

# Level 3 Mat Pilates – Conversion Course



## Level 3 Mat Pilates Phase 2: 1-1 Pilates - Cost £800.00

Entrance to this Conversion Course is strictly enforced. Candidates must have evidence of successful completion of Mat Pilates Level 2 or equivalent i.e. Equal to Units D438 & D439

Phase 2 focuses on delivering 1-1 Pilates and consists of two units, as determined by the National Occupational Standards. It is then further divided into components:

**Unit A318** “Manage, evaluate and improve your own performance in providing Mat Pilates

**Unit D437:** “Collect and Analyse Information to Plan a Progressive Mat Pilates Programme”

**Unit C313:** “Provide motivation and support to clients during a progressive Mat Pilates programme”

**PLUS** Level 3 Mat Pilates Core Knowledge Written Exam

Course Description	Component No.	Dates	Time
Level 3 Mat Pilates Phase 2 Code: MPL3/P209	Component No. 5	Saturday 28 <sup>th</sup> Nov 2009	10.00a.m. – 5.30 p.m.
	Component No. 6	Saturday 6 <sup>th</sup> Feb 2010	10.00a.m. – 5.30 p.m.
	Core Knowledge Exam	Saturday 6 <sup>th</sup> March 2010	10.00a.m. – 5.30 p.m.

## Venue: The Energywise Academy, Edinburgh

Successful completion of this course ensures entry to the Register of Exercise Professionals at Level 3 as a Mat Pilates Instructor.

If you have any queries about any aspect of this qualification, including its delivery or timing, please don't hesitate to call us on the number below. Thank you



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