



Pilates

Instructor

Short Course



Duration: 4 Weekends



20 REPSSA endorsed CPD points



Admission 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



Registered: REPSSA



Modes of delivery: Contact



Some course content

ANATOMY & PHYSIOLOGY MODULE

- ▶ Homeostasis
- ▶ Anatomical Terms
- ▶ Anatomical Systems
- ▶ Adaptations To Physiological Systems With Exercise
- ▶ Principles Of Exercise, Fitness & Health
- ▶ Principles Of Training

- ▶ Cardiovascular Fitness
- ▶ Muscular Strength & Endurance
- ▶ Warm-Up & Stretching
- ▶ Motor Fitness
- ▶ Safety 112

PILATES INSTRUCTOR THEORY

- ▶ Principles Of Pilates
- ▶ Posture
- ▶ Teaching Pilates
- ▶ Application Of Pilates Abcs
- ▶ Pilates Programme Design
- ▶ Pilates Equipment

PILATES INSTRUCTOR PRACTICAL

- ▶ Roll Down
- ▶ Pelvic Lift/ Bridge
- ▶ Chest Lift Alternate Leg Lift Supine
- ▶ Double Leg Lift Side
- ▶ Leg Pull Side (bottom leg meets top leg)
- ▶ Spine Twist Supine
- ▶ Chest Lift with Rotation



Learning Outcomes

Successful learners will be able to:

- ▶ Instruct Pilates 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



Other courses you might be interested in

- ▶ Group Training Instructor
- ▶ HIIT fundamentals and Programming
- ▶ Kids Development Specialist