

## Level 3 Mat Pilates Course Overview

The successful completion of this course entitles the student to be recognised as a fully qualified **Level 3 Mat Pilates Instructor**. The **Level 3 Mat Pilates** qualification is the only nationally recognised qualification for Pilates Instructors in the UK and entitles the successful student to register with the Register of Exercise Professionals –REPs at Level 3. The course consists of five separate units combined with underpinning core knowledge requirements in accordance with the National Occupational Standards- NOS. For the purposes of this overview we refer to the typical candidate attending this course which would be a Level 2 Exercise To Music / Gym Instructor.

### Level 3 Mat Pilates – Phase 1

#### Unit A.318 - Set Objectives

This unit is aimed at the jobbing Exercise to Music instructor, wishing to develop a career in the Health & Fitness industry.

The main objective of this unit is a process of assessing skills, identifying strengths and weaknesses, deciding on one Long Term Goal then plotting S.M.A.R.T. goals onto a Personal Action Plan, which is a working, document requiring regularly evaluation and updating.

The idea being to set one Long Term Goal and then break it down into Medium Term Goals, and Short Term Goals. As you work towards the Long Term Goal, the Short Term Goals drop off the Personal Action Plan and Medium Term Goals become the new Short Term Goals.

Through time, your Long Term Goal should become your Medium Term Goal, and if the process works well, your Short Term Goal will have been accomplished and subsequently you will set a new Long Term Goal broken down into Medium and Short Term Goals. The action of working through the process, highlighting strengths and weaknesses along the way: thereafter addressing your findings and related constraints, before adding the goals, to your Personal Action Plan, to the point of conclusion, is a constant one.

This process ties in neatly with the Stages of Change cycle (see pages 22-26 Unit D.437, in your Student Manual) and will help the instructor to move along their carefully planned career path, taking appropriate differing routes to achieve the end result i.e. their Long Term Goal. It is a continuous process which when coupled with the Continuing Professional Development Log should be built in with client/ colleague feedback and reviews to ensure the instructor remains ahead of the game.

There are a number of worksheets which must be assessed by the course assessor as evidence that the student has grasped the concept and actually plotted and executed a Plan of Action. These mandatory worksheets will form part of the complete Mat Pilates Level 3 Award. Although there is a considerable amount of thought and work going into the process that in the end produces the Action Plan....this is really just the beginning.

Incorporating all that you have learned in this unit into your working life will ensure steady progress in an upward direction. Added to which you can now empathise more authentically with current and future clients, helping them through a similar process to achieve THEIR Long Term Goal.

In summary the process is as important as the setting, analysing and accomplishing of the goals themselves.

### Unit A.318 Assessment Procedure

The assessment procedure is as follows: presentation of all mandatory worksheets to the course assessor which are duly discussed during a 10 minute viva. If you are not familiar with the term Viva ...it simply means a 10 minute interview which gives you a face to face opportunity to present your goals and show evidence of the process you followed to achieve your Long Term Goal.

### Unit D.438-D.439

**The overlap in these two units makes it necessary to combine the two. While D.438 involves planning a Progressive Programme of Mat Pilates, the essence of Unit D.439 relates to teaching a Progressive Programme of Mat Pilates.**

The process of class planning is not a new concept to the ETM Instructor however there are more elements required and a totally different set of teaching skills to be developed. As detailed above in Unit D437- the well taught Pilates class requires the Instructor to **INSTRUCT** and not simply **DEMONSTRATE**.

The most important skills to obtain and improve upon in this section of the course is your ability to appraise, adapt and modify exercises to suit each individual in your class, simultaneously. Having previously spent your career working to the music, the other crucial skill is to learn to be able to ignore any strong beat and encourage your clients to work at their own pace. This in itself can be quite disconcerting to the newly qualified Pilates Instructor! Your Student Manual offers a range of charts to enable you to plan and modify your Pilates class while the guided learning hours incorporate at least six teaching practice sessions with feedback sessions which will ensure you are successful in your practical exam.

### Unit D.438 & Unit D.439 Assessment Process

#### Unit D.438

A comprehensive set of charts and tables which focus on planning a progressive Pilates Programme must be completed and assessed before you will be eligible to sit the Practical Exam. Continuous feedback and coaching sessions are built in to this unit.

#### Unit D.439

Based on the previous unit **D.438**, you will be examined by two examiners while you instruct a group of clients in a 30 minute practical class.

On successful completion of these first three Units there is a natural break in your guided study time. After approximately 4-6 months of experience in teaching Mat Pilates group classes you are then in a strong position to layer further knowledge on top of that gathered in Phase 1. Suitable evidence of such teaching experience must be provided in order to progress to Phase 2.

