

## PILATES MAT INSTRUCTOR

JOHANNESBURG | CAPE TOWN | DURBAN | PORT ELIZABETH | NELSPRUIT | POTCHEFSTROOM



## PILATES MAT INSTRUCTOR

20 CPD POINTS | REPSSA

**COURSE DURATION: 4 WEEKENDS**

CONTACT COURSE

[VISIT THE COURSE PAGE](#) TO VIEW ALL OUR FEES AND EASY PAYMENT TERMS

### entry requirements

**If you hold a fitness qualification or exercise science qualification you will:**

Receive a certificate of achievement | Be able to use this qualification to train clients

**If you do not hold a fitness qualification or exercise science qualification you will:**

Receive a certificate of attendance | Not be able to use this qualification to train clients

### course overview

This is a Pilates Mat training programme that provides a solid foundation in the principles of Pilates, including; alignment, breathing and core contraction. You will progress from a beginner level focusing on core strengthening exercises and postural awareness to an intermediate level that introduces more complex movements. A Pilates Mat instructor helps in achieving a client's optimum physical health through a series of movements that are designed to improve posture through breathing, flexibility as well as strength.

It is ideal for anyone looking to secure a basic-level teaching credential and for existing fitness professionals looking to up their versatility and marketability as trainers. With this qualification, you have the opportunity to do what you love while having flexible working hours and running your own business!

With this course you will be able to teach beginner to intermediate Pilates classes in a mainstream gym or studio environment.

### campuses/study modes

SHORT COURSE

Johannesburg, Cape Town, Durban, PE, Nelspruit, Potchefstroom

### course resources

- Contact course with online assignment submission
- Learner guide
- Hard copy manuals
- Additional online resources videos
- Online Tutor support

### accreditation

- 20 REPSSA endorsed CPD points
- HFPA Certificate of Achievement/Attendance

# subjects & modules

## ANATOMY & PHYSIOLOGY MODULE

- |   |   |
|---|---|
| 1 Homeostasis   | 12 Principles Of Exercise, Fitness & Health |
| 2 Anatomical Terms                                    | 13 Principles Of Training                   |
| 3 Organ Systems                                       | 14 Cardiovascular Fitness                   |
| 4 Skeletal System                                     | 15 Muscular Strength & Endurance            |
| 5 The Muscular System                                 | 16 Warm-Up & Stretching                     |
| 6 The Cardiovascular & Circulatory System             | 17 Motor Fitness                            |
| 7 The Respiratory System                              | 18 Safety 112                               |
| 8 The Nervous System                                  | 19 Communication                            |
| 9 The Endocrine System                                | 20 Customer Service                         |
| 10 Energy Systems                                     | 21 Introduction To Nutrition                |
| 11 Adaptations To Physiological Systems With Exercise | 22 Role Players In The Fitness Industry     |

## PILATES MAT INSTRUCTOR THEORY

- |  |                               |
|--|-------------------------------|
| 1 Introduction                         | 7 Posture                     |
| 2 Primary Principles Of Pilates (Abcs) | 8 Teaching Pilates            |
| 3 Secondary Principles Of Pilates      | 9 Application Of Pilates Abcs |
| 4 Anatomical Terms                     | 10 Pilates Programme Design   |
| 5 The Skeletal System                  | 11 Pilates Equipment          |
| 6 The Muscular System                  |                               |

## PILATES MAT INSTRUCTOR PRACTICAL

- |   |                               |
|---|-------------------------------|
| 1 Roll Down   | 16 Seal                       |
| 2 Pelvic Lift/ Bridge   | 17 Open Leg Rocker Prep       |
| 3 Chest Lift/Alternate Leg Lift Supine  | 18 Open Leg Rocker            |
| 4 Double Leg Lift Side  | 19 Shoulder Bridge            |
| 5 Leg Pull Side (bottom leg meets top leg)<br>Spine Twist Supine  | 20 Leg Pull Front             |
| 6 Chest Lift with Rotation  | 21 Side Kick                  |
| 7 Back Extension Prone  | 22 Side Kick Kneeling         |
| 8 Single Leg Circle   | 23 Spine Twist                |
| 9 Half Roll Back  | 24 Saw                        |
| 10 Roll Up  | 25 Corkscrew Prep             |
| 11 Hundreds Prep  | 26 Cat Stretch                |
| 12 Hundreds   | 26 Swimming                   |
| 13 Single-Leg Stretch (number 1 of big 5)<br>Hamstring Pull (number 3 of big 5) Double<br>Leg Stretch (number 2 of big 5)<br>Crisscross (number 5 of big 5) | 26 Swan Prep                  |
| 14 Spine Stretch Forward  | 26 Plank/ Front Support Basic |
| 15 Rolling like a Ball  | 26 Hovering All Fours         |
|   | 26 Superman                   |
|   | 26 Rest Position              |

## learning outcomes

Successful learners will be able to:

- Instruct Pilates Mat classes at a beginner to intermediate level in a mainstream gym or studio setting
- Become a more versatile instructor by adding this popular skill to your repertoire

## learning pathways

- Advanced Diploma in Nutritional Therapy
- Nutrition Advisor
- Group Exercise Instructor

## description of modes of delivery

### CONTACT COURSE

We offer the largest selection of Continuing Education and Specialisation programmes to the SA Fitness industry. Our wide range of courses will assist you to expand your expertise, earn your CPD points and broaden your scope of services. All of our short courses conveniently take place on weekends. Our short course tutors are of the highest calibre, and our facilities are state of the art.

## contact details

Enquiries: [info@hfpa.co.za](mailto:info@hfpa.co.za)

Accounts: [accounts@hfpa.co.za](mailto:accounts@hfpa.co.za)

National Contact Centre: 0861 777 010