

**The POWMAK Teacher Training Programme at
The Pilates Gymnasium, Windsor Marina, SL4 5TZ**

Introduction

The Pilates Gymnasium at Windsor Marina is one of the biggest and best equipped in the UK. The riverside studio is a picturesque location which is easily accessible from the M4, has great facilities and unlimited parking.

Our CYQ approved course for Studio equipment encompasses all of the following:

- Reformer
- Cadillac
- Wunda Chair
- Arm chair
- Ladderbarrel
- Slope
- Pedapul

Students will learn the full repertoire on each piece of equipment along with its progressions, modifications and its applications for the human body.

We are completely flexible with regard to training hours, students will have unlimited access to the studio for self practice and timetabled to ensure the most effective observation and feedback sessions for a period of up to a year (if you are unable to complete 5 hours a week your course will probably run longer than this and your plan will accommodate this).

Routes to entry

When you enquire about training with us, you will be invited to our studio to meet the team and work through 'an audition' - You should allow 2-3 hours for this session. The following routes to entry and costings are a guide only and will be firmed up depending on the outcome of this first assessment with us.

Generally Speaking there are 3 routes to entry on the course:

1) *No qualifications or Pilates experience*

You will need to complete a course of Pilates with us before you can start the course, the number of sessions will depend on your own fitness level but is generally between 20 and 30. You will complete the Level 3 Mat Pilates qualification as part of your course and this will be in addition to the hours detailed below (you will need to allow around 6 days for this and time for a client case study). £4600

2) *Personal Trainer*

You will have either a level 2 or level 3 anatomy qualification You will complete the Level 3 Mat Pilates qualification as part of your course and this will be in addition to the hours detailed below (you will need to allow around 6 days for this and time for a client case study).

If you have level 2 anatomy £4200

If you have level 3 anatomy £3900

3) *Mat Pilates Teacher*

You will have either a level 2 or level 3 anatomy qualification

If you have level 2 anatomy £3200

If you have level 3 anatomy £3000

It is possible to break the course down into modules if you prefer; details available after the assessment session.

We are committed to producing the best all round teachers who will have an incomparable grasp of Pilates on Machines, its application to the general public including all levels of client, all body types, a vast array of physical conditions and how to run a studio effectively.

Learning Outcomes

On completion of the course students will be able to:

- Plan and deliver safe and effective Pilates classes to meet the needs of individuals and groups of a variety of abilities.
- Demonstrate and teach the Pilates equipment repertoire with any adaptations, modifications and variations in a safe and effective manner.
- Assess client's needs and plan and deliver classes taking into account any injuries.
- Communicate clearly and effectively during their teaching and interaction with clients.
- Apply their knowledge of anatomy to their teaching.

Teaching & Learning Methods

There are a variety of teaching and learning methods used during the course which include:

- Lectures
- Practical group and individual training
- Small group activities
- Observation
- Quizzes
- Teaching practice with feedback

Assessment Methods

The course will be assessed using the following methods:

- Ongoing student appraisal form (feedback on teaching)
- Q & A
- Quizzes
- 3 Final Exams covering all equipment

Additional learning Support

Everyone learns in different ways and many of us face challenges and barriers when we are learning. Additional support will be provided for those who have a disability or have additional learning needs.

Reasonable adjustments include:

- Extra time for assessment of up to 25%
- Supervised rest breaks
- Organisation changes in the assessment room
- Use of vision aids such as coloured overlays, low vision aids, tinted glasses etc
- Use of dictionary when English is a second language
- Assessment material in enlarged format
- Provision of a reader, scribe or interpreter
- Provision of resources on coloured paper

Course Structure and Guided Learning Hours

The POWMAK equipment course consists of:

	REQUIRED HOURS
LECTURES - Broken down in to 18 scheduled lessons.	36hrs
OBSERVATION - The student to Observe teaching.	50hrs
FEEDBACK - Powmak teacher observing the student teaching and giving formal feedback.	20hrs
SELF PRACTICE	240hrs (equivalent of 10hrs wk for 6months)
APPRENTICE TEACHING - Timings to be agreed with the studio and a variety of days, evenings and weekends to be included.	100hrs
TOTAL:	446 hrs equivalent of doing 10hrs wk for 12 months

Throughout the course students are responsible for keeping a record of their training hours.

Reading List

Jarmey C. (2004) *The Atlas of Musculoskeletal Anatomy*. Lotus Publishing.

Franklin E. (1996) *Dynamic Alignment Through Imagery*. Human Kinetics.

Friedman P, Eisen G. (2005) *The Pilates Method of Physical and Mental Conditioning*. Viking Studio.

Pilates JH, Miller WJ. (1998) *A Pilates Primer: The millennium edition*. Presentation Dynamics.