

# PILATES ESSENTIALS



## Course Description

**Pilates Essentials is a comprehensive, Fitness Australia accredited course that covers the skills and knowledge required to teach safe and effective Pilates lessons with a contemporary and functional approach.**

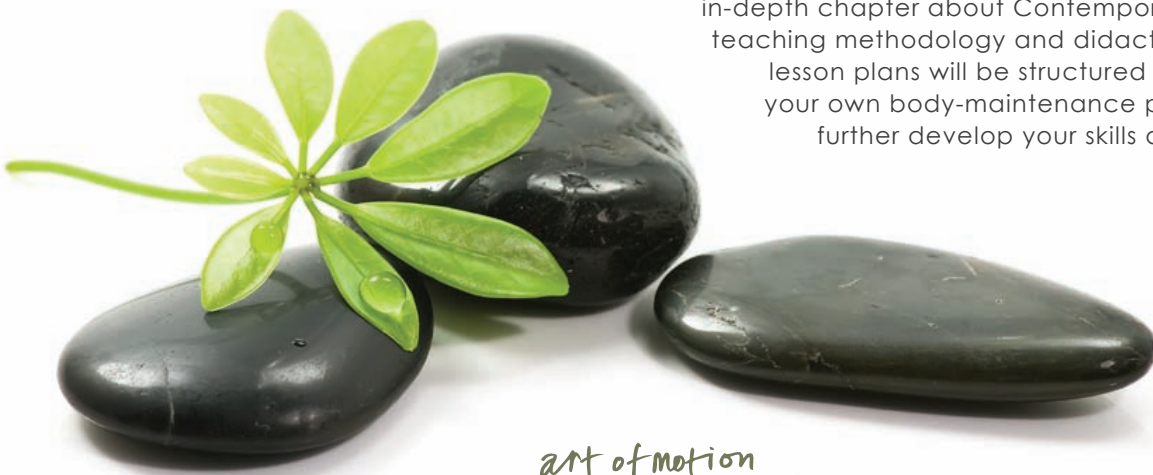
- Over the course duration of five days you will learn about the history and fundamentals of the Pilates Method, the 9 Key Elements with strong focus on centring and breathing, and the Mechanical Principles which lay the foundation of Contemporary Pilates.

- The basics of Pilates-relevant anatomy and biomechanics will be taught and integrated into the Repertoire as a significant part of the course. Basic kinesiology and relevance of the pelvis and pelvic floor regarding Pilates and in addition the shoulder girdle, will be discussed.

- Furthermore, you will be exploring the structure and fundamental principles of core stabilisation training, as well as the importance of adequate mobility and flexibility.

- You will be provided with an extensive Pilates Essentials Repertoire including 33 exercises with multiple regressions, progressions, variations and modifications which allow you to adapt any exercise to suit all levels and abilities. The Repertoire will be studied thoroughly, encompassing movement mechanics, muscles involved and purposes for each Pilates exercise, as well as safe and effective implementation techniques for either group or personalised training sessions.

- This education course is completed with an in-depth chapter about Contemporary Pilates teaching methodology and didactics. Pilates lesson plans will be structured along with your own body-maintenance program to further develop your skills and ability.



*art of motion  
training in movement*

An informed decision is a good decision! We are happy to assist you.

**art of motion training in movement** ® | Phone 0404 176 370 | [move@art-of-motion.com](mailto:move@art-of-motion.com) | [www.art-of-motion.com](http://www.art-of-motion.com)

## Prerequisites

The following requirements are prerequisites for participation in Pilates Essentials.

- 25 hours of supervised Pilates practice.
- Basic knowledge of anatomy and biomechanics (see art of motion's Basic Pilates Anatomy Fact Sheet).

## Fitness Australia

art of motion's Pilates Essentials is accredited with Fitness Australia for **15CECs**.



Accreditation is valid in all states.

**Duration** 7 days / 38 hours

## Upgrade your Qualifications

Pilates Essentials forms the core and foundation of the art of motion **Pilates Matwork Certification**, which will qualify you to teach Pilates lessons with a contemporary approach combining traditional principles with modern science, and a holistic body of thought. This Certification includes the following self-contained courses.

- Basic Pilates Anatomy
- Pilates Essentials
- Remedial Pilates I – Postural Assessment
- Pilates Flow

A total of 29CECs are granted by Fitness Australia for the art of motion Pilates Matwork Certification.

The Pilates Matwork Certification also doubles as **Cluster I** of the art of motion **Certificate IV in Contemporary Pilates & Teaching Methodology**, so should you decide to upgrade your qualifications at a later stage, you will have already completed the first half of the only Contemporary Pilates Certificate IV currently offered in Australia.

## Certification

After you have attended Pilates Essentials in its full extent, you will receive a Certificate of Attendance which allows you to incorporate Contemporary Pilates principles into your teaching should you already hold a certification in fitness, personal training, movement arts, etc.

## Course Costs

Please refer to the art of motion Pricing List for current course costs as prices will vary depending on the time and nature of your booking, and whether you enrol into an individual course, the Pilates Matwork Certification or the Certificate IV in Contemporary Pilates & Teaching Methodology.

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