

REMEDIAL PILATES II

Movement Assessment

Course Description

Remedial Pilates II involves developing the skills and knowledge required to conduct movement assessments. Specifically selected Assessment and Observation Exercises as well as easy-to-use Assessment Forms will assist you in creating a clear integral picture of your client's movement abilities, and designing a corresponding corrective training strategy.

- You will learn about assessor qualities and assessment protocols.
- You will study 18 Assessment Exercises, for which you will know the objectives of each exercise, the key questions to ask, possible causes of faulty movement patterns. You will be able to recognise, observe and define common faulty movement patterns.
- You will be conducting a movement assessment.
- Your movements will be assessed.
- You will evaluate 10 Observation Exercises, for which you will know the objectives of each exercise, the key questions to ask and be able to make appropriate conclusions.
- You will be assessing Observation Exercises.
- You will participate in an Observation Assessment.
- You will develop a specific and personalised training strategy and design a holistic lesson plan.



*art of motion
training in movement*

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

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Remedial Pilates I **Prerequisites**

3 days/15 hours **Duration**

Fitness Australia

art of motion's Remedial Pilates I & II is accredited with Fitness Australia for **15CECs**.



Accreditation is valid in all states.

Upgrade your Qualifications

Remedial Pilates I – Postural Assessment forms part of the art of motion **Pilates Matwork Certification**, for which a total of 29CECs are granted by Fitness Australia.

The Pilates Matwork Certification doubles as **Cluster I** of the art of motion **Certificate IV in Contemporary Pilates & Teaching Methodology**.

Remedial Pilates II – Movement Assessment is one of the courses forming Cluster II, so should you decide to upgrade your qualifications at a later stage, you will have already completed more than half of the only Contemporary Pilates Certificate IV currently offered in Australia.