**CLASSICAL MAT 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 Mat teacher training programme. At 200+ 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 MAT COURSE STRUCTURE**

Core curriculum

Content delivery

On-demand content

+ Certification

Observations

Practice teaching

Assessment

TOTAL: 205 hours

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

Module one: the work

Technique, purpose and ‘shapes’

Romana’s Mat

Return to Life Mat

Module two: the craft part one

Hands-on and practice teaching

Drills and building blocks

Module three: the craft part two

Programming, problem solving and understanding the system

Magic circle and toe tensometer, practice teaching

Module four: the body, the craft, the work

On-demand lectures

On-demand video tutorials

Would you like to certify and be assessed?

Module five:

This module is self-paced throughout the course process

Observation - 10 hours

Developing an embodied Pilates self-practice **-** 50 hours - at least 25 hours at The Movement Refinery or similar studio - self-practice or completion of the mat order.

Practice teaching - 75 hours

Module six - 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 seven - 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**

* Return to life Mat – Joseph Pilates
* Classical Mat – Romana Kryzanowska

**Videos/Digital resources on demand**

Themed workouts

* Magic Circle mat
* One rep strong mat for experienced clients
* Three rep strong mat
* Asymmetry mat
* Pelvic exploration mat

Tutorials for: Classical method on the 21st century client

* Roll up
* Double leg stretch
* Double leg pull
* Criss Cross
* Spine stretch
* Swan
* One leg kick
* Double leg kick
* Neck Pull

Workshops for client empowerment within the method

Neck building

* Building the neck for classical Pilates

Wrist building

Integration and building with Chris Kelly

* Wrist fortification programme with Nicholas Psarros

Building the back bend

* 3 parts including spine corrector tutorial for High Bridge

Building The Roll Over

* Utilise the system to develop this skill including: Cadillac, barrel, pedi-o-pul

Developing the core skills for Classical Pilates

* Borrowing from gymnastics to develop the core especially in flexion-based

exercises

 Tactile cueing

* The how and why of ‘hands-on’ cueing

Warm-up protocols of The Movement Refinery

* Prepare your client and class for a purposeful session

**On-demand lectures presented by industry experts**

* Centering in breath
  + Lecture with Megan Steers
* Professional identity within the Pilates industry
  + Digital self-development workshop with Wholehearted Life with irsten Brown

Non-specific low back pain -

* Digital workshop: Understanding theory and practical applications with Susan Cottrell

**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

Mat list poster A4 and A2

**Time investment for mat 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 - major apparatus (Mat, Reformer) 6 days over three weekends, smaller apparatus 3 day weekend

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 of(Mat and Reformer) or a selection of exercises (Cadillac, Chair, Barrels, Auxiliary)

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 provided.

Mat: You will teach the full mat list to a class of participants in under 45 minutes. Your assessor will select at least three exercises which you will teach in detail and answer relevant questions.

Reformer: You will teach the full Reformer repertoire to a class of participants in 75 minutes taking care of your clients, the apparatus and safety/OHS considerations. Your assessor will select at least three series or exercises which you will teach in detail and answer relevant questions.

Wunda/Cadillac/Barrels/Auxiliary: You will be required to spend up to one hour per apparatus teaching no less than twelve exercises per apparatus demonstrating significant knowledge of the method, the apparatus including safety considerations and the client.

**PRICING**

Online course only $1950

+ Face to face days $ 750

+ Certification/Assessment $ 750

TOTAL $3450

Payment plan - 6 instalments

Online course material + face to face $ 550

+ certification / assessment $ 675

OTHER FEES

Private sessions

15% industry discount off casual sessions or

10% off pre-paid five or ten pass