

Example Year Planner of Level 3 Mat Pilates Training Course

Below is an example of the timing /year planner for a typical student who is qualified /experienced at Level 2 with an ETM or Gym Instructor qualification:

| Example Year Planner of Level 3 Mat Pilates | | |
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| START OF PHASE 1 HOME STUDY – Preparation for A318 | | |
| Component #1 | A318 , D438 & D439 | Week 1 |
| Component #2 | D438 & D439 | Week 2 |
| HOME STUDY | | |
| Component #3 | A318 , D438 & D439 A318 Assessment VIVA | Week 5 |
| HOME STUDY | | |
| Component #4 | D438 & D439 Lesson Plan VIVA | Week 10 |
| HOME STUDY | | |
| Phase 1 Written & Practical Exam | D438 & D439 | Week 14 Morning or Afternoon |

On successful completion of Level 3 Mat Pilates Phase 1, the student teacher is encouraged to gain experience teaching group Mat Pilates classes in an effort to build a solid base on which to layer Phase 2. Evidence of such teaching is required before Phase 2 can be attempted.

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| START OF PHASE 2 HOME STUDY – Preparation for D437 & C313 | | |
| Component #5 | D437 & C313 | No less than 6 months from course start date |
| HOME STUDY | | |
| Component t#6 | Core Knowledge Exam C313 Assessment VIVA | No less than 8 months from course start date Morning or Afternoon |
| Up to 6 weeks after completing component # 6 , Exam Results are issued – on successful result , the candidate may then register themselves as an endorsed Level 3 Mat Pilates Instructor on REPS | | |
| Components # 1-4 comprise of full weekend guided study Each weekend has identical hours as detailed below : | | |
| Friday Evening | | 6.00pm - 9.30pm |
| Saturday | | 9.30am - 5.30pm |
| Sunday | | 10.00am - 5.00pm |