

APMA Education & Training (RTO)

Dear Bridging Course Applicant,

Thank you for your interest in our Diploma of Pilates Movement Therapy (69802) and the Bridging to Diploma Course that will fast track you to our exciting qualification.

The Clear Choice

The APMA developed this government-recognised Diploma using its well-regarded **Level Two Pilates Instructor Course** (1999 to today) as a template. The result is a product of many years of debate, study and practice from several highly respected voices in the profession, making it the most comprehensive and balanced course in the marketplace.

UNITS OF COMPETENCY - 69802 DIPLOMA IN PILATES MOVEMENT THERAPY

- | | | |
|----------------------|---|---|
| • APMAEXS501A | Apply a broad knowledge of exercise science, planning and programming to Pilates Movement Therapy | Level 2 RPL equivalent |
| • APMAMUS501B | Plan and deliver Pilates Movement Therapy for clients with musculoskeletal needs | Level 2 RPL equivalent |
| • APMAFLR503A | Design and instruct a Pilates Movement Therapy floor-work session | Level 2 RPL equivalent |
| • APMAEQU504A | Design and instruct Pilates Movement Therapy using equipment | Level 2 RPL equivalent |
| • APMAPOS505A | Undertake postural appraisal of low risk clients for Pilates Movement Therapy | Level 2 RPL equivalent |
| • HLTAP401A | Confirm physical health status | Level 2 RPL equivalent |
| • HLTCOM406B | Make referrals to other health care professionals when appropriate | Level 2 RPL equivalent |
| • HLTCOM404B | Communicate effectively with clients | Level 2 RPL equivalent |
| • HLTAP501A | Analyse health information | Level 2 RPL equivalent |
| • HLTCOM502B | Develop professional expertise | Level 2 RPL equivalent |
| • HLTOHS300A | Contribute to OHS processes | Further Reading/Research & Assessment required |
| • HLTPOP402B | Assess readiness for and effect behavioural change | Further Reading/Research & Assessment required |
| • TAADEL401B | Plan and organise group based delivery | Further Reading/Research & Assessment required |

Auto Entry for APMA Level Two Graduates

As a graduate of the APMA's Level Two Course, you are afforded automatic entry to the Bridging Course through the RPL (Recognition of Prior Learning) process. The Bridging Course will provide what is necessary to complete the missing units of competency for the Diploma. This is the fastest and most cost-effective pathway to receive the Diploma qualification.

GAP UNITS TO BE COVERED

As listed above, during the Bridging course, the following Units of Competency will be delivered full or in part and/or assessed to meet Diploma requirements:

- **TAADEL401B** Plan and organise group based delivery
- **HLTPOP402B** Assess readiness for and effect behavioural change
- **HLTOHS300A** Contribute to OHS/WHS processes

DELIVERY METHODS

Delivery of the Bridging Course will consist of two parts:

- **PART 1 : Home-Based Delivery**

Once you have successfully registered your application and paid the appropriate fees, you will be mailed a Learner Guide packet. You are required to become familiar with the material, complete the relevant written tasks, and return the completed tasks to your Course Deliverer for assessment. During your home-based delivery you are invited to communicate with your Course Deliverer as necessary

Anticipated time to complete: 8 hours

- **PART 2 : Face-to-Face Delivery**

It is expected that this will be a 1-day delivery, and will cover any additional assessments of materials covered in the Learner Guide packet as well as a short practical Assessment of your ability to teach a group-based Pilates class

Anticipated time to complete: 6 hours

Please contact your Course Deliverer or the APMAET when you have completed your Home-based delivery tasks and are ready to join a Face-to-Face delivery. These workshops will occur throughout the year and across the country. Rather than pre-set a particular schedule across the country, it was decided to allow the schedule to be determined by each Course Deliverer.

APMA Education & Training (RTO)

Please complete the following Application Form and return to the APMAET

COURSE FEE STRUCTURE

Please tick the box in the left column and choose one of the options in right column

Diploma Registration Fee Choose this option

\$300 Due upon application

Bridging Application Fee Choose one option

- OPTION 1**
- | | | |
|--------|--------|---------------------------|
| Pymt 1 | \$1000 | Due upon application |
| Pymt 2 | \$800 | 30 days after application |
- OPTION 2**
- Early Bird Discount 28/2/14 Deadline*
- | | | |
|--------|--------|---------------------------|
| Pymt 1 | \$1000 | Due upon application |
| Pymt 2 | \$600 | 30 days after application |

Bridging registrations are non-refundable and include GST.

