

WHY CHOOSE LEVEL 3 PILATES MAT DIPLOMA

This YMCA Level 3 Diploma in teaching Mat Pilates Qualification supports every learner, whether taking their first steps into fitness or simply wishing to boost their skills. Supported by high quality resources and assessment materials this programme has been created by leading industry experts in consultation with employers and training providers. YMCA Awards are internationally recognised and highly respected in the field of health and fitness throughout the world.

The global pilates and yoga studios market is predicted to rise at a tremendous rate of 10.0% in the 2021-2028 timeframe. This means now is the perfect time for career opportunities within the Health and Fitness industry for Pilates Teachers. Pilates is one of the most popular and effective forms of exercise for those looking to improve musculoskeletal health and function. It's also perfectly suited for anyone looking to enhance flexibility and deal with certain aspects of injury or rehabilitation.

ABOUT THE COURSE

On this face to face course you will be guided through the fundamentals and principles of the 34 exercises, including how to modify, adapt and progress the exercises to suit the needs of your participants. This qualification has been created with your success in mind. So, whether you have designs on becoming a Pilates teacher, developing your own brand, or even branching out to instruct at retreats worldwide, you'll be able to do so once qualified.

QUALIFICATIONS OVERVIEW

This qualification is aimed at learners who wish to work in an unsupervised capacity; planning, instructing and evaluating a safe and effective Pilates session.

THIS QUALIFICATION IS MAPPED TO:

This qualification is fully mapped to The Chartered Institute for the Management of Sports and Physical Activity (CIMSPA) professional standards for a Core Group Exercise Instructor, and is worth **10 CIMSPA CPD** Points.

ENTRY REQUIREMENTS

Learners need to be 16 or above to complete this qualification.

There are no formal entry requirements for this Pilates instructor course. However, if you have a fitness instructor or personal trainer qualification, you will be at a slight advantage.

We do however insist that you have prior experience of performing Pilates exercises or attending classes regularly. This will enable you to get the best possible head start.

WHAT YOU WILL COVER ON THIS COURSE:

- **Anatomy and physiology for exercise and health**

- The skeletal and muscular system
- The nervous system
- The cardiovascular & respiratory system
- Bioenergetics
- The Endocrine system
- Adaptations & responses to fitness training

- **Principles and fundamentals of Pilates**

- Pilates & posture
- History & origins of Pilates
- Schools of Pilates
- Breathing techniques and Pilates
- Benefits of Pilates
- Contraindications to Pilates

- **Planning Pilates sessions**

- Selecting Pilates exercises
- Pilates exercise variables
- Adapting & progressing Pilates exercises
- Equipment & props
- Effective lesson planning
- Progressive Pilates programming

- **Teaching Pilates sessions**
 - Communication skills & Pilates
 - Approaches to teaching Pilates
 - Motivation & encouragement
 - Kinaesthetic coaching
 - Correcting exercise technique
 - Evaluating a Pilates session
- **Information gathering**
 - Health screenings
 - Medical referrals
 - Informed consent
 - Cardiovascular risk profile
 - Medical clearance profile
 - Confidentiality agreements

ASSESSMENT

The YMCA Awards Level 3 Diploma in Teaching Pilates (Practitioner) is assessed through a combination of internal and external assessment:

- Learner Assessment Record
- Assessment Workbook
- Multiple Choice Theory paper (external)
- Practical examination
- Portfolio of evidence

LEARNING RESOURCES

On enrolment, we'll supply you with all the materials and resources you need. You'll get digital training manuals, interactive eLearning, and an extensive range of practical and theory online videos guiding you through all the essential content.

PRACTICAL DAYS (FACE TO FACE COURSE)

As mentioned above, before attending the Level 3 Pilates Diploma Course it is strongly recommended that you attend Pilates classes and be familiar with the exercises. This course requires physical exertion and individual participation is essential; therefore, a degree of physical fitness is necessary.

Things to bear in mind:

- You will have to do homework and preparation before the course begins.
- Attendance of all live FACE TO FACE days is compulsory.
- You are required to sit an exam during the course to gain your certification.

This Pilates Diploma is delivered in a blended format combining home-study with 6 days (3 weekends) of face-to-face training at our studio in [The Hague](#). This blended learning course is perfect for anyone who enjoys learning practically and who enjoys interactions with others. With our face-to-face courses, you will get lots of up close and direct contact with your course tutor(s) and your fellow students. Throughout the 4-days of training, there are a combination of theory and practical workshops that will help you learn everything you need to become a Pilates Teacher. The content is delivered in a friendly, informal and positive tone.

OPPORTUNITIES FOR PROGRESSION

On completion of this Course, you'll be eligible to deliver Pilates classes in any environment suitable for exercise. Pilates is a very popular choice and there is a high demand for Pilates Teachers. Whether you want to set up your own classes in a village hall, dance studio or even outdoors, you'll be qualified. Alternatively, if you want to work in a health club environment, you'll also be eligible.

Learners may choose further same-level qualifications, for example:

- Level 3 Diploma in Teaching Yoga (Practitioner)
- Level 3 Diploma in Personal Training and Instruction.

- Specialist Pilates courses including antenatal and postnatal Pilates, large and small apparatus
- Little Peoples Pilates (Pre-requisite Level 3 Pilates)