to participate in the Certificate IV Qualification. If so, the next step is to complete the Enrolment Form. If further experience is necessary, a realistic preparation strategy is established with an art of motion lecturer or educator.

### Step 3: COURSE ENROLMENT

- Concluding the Pre-Enrolment Interview and required preparation (if necessary), you can enrol into Certificate IV.

## Recognition of Prior Learning (RPL)

Parallel to enrolling into the qualification you may apply for recognition of prior learning and experience in two ways.

### RECOGNITION OF PRIOR LEARNING

- RPL is a process in which you collect evidence for previous training or experience that is equivalent to the course content. You will be given guidelines showing you the type of evidence required to be submitted in a portfolio to art of motion, within a given time frame.

### DIRECT CREDIT TRANSFER

- Direct Credit Transfer is the process in which successfully completed art of motion Course Units directly contribute to the Certificate IV Qualification if they were attended after January 2009.

## Course Fees

### THE COURSE FEE INCLUDES

- Attendance of all required Course Units.
- All Assessments and feedback.
- Comprehensive up-to-date Course Manuals enhanced with hundreds of photographs.
- Additional course material such as Choreographies, templates, tables and extra course notes.

### COSTS ADDITIONAL TO THE COURSE FEE

- Supervised and unsupervised Training Hours and Self-Mastery as outlined.
- Purchase of Mandatory and Recommended literature as outlined.
- Personal extras such as travel and accommodation.

### GENERAL CONDITIONS

- Late payments incur a fee of 10% of the overdue amount.
- There is a \$30 late fee for all overdue assignments.
- A *minimum* of 80% attendance (face to face) is required to pass.

## Costs if you enrol in Certificate IV from the start...

UP-FRONT IN FULL		TOTAL FEE	PAYMENT DUE
REGULAR RATE		<b>\$5620</b>	Up to course commencement.
EARLY BIRD DISCOUNT		<b>\$5170</b>	60 days prior to course commencement.
PAYMENT PLAN	PAYMENTS	TOTAL FEE	PAYMENT DUE
INITIAL DEPOSIT + 10 INSTALMENTS	<b>1 x \$1870</b> <b>10 x \$400</b>	<b>\$5870</b>	First instalment 60 days prior to course commencement. Other instalments on the 28 <sup>th</sup> day of each month thereafter.
COURSE BY COURSE		TOTAL FEE	PAYMENT DUE
ONE COURSE AT A TIME*		<b>\$6120</b>	Up to course commencement.

\* EARLY BIRD DISCOUNT also applies to individual courses purchased one at a time.  
LATE PAYMENT: Fees paid later than their due date will incur a late fee of 10% of the overdue amount.

## Costs if you Upgrade to Certificate IV from Matwork Certification...

UP-FRONT IN FULL		TOTAL FEE	PAYMENT DUE
REGULAR RATE		<b>\$2199</b>	Up to course commencement.
EARLY BIRD DISCOUNT		<b>\$2045</b>	60 days prior to course commencement.
PAYMENT PLAN	PAYMENTS	TOTAL FEE	PAYMENT DUE
INITIAL DEPOSIT + 5 INSTALMENTS	<b>1 x \$785</b> <b>5 x \$300</b>	<b>\$2285</b>	First instalment 60 days prior to course commencement. Other instalments on the 28 <sup>th</sup> day of each month thereafter.
COURSE BY COURSE		TOTAL FEE	PAYMENT DUE
ONE COURSE AT A TIME*		<b>\$2370</b>	Up to course commencement.

\* EARLY BIRD DISCOUNT also applies to individual courses purchased one at a time.  
LATE PAYMENT: Fees paid later than their due date will incur a late fee of 10% of the overdue amount.

## Fitness Australia Registration

If you are registered as a fitness professional with Fitness Australia and CECs are of value for your re-registration, you will be happy to know the following courses are currently registered.



FITNESS AUSTRALIA REGISTERED PROGRAMS	
Program Title	No of CECs
Pilates Essentials	15 Accredited
Pilates Flow	14 Accredited
Remedial Pilates I & II	15 Accredited

## Contact Us

We are happy to assist you in making an informed decision!  
Contact Lehane Vallejo, art of motion's Business Liaison & Assessor.  
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