Early Bird registrants must complete all requirements and attend a Face-to-Face workshop by 31 December 2014.

PERSONAL DETAILS

Application Date

Phone Home

Name

Mobile

Mailing Address

Phone Work

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I would like to receive my Learner Guide package by:

City

Hard Copy (land mail)

State PCode Country

Digital (email)

E-mail

REQUIREMENTS ATTACHMENT CHECKLIST

Indicate you have completed requirements and attach copies of all documents to this application

SUPPORTING DOCUMENTATION

- APMA Level 2 (prev. Level 1) Course Completion
- Copy of Certificate of Completion
 - Date completed and total course duration

FEEES

- Enclosed Registration Fee & Application Deposit \$1300
Remaining balance due 30 days from application

CHOOSE YOUR COURSE DELIVERER

OPTION 1 CHOSEN BY APMAET (RTO)

- Decision based on applicants location

OPTION 2 CHOSEN BY APPLICANT

- CD Name ..Neil.Nabbefeld.....

PAYMENT OPTIONS

EFT (Bank Transfer)

Bank Bendigo
BSB 633-000
Acct 147530638



Note name and 'BRIDGE' on reference & attach payment receipt.

By Cheque

Make payable to "APMA"



By Credit Card

Online or contact APMA Administrator; 1.5% credit card surcharge

For Office Use Only

Date Application Received:

Date Approved:

Approved by:

FAQ SHEET September 2014

Bridging to Diploma of Pilates Movement Therapy (69802)**1. Who can sit the Bridging to Diploma of Pilates Movement Therapy?**

Any successful graduate of the APMA's Pilates Instructor Course (Level One or Two) will receive an automatic RPL for the majority of the Diploma and be allowed to apply to register for the Bridging course which will 'fill in' the recognised gaps between your current qualification and this Diploma.

2. How long will the Bridging Course take?

Home-Based Delivery component to be done on your own at home. Estimated 8 hours
Face-to-Face Delivery in my studio will a 1-day delivery. 6 hours

3. How much will it cost?

Full Cost \$300 Diploma registration fee + \$1800 Application fee

4. What will be delivered in the Bridging Courses?

The Bridging Course is comprised of finalising three Units of Competency (see Course Application for details). In summary, the content will update your knowledge on Workplace Health and Safety, and formally review relevant work in the area of movement therapy and group class delivery.

5. Why should I Bridge to receive this Diploma now?

- A) You receive a **nationally accredited qualification for an amazingly economical price** (comparable Dips cost as much as \$10,700) plus an easy delivery.
- B) Having a Diploma is a **superior recognised position** in our industry.
- C) This is the only Diploma level qualification within the **Complimentary Health Sector**, rather than the Fitness sector. This means a higher level of access and respect when dealing with Allied Health Professionals, Health Funds, and the Health Industry as a whole.
- D) Health Funds are increasingly looking at government-recognised qualifications as being one of the requirements for you to receive Service Provider Status, giving you the ability to offer **insurance rebate** to your clients from a growing list of HF's.
- E) Our industry is maturing and like all industries, government-recognised qualifications eventually become expected by both employers and the public. Having this Diploma helps us consolidate our industry, putting you **toe-to-toe with your fellow Health Care professionals**.
- F) **Members of the APMA will receive CEC's** for their enrolment and completion of the Bridging Course. I'm currently negotiating that number of CEC's with the APMA; I can guarantee it will be a minimum of 6 but am lobbying to get it closer to 10.
- G) Finally, the Diploma is the pathway to the Advanced Diploma of Pilates Movement Therapy (69803) which is **the highest nationally accredited Pilates qualification in our Industry**. We will be offering the Advanced Diploma later in 2015...watch this space!

It's easy. It's inexpensive. You get a government-recognised Diploma and you get to hang out with your buddies from your Level 2 Course...There's really no other answer but "YES, SIGN ME UP, NEIL!"

If you have any questions about your application, please contact me any time. I look forward to seeing you back in the studio and receiving this well-earned reward.

Regards,



Neil Nabbefeld Dip PMT
Course Director & Principle Deliverer

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