



revolution
pilates studio



education to inspire®

APMA Registered Course Provider

419 Oxford Street Mt Hawthorn WA 6016
(08) 9443 1403 www.revolutionpilates.com
ABN 55 328 840 751

RL2-2014 PILATES INSTRUCTOR COURSE

Revolution's RL2 Pilates Course will teach you the theoretical & historical basis of the Pilates Method, & prepare you to work professionally.

Our aim is for you to learn not just traditional & modern interpretations of Pilates repertoire, but also an in-depth understanding of the methodology in order to be a respected professional in this field. Whether you intend to teach Pilates floor classes or work in an equipment-based studio, this course is for you.



Professional Advantage

Successful completion of this course is required to be a Level 2 Instructor Member of the Australian Pilates Method Association, & meets requisites for PI/PL insurance coverage as a Pilates Instructor with most insurance providers (ex. Aon.).

APMA members enjoy the respect of the health industry. In addition, APMA Level 2 & above members are given provider status with a growing number of health funds (including Government Employees Health Fund, HCF, & Grand United HF).

The curriculum has been taught & reviewed by the APMA since 1996. Taught in private studios since that time, it was the model used to develop the Pilates Instructor course previously offered as a Certificate Diploma (UTS, Sydney).

RPL for Diploma Qualification

It is anticipated that accredited courses **69802 Diploma of Pilates Movement Therapy** & **69803 Advanced Diploma of Pilates Movement Therapy** will be offered by Revolution through the APMA by 2014. These two government-recognized courses are owned by the APMA & listed on the National Training & Information Service as nationally recognized qualifications.

Successful graduates of APMA's Level 2 (previously "Level 1") Pilates Instructor courses will be able to claim Recognition of Prior Learning (RPL) for most of the Diploma. It is planned that Revolution will offer bridging courses to obtain the Diploma.

Course Objectives

After successful completion of this course, the RL2 Pilates Instructor will be prepared to demonstrate:

- Expertise in teaching & performing Pilates exercises (floor & equipment-based).
- Understanding of the Pilates Method, its history, & today's teaching.
- Knowledge of anatomy & physiology as applied to instruction of Pilates.
- Professional ethics & demeanor as befit a Pilates Method instructor.
- The ability to work under supervision in a Pilates studio in a professional manner.

Course Outline

- Method History, Philosophy & Principles
- Traditional/Modern Pilates & Pre-Pilates Movements (Floor, Reformer, Cadillac, & Wunda Chair)
- Applied Anatomy & Biomechanics
- Pathologies & Conditions- Applied to Pilates
- Teaching Methodology & Programming
- Postural & Movement Assessment
- Ethics & Standards of Practice

Methods of Student Assessment

- Written & oral presentation of assignments
- Supervised Apprenticeship hours
- Practical demonstration of personal & teaching skills
- Observation of participation & conduct

Entry Pre-Requisites

- Minimum 50 hours Supervised Personal Experience in the Pilates Method.
- Successful completion of tertiary level or equivalent Anatomy & Physiology.
- Interview with course director.

On-Going Course Requisites

- Maintain a 60% pass rate on assignments. Points to be deducted for late assignments.
- Maintain 80% attendance. 2-weeks written notification of absence is mandatory.

Course Schedule & Location

The course is scheduled to start February 7, 2014 & will run for 9 months, meeting one weekend per month. Unless otherwise informed, the course will take place at Revolution Pilates Studio (419 Oxford Street, Mt Hawthorne WA) on Fridays 5-8pm, Saturdays 3-7pm, & Sundays 9-5pm.

2014

February 7-9	July 4-6
March 7-9	August 1-3
April 4-6	September 5-7
May 2-4	October 3-5
June 6-8	Nov 8 Written Exam (APMA NRE)

Additional 3-5 hour workshops/tutorials may be scheduled during the term; attendance at these is recommended but not part of course requirements.

Costs

The total course fee is \$5390* plus an additional \$750 Final Exam Fee. All costs include GST. See the Payment Options at the bottom of the Application Form for the required payment dates & options.

Early-Bird
Discount

**Make one payment of \$4940 by December 15, 2013 for a total savings of \$450.*

Students will be responsible for purchasing Required Course Texts. Course manual & notes are included.

It is suggested that students schedule 1-2 sessions per week of Supervised Personal Experience throughout the course. RL2 students pay a discounted rate for Semi-Private sessions at Revolution.



Course Completion

Final Exam Procedures

The final examination is third-party proctored as the twice-annual APMA National Registration Exam (NRE).

- **Written Exam** (Multiple Choice & Short Answer) - 3 hours. *Scheduled 2nd Friday of May & November.*
- **Practical Exam** (Personal & Teaching skill demonstrations) - 1 hour
- **Oral Case History** (Presented to proctors)- .5 hour
- *Prac. Exam & Case History proctored by Course Director & recognised APMA NRE proctor.*

RL2 Certificate of Completion

Revolution Pilates Studio will award the Pilates Instructor Course (RL2) Letter of Completion after:

- Successful completion of this course (including attendance & all assignments).
- Successful completion of written Case History Assignment.
- Payment of outstanding course & training fees before sitting Final Exam.
- Successful completion of the APMA Final Written/Theory & Practical Exam.
- Provide copies of current Apply 1st Aid (previously Senior 1st Aid) & CPR certificate, & PI/PL insurance policy.
- Minimum 200 hours Supervised Personal Practice & 200 hours Supervised Apprenticeship with approved Supervisor. Expected to complete within 6 months after end of course.** Apprenticeships offered at Revolution during 2nd half of the course.

