

Please note all details are correct at time of publishing but are fluid and dependent on current Government Covid 19 guidelines

Progressive Pilates Academy Blended Pilates Reformer Level I Course

This is a unique blend of in-studio and online Live training to develop the techniques, skills and knowledge necessary to teach the Pilates Reformer Level I

Your tutors will both guide you through the theory behind this wonderful system of movement as well as the ‘deep dive’ into a very physical practice, coaching you to perform the ‘Pilates Flow’ as well as the coaching skills required to teach others safely

- Prior experience / practice is required for this course
- 100 hours of Mat teaching / practice for those who are already qualified in Pilates Mat, and have a current Anatomy and Physiology qualification
- 1year practice [100hours] for those students who want to deepen their practice, or are Fitness/Yoga/qualified and / or become a Pilates Reformer Coach – [Anatomy and Physiology must be taken separately if not already qualified]
- 1year practice [100hours] for those students who have not taught in a group setting [Physio/Physical Therapist/ Massage etc]

The live online format is as follows:

Section 1

1 x 5hour sessions **live online** [Friday] covering:

- Core activation
- Pilates Wheel / principles
- Working in opposition
- 2Hand rule / 4 Step Principles
- Coherent 3D breathing
- Anatomy of Pilates

Coaching Pilates movement - understanding movement through Mat stability principles

Section 2

1 x 8hour session **in-studio** [Friday] Reformer Level I Movement

Section 3

1 x 3hour session [Saturday am] Teaching Principles

- Teaching a Group X class
- The importance of verbal cueing
- Teaching today in a Covid World
- Covid Health and Safety

Dates: Friday 9th, 16th and 23rd October 2020.

Pre-Course Self Study

Prior to attending the course to enable a 'deep dive' into the practice 5 hours of 'self-study'
You will receive 6 short videos, outlining the principles of:

- Pilates
- Core activation
- Bio-mechanical set up
- Postural alignment

Watch first and then watch and follow along paying attention to the cues, use of palpation, visualizations, alignment set up and language used

The Level I section video will be sent out, you are required to watch and become familiar with the

- Movements
- Names
- Flow
- Transitions

And to follow the flow of the class min 3 times

Between session 'self-study'

Consistent practice of the Pilates system is required to acquire the motor skill required to both learn and coach the Pilates system.

To assist your practice, build muscular / core stamina, postural alignment with spinal organization as well as creating a strong platform on which to build the Reformer Level I work recommend you participate in the practice recommend below

- Following and participating in the Beginners Mat section 3 [per week]
- Follow and participate in the videos outlining Core / Spinal Set up

Ongoing Support

To assist in both your physical and teaching practical – you will submit 2 x 15min videos over the 8 weeks [prior to your assessment] for your tutor to offer critical advice

Pre-Physical Assessment preparation

To build a strong base of support 'proximal stability for distal mobility/movement'

1hour [minimum] practice daily of the routine is recommended

Pre-Teaching Assessment preparation

A Pilates Coach requires a confident use of language, visualization, cueing and observation.

To develop the coaching skills required

30minute teaching rehearsal of the core, spinal organization, movement x 4 per week minimum is recommended

In this COVID world verbal instruction and cueing will be paramount

Course Material

PDF Manual

1 Movement Video

6/7 Pre-Course Videos [self -study]

Online tutor support

Assessment:

The assessment is 2 months following the last contact day

- MP4 video [zoom recording] of Personal Practical [performing the Intermediate routine]
- MP4 video [zoom recording] of Teaching practical [*if due to social distancing you do not have a participant you can teach to camera*]
- Worksheets
- Class plan x 12 weeks

Attending the course:

Meeting all the criteria as above

Signed booking form

Payment in full 2 weeks prior to start date

Course breakdown

Qualified Group Instructor	Non-Qualified Instructor / Group Teacher
100h Mat Teaching pre-requisite 20h contact teaching 5h pre study 6h class participations 48h [min] daily practice 16h [min] teaching rehearsal	100h Class participation pre-requisite 20h contact teaching 5h pre study 6h class participations 48h [min] daily practice 16h [min] teaching rehearsal Anatomy and Physiology taken separately
190hour course	190hour course
Fee €695	Fee €695

As this is a very practical / physical course you must physically able to participate and all limitations / injuries disclosed on the booking form.

Application for booking forms and payments to

Body Firm Studios Emma McCarthy info@bodyfirm-studios.com