## Level 3 Mat Pilates - Phase 2

### Unit D.437 – Gather Information

As a Level 2 Exercise to Music Instructor/ Gym Instructor you will have been trained to plan a class / session to suit the general public, making slight adaptations when required.

Upgrading your skills to a Level 3 Advanced Instructor requires a greater depth of knowledge and a more highly developed set of skills. The Level 3 Advanced Instructor will be equipped to deal with more challenging situations and with more specialist groups or individuals than the Level 2 instructor. At the same time remaining aware of their own limitations and with a view to adding CPD Level 3 modules en route to becoming a Level 4 Specialist in future years. All of this is possible and has already been mapped out by the REPs and written to the National Occupational Standards NOS.

Recognising when you are out of your depth or not experienced /qualified enough to deal with the specific issue your client presents you with is an integral part of the job. Admitting you are unsure is a very mature and professional path to take and will gain you more respect than blustering your way through an inadequate answer. Committing to find the answer and follow up at their next session/class or referring, or the client to another Health Professional is what is expected and required at Level 3. You probably have already done this instinctively? If not, it is a new habit worth acquiring.

Gathering information is a vital part of delivering a quality service and can impact on whether or not your client feels valued or achieves their goals ...or indeed whether or not they return at all!

In this unit [D.437](#), we offer you a variety of methods to gather information, record the findings and take the best course of action to achieve the necessary results. Assisting the client in the process without jumping to conclusions about what YOU think they need to do is a skill you may not have acquired or needed in your career to date.

This unit links closely with:

[Unit C.313](#) which is primarily concerned with delivering advice and recommendations based on the information you have gathered during the course of D437. The single most important skill you need to develop is that of LISTENING.

Not listening, or finishing your client's sentences for them, coupled with directing your client into a programme which fails to meet their individual needs is a common failing for the inexperienced, yet highly enthusiastic instructor.

Taking time to establish goals in an unhurried, interested manner and subsequently offering advice based on your findings, contributes to your development as a professional Advanced Instructor whom clients and peers respect and recommend.

## Unit D437 plus Unit C313 Assessment Process

The assessment process is set out in detail in the green and red chart found in your Student Manual pages 5&6 of Unit D437 you will also:

- Conduct an Initial Consultation observed by your assessor by way of workplace simulation
- Read, agree and sign the Professional Instructor Code of Ethical Conduct

### Core Knowledge

In order to advance your skills you will also need to advance your knowledge of Anatomy & Physiology which will be an ongoing process throughout your course. The final Unit relates to the underpinning core knowledge that the National Occupational Standards dictate you must demonstrate you possess. To facilitate this process we have supplied you with a Study Guide which you will find in the final section of your Student Manual.

Also built into the cost of this course are three relevant text books, namely:

- The Concise Book of Muscles by Chris Jarmey -probably the most user friendly book on muscles that you will find.
- The Pilates' Primer- The Millennium Edition by Joseph Pilates offers a fascinating insight into the works and philosophy of Joseph Pilates including photographs of the master himself, executing his classic repertoire of 34 exercises

An additional book you may like to buy is The Health & Fitness Handbook by Dalgliesh & Dollery – this comprehensive book is chock full of useful information for the general fitness instructor.

We also recognise that not *every* book has *all* the answers and for this reason we have included a section in your Student Manual which fills any gaps in the pre-requisite Core Knowledge requirements, not covered by the above books. As you work your way through all the reading material you will obviously be aware of overlaps of information... we make no apology for this. In our experience we know that hearing the same information presented in a variety of ways can only enhance your ability to take all this new information on board. At the same time refreshing your memory with regard to the information you covered for your Exercise to Music/ Gym Instructor qualification but may not have retained...mainly because it is not always relevant to everyday living.

### Core Knowledge Assessment Process

Assessing your Core Knowledge as set out in your Study Guide takes the form of a written Multiple Choice exam which will be the final stage in the process of becoming a Level 3 Advanced Instructor.

On successful completion of all the units of this training course you will be entitled to call yourself a Level 3 Mat Pilates Instructor and register as such on the Register of Exercise Professionals – REPs.

If you do not have a formal qualification as recognised by REPs you still may be able to attend this course. Each candidate is selected on their own merits paying particular attention to A.P.L or A.P.A Accredited Prior Learning or Accredited Prior Achievement... which after all, is the essence of vocational qualifications such as this. Please do not hesitate to call us to discuss your own individual situation. Thank you.