** Apply 1st Aid & CPR certificates must be obtained before beginning Apprenticeship.*

*** Those students completing requisites after the initial six-month deadline are given case-by-case consideration.*

APMA Student Membership

It is suggested that RL2 Students join the APMA as Student Members.

A few benefits of APMA Student Membership:

- Quarterly Journal of Bodywork & Movement Therapies.
- Monthly newsletter, The Teaser. Includes events & business; equipment ads; articles; employment.
- Discounts on APMA workshops & events.

Booklist

Required Texts

- Pilates, JH, Return to Life Through Contrology and Your Health, 1945 (reprinted 1998) Bainbridge Press ISBN 1-891696-15-7.
- Kapit, Elson, Anatomy Coloring Book (3rd Edition), 1993 Harper Collins ISBN 0-06-455016-8.

Recommended Additional Texts

Choose one of the following:

- Calais-Germain, B, Anatomy of Movement, 1993 Eastland Press ISBN 0-939616-17-3.
- Kendall, McCreary & Provance, Muscles Testing & Function (4th Edition), 1993 Williams & Wilkins, ISBN 0-683-04576-8.
- Eisen & Friedman, The Pilates Method of Physical and Mental Conditioning, 1980 Doubleday & Co, ISBN 0-385-14490-3.

Suggested Further Texts

Not required to own, but found to be useful.

- Hinkle, Fundamentals of Anatomy of Movement ISBN 0-81512-210-1.
- Dowd, I Taking Root to Fly, 1995, NY ISBN 0-9645805-0-0.
- Latey, P Modern Pilates, 2001 Allen & Unwin, Australia ISBN 1-86508-598-7.
- Juhan, D Job's Body (3rd Edition), 1987 Station Hill Press ISBN 0-88268-134-6.
- Johnson, D, Bone, Breath, & Gesture, 1995 North Atlantic Books ISBN 1-55643-201-1.
- Cozolino, L The Making of a Therapist, 2004 WW Norton & Co, NY.
- Myers, T Anatomy Trains 2002 Churchill Livingstone.
- Scaer, The Body Bears the Burden – Trauma, Dissociation & Disease, 2001 Haworth Medical Press NY.
- Any comprehensive anatomy text(s).

Payment Options

Option I. Cheque, Cash or Money Order

Payable to 'Revolution Pilates Studio'.

Option II. Credit Card or Eftpos

Make at studio or by phone.

Option III. Bank-to-Bank Transfer

Arrange by internet transfer or with bank.

Our Bank: ANZ, Leederville, WA
Acct Name: Revolution Pilates Studio
BSB: 016-355 **Account:** 1985-56548

Provider Biography

Neil Nabbefeld (studio owner) received his B.Sci., Engineering in 1979. He eventually discovered a career path better suited to his soul, gaining over 25 years experience in the fitness industry in the USA & Australia. Neil holds a Grad.Cert. in Pilates-based Movement Therapy; Fitness Instructor Certification from the American College of Sports Medicine; internationally Certified Instructor in THE GYROTONIC EXPANSION SYSTEM® & GYROKINESIS®; Polestar's Pilates for Post-Acute Rehabilitation Certification; & has been teaching practitioner workshops in applied Pilates Method throughout Australia since 1995. Neil also has on-going training & interests in such areas as Body-Mind-Centering®, creative visualisation, & the therapeutic/rehabilitative application of his experiences.

Neil is an APMA Registered Course Provider, a Practitioner Level 4 Member, & their liaison in WA. He has sat on Council (2004- present) and has taught the instructor course since 1997.

Neil will provide the majority of instruction to participants. Other qualified Pilates practitioners & allied health professionals may be employed to teach selected portions of the course syllabus as availability allows.

Australian Pilates Method Association

The APMA is devoted to improving the standard of the Pilates Method. It is the oldest not-for-profit association in our profession & represents the balanced voice of its membership. The Level 2 course has been part of the APMA since 1996.

The curriculum is regularly reviewed based on feedback from the Pilates community & current medical research to reflect a modern approach to the Method.



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COURSE APPLICATION
Level 2 Pilates Instructor Course (RL2-2014)

Please print clearly. Make cheques or money orders payable to 'Revolution Pilates Studio'.

PERSONAL DETAILS

Name..... Birth date..... Age.....
Address Occupation
.....
City State... Post APMA Member? ☐ Yes ☐ No
Phone Home (If Yes, APMA Member No.)
Phone Work Emergency Contact.....
Phone Mobile Relationship
E-Mail Address..... Phone.....

PREREQUISITE ATTACHMENT LIST

Mark completed prerequisites & attach to this application

- | | |
|---|--|
| ☐ Minimum 50 hrs Pilates Personal Practice (Statutory Dec. or letter from studio supervisor). | ☐ On a separate paper, please outline your previous movement &/or bodywork experience. |
| ☐ Proof of Completion at tertiary level or equivalent Anatomy & Physiology. | ☐ On a separate paper, please answer the question "Why do you wish to participant in this course?" |

COURSE FEES & PAYMENT OPTIONS

Clearly mark your choice

☐ **OPTION 1 – Multi Payment Plan**

Payment 1 \$2015 Due 15/12/13
Payment 2 \$1125 Due 31/1/14
Payment 3 \$1125 Due 28/2/14
Payment 4 \$1125 Due 28/3/14
Exam Fee \$750 Due 1/8/14

☐ **OPTION 2 – Early Bird Discount**

One-Time Payment \$4940 Due 15/12/13
Exam Fee \$750 Due 1/8/14

Revolution Pilates Studio

Address 419 Oxford Street, Mt Hawthorn WA 6106 **P** (08) 9443 1403
E-mail neil@revolutionpilates.com **Website** revolutionpilates.com

RL2-2014 Application: 8/2013

Send application
documents to . . .