

Level 3 Mat Pilates – Upgrade 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/P210	Component No. 5	Sunday 11 th April 2010	10.00a.m. – 5.30 p.m.
	Component No. 6	Saturday 22 nd May 2010	10.00a.m. – 5.30 p.m.
	Core Knowledge Exam	Saturday 19 th June 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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