

Certificate in [Click here](#) Aquatics Exercise in the Water Level 2 -

Certificate in [Click here](#) Instruction Level -

Certificate in [Click here](#) Pilates Level 3 -

Certificate in [Click here](#) Health Related Exercise for Child

Core Stability [Click here](#) Swiss Ball -

Exercise for Child [Click here](#) and Youth -

Certificate in Fitness [Click here](#) & Suspension No 2

Certificate in Personal [Click here](#) Fitness Training Level 3 -

A level 2 qualification is equivalent to GCSE grade A-C or NVQ 2.

A level 3 qualification is equivalent to an A level or NVQ 3.

Contact Sarah on 07967 482510

email: fitnessexcel@googlemail.com



Education and Culture DG

Lifelong Learning Programme

Certificate in Teaching Pilates Level 3

150 Hours

8 Day Practical Element of the Course plus 5 days Exercise and Fitness Knowledge.

Course Dates: Saturday 12 February – 20 February 2010.

(Practical Only) plus 4 theory dates TBA

Fee: £650

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Aim: This industry based Level 3 qualification recognises the skills, knowledge and competence required of an individual to work in an unsupervised capacity, planning, instructing and evaluating the safety and effectiveness of a Pilates session, working with clients and medical problems, spinal conditions and postural imbalances.

Qualification Overview:

Exercise and fitness knowledge at level 3 covering bones and joints, muscles and muscle actions, the brain, nutrition, kinesiology, biomechanics, the cardiovascular, cardiorespiratory, nervous and endocrine systems, components of fitness, principles of training and models of behaviour of change, neuromuscular system, advanced fitness models and advanced fitness techniques.

Topics Covered:

*Principles of Pilates

*How to plan, teach and evaluate a Mat Pilates session, integrating small apparatus.

*How to progress a programme of Mat Pilates exercises.

*Dealing with special populations – sports injuries, obesity, blood pressure, arthritis, multiple sclerosis.

*Postural analysis and programme planning

*Breakdown of Joseph Pilates 34 Original exercises

*Case Studies

*Visual cueing, imagery and advanced teaching skills

*Voice projection

*Music

Qualification Structure:-

Unit 1: Exercise and Fitness Knowledge

Unit 2: Demonstrate Healthy Living

Unit 3: Demonstrate knowledge of exercise and fitness/CPR and first aid in the workplace.

Unit 4: Instruct, Manage, Adapt and Evaluate a Mat Pilates session.

In order to pass the course students need to pass a theory paper, complete a portfolio, plan, prepare and teach a Practical session.

The course is split into two, the above dates are for the full 8 day practical course. In addition students will need to attend the Level 3

Exercise and Fitness Knowledge Theory. Details of dates and times of these sessions can be provided on request. In addition, all trainees must attend themselves a CPR/First aid course, either through the Red Cross or St Johns Ambulance. Details of these providers can be found on the internet.

Pre-requisites for Level 3 Courses: Students should ideally possess a level 2 qualification. A good standards of English, ICT, and knowledge of Maths. Students should also have access to a computer and be self motivated. Some prior knowledge of attending Pilates classes would also be useful.

For more information please download Pilates Academy brochure (pdf format).

To enrol complete the on-line application form together with cheque and post to Sarah Grocutt, 240 Alcester Road, Kings Heath, Birmingham. B14 6DR.

Course prices are based on 10 people. Pilates Academy have the right to change or postpone a course to another date.

Fees include practical and theory.

Contact Sarah on 0121 246 9060.

Contact: www.fitnessexcel.co.uk, email: fitnessexcel@googlemail.com