

CLASSICAL CADILLAC TEACHER TRAINING

The Movement Refinery is an industry-leading boutique studio and teacher training organisation that puts the craft and our clients first. We share our learnings and passion within you over this 6+ month Progressive Classical Cadillac teacher training programme. At 130+ hours, it is one of the only programmes in the region that puts the original work front and centre and has an equal focus on skill acquisition, biomechanics and client care. This approach equips you to work with all 'apparently healthy'/low-risk clients while developing your critical thinking skills to offer safe and effective tuition in the Pilates studio or fitness environment.

CLASSICAL CADILLAC COURSE STRUCTURE

Core curriculum
Content delivery
On-demand content

+ Certification
Observations
Practice teaching
Assessment
TOTAL: 130 hours

Please note: Face to face delivery days **usually** occur 12:30-6pm

Module one: the work
Technique, purpose and 'shapes'
The Classical and Archival lists of the Cadillac

Module two: the craft part one
Hands-on and practice teaching, understanding the system
Inclusive drills and adaptive building blocks

Module three: the body, the craft, the work
On-demand lectures
On-demand video tutorials

Would you like to certify and be assessed?

Module four:
This module is self-paced throughout the course process
Observation - 10 hours
Developing an embodied Pilates self-practice - at least 25 hours
Practice teaching - 50 hours

Module five - assessments/certification
1 hour physical competency 1:1
1.5 hour teaching assessment 1:1
Case study and Learning tasks at your own pace

Module six - sign off and interview

Schedule a meeting with the course director to sign off on all logbooks, assessments and discuss next steps for your career

CORE CURRICULUM

The Work:

The Classical and Archival lists of the Cadillac

Roll-up bar (RUB)

Push-through bar (PTB) top and bottom loaded

Leg springs: Supine and side

Arm springs: Standing, supine and archival

Canopy/rails

Trapeze / Fuzzies

Airplane board

Neck stretcher

Videos/Digital resources on demand

Tutorials

Understanding spinal flexion with push through sitting

Shoulder control and teaching spinal extension

Building the arm to body connection with supine arm springs

Building the leg to body awareness with leg springs

Back chain integration - shoulder roll down

Supporting and connecting with PTB teaser

The roll up

Kneeling for lift and opening

Standing arms for integration

Digesting roll backs

Themed workouts

Flow: Push Through Bar workout - sturdy 50 minute workout

Bonus lectures

- Each participant may choose three lectures of their choice from our on-demand

ADDITIONAL MATERIAL

Classical Pilates reading list compiled by the course director

Written manual

Hours of video content detailing every major exercise in the curriculum and building blocks, tutorials, lectures and workshops

Time investment for Cadillac module certification

Contact hours as above plus

5 hours per week for study, workouts, learning tasks and reading

Course overview

Step one: Online access to our course library is granted 28 days prior to first delivery day

Step two: Face to face delivery sessions – Cadillac 3 day weekend and 1 review day

Step three: Components of the craft - a mix of face to face sessions and on-demand content

Step four: On-demand tutorials, lectures and workshops

Opt-in to certify

Step five: Physical proficiency assessment - usually around 4-6 months from commencement

Step six: Learning tasks - commence 3-4 months from commencement

Step seven: Teaching assessment(s) - agreed date within 6 months of commencing face to face delivery sessions

Step eight: Submit case study within 14 days of final teaching assessment(s)

Step nine: Present log book of all teaching, practice and observation hours and exit interview

CONSIDERATIONS AND TERMS/CONDITIONS

Course duration / Leave of absence

Each participant may apply for a leave of absence of up to two months.

Enrolment and participations in certification is optional, however you need to elect to certify within 14 days of your first face to face contact day

Each module has a set time period and certification day - your certification/assessment fee covers you to this date only. Once this date expires, you will need to pay the certification/assessment fee again and must certify within six months or an agreed date at the director's discretion.

ASSESSMENT TOWARDS CERTIFICATION

Assessment pass rate - all assessments have a pass rate of 80% and feedback will be provided
All students may resubmit written assignments once without fee, standard hourly rate of \$150 to be billed for further resubmission

All students must pass physical proficiency and teaching assessments at the first attempt.
Additional attempts billed at \$150 per hour thereafter.

Assessment milestones

Assessment one: hurdle - attend face to face delivery days and participate fully each day

Assessment two: Personal proficiency - complete a physical execution of the curriculum - face to face or zoom (live)

Assessment three: Teaching assessment - instruct the full list and answer questions / teach in detail 3-6 exercises or series

Assessment four: Learning tasks

Assessment five: Case study

Assessment six: Present log book of all teaching, practice and observation hours and exit interview

Learning tasks

We have put together several learning tasks designed to prepare you for long-term employment in the Pilates industry. Our learning tasks centre on access, inclusion and seeing the method for more than just a sweaty workout. The learning tasks form the basis of your case study and demonstrate your knowledge of

- programming
- client care and workplace health and safety

- Physical capacities and components for success
- Identifying movement motions and qualities relative to the original exercises to support contraindications and special programming considerations
- Risk, inclusion and motor skill development
- Building specific qualities of movement such as the L-sit and High Bridge/backbend
- Developing nine client capacities
- Working with the senses
- And alternate ideas for different apparatus

Case study

Outcome-driven written client case studies will assist you to work with the full apparatus family and help you to join the dots in the last stage of your teaching apprenticeship. These are based on the learning tasks and offer you a framework when working with special conditions, goals or cases.

Module course participants complete two per apparatus, comprehensive participants complete eight in total.

Inclusive physical proficiency assessment

For enrolled participants seeking certification you are required to demonstrate physically that you understand all details of the curriculum prior to your teaching proficiency assessment. We honour your personal journey and work within the method and support you to use building blocks and placeholder exercises in lieu of any movements that you are not physically ready to complete or are contraindicated. At the conclusion of your proficiency assessment we offer you the time to demonstrate verbally or with another 'body' the details of the fullest expression of the work as detailed in the curriculum and your face to face delivery days.

We hope that this updated approach to training revitalises your Pilates practice and enhances your wellbeing. This also is a chance to demonstrate that you have fully absorbed all details including apparatus configuration, order and transitions.

Final teaching assessment

You will be assessed on your communication as to your deep understanding of the work; demonstration of compare and celebration of your client with general teaching feedback will also be provided.

Cadillac: You will teach selected exercises and sequences from each segment of the core curriculum over 75 minutes session while taking care of your clients, the apparatus and safety/OHS considerations. Your assessor may then ask for additional explanations or problem-solving for an additional three series or exercises.

PRICING

Online course only	\$1750
+ Face to face days	\$ 550
+ Certification/Assessment	\$ 650
TOTAL	\$2950

Payment plan - 6 instalments	
Online course material + face to face	\$ 485
+ certification / assessment	\$ 585

OTHER FEES

Private sessions

15% industry discount off casual sessions or

10% off pre-paid five or ten pass