

A photograph of two women in a Pilates studio. The woman on the right is standing and looking towards the left, with her right arm raised. The woman on the left is seated or leaning forward, looking towards the right. Both are wearing white athletic wear. The background shows a bright window with a view of a city.

WPS Student Guide Book

Sydney
Brisbane/Canberra/Melbourne



WELLNESS
PILATES

Wellness Pilates Sydney Teacher
Training Course

Wellness Pilates Sydney Teacher Training Course

Wellness Pilates Level One Instructor Certificate

In this first step of the Wellness Pilates Instructor Training, students will cover methodology Foundations, Essential Anatomy and Physiology, and 12 repertoire modules spanning the required Studio repertoire.

Wellness Pilates Certificate students will learn to teach the Pilates Method in a 1:1 private instruction setting. To teach students in small groups / semi-private setting, students will further their education in the Wellness Pilates Comprehensive Instructor Certification.

Logged hours will be required to support this learning.

Wellness Pilates Comprehensive Instructor Certification

This level increases learning to provide for teaching Pilates in a small group / semi-private setting.

This education level provides comprehensive training in Programming, Postural screening and applications, and Special Conditions.

Logged hours will be required to support this learning.

Wellness Pilates Upgrade Program to Diploma of Professional Pilates Instruction 10838

Wellness Pilates students may obtain this Australian Government accredited Diploma Pilates outcome by undertaking the Upgrade Program with a nominated RTO (Registered Training Organisation).

In this Upgrade Program is fully online and students will complete four accredited Units of Competency required for professional practice. These include Work Health and Safety, Communications and Client relationships, Apply medical terminology, and Referrals



**Wellness pilates
Level One
Instructor Certificate**

Foundations, Anatomy and Physiology, and 12 repertoire modules



**Wellness pilates
Comprehensive Instructor
Certification**

Comprehensive training in Programming, Postural screening and applications, and Special Conditions



**Upgrade Program to Diploma
of professional Pilates
Instruction 10838**

Government accredited Diploma Pilates outcome by undertaking the Upgrade Program with a nominated RTO

Wellness Pilates Sydney

Teacher Training Course

A 3-step Process

1. Wellness Pilates Level One Instructor Certificate

- Mat and Reformer Course

* Eligibility: For people with equipment Pilates experience

MATWORK

1. Online learning

a. Pilates movement repertoires

Learn the movements of different levels through the video, and study programming and the way of teaching.

- Plan and instruct a Pilates Matwork class from introductory to basic level.
- Plan and instruct a progressive Pilates Matwork class
- Plan and instruct an intermediate Pilates Matwork class
- Instruct the Pilates studio basic to intermediate Small Apparatus repertoire

b. Pilates - The Foundations

Study topics included in the foundations:

- History and Development of the Method
- Philosophy of the Pilates Method
- Principles of the Pilates Method
- Neutral and the Anatomical Position
- The Neutral Positions
- The Importance of Neutral
- The Mechanics of Breathing
- Breathing and Pilates
- Examining and affecting torso stability
- Torso stability and the Abdominal Wall
- Torso stability and the Back
- Torso stability and the Shoulder Complex
- Muscle Recruitment Patterns
- Compensatory and Habitual Patterns
- Conducting a pre-exercise screening
- The Fundamental Repertoire
- Other Fundamental Positions
- Learning to cue
- Motivating clients
- Approach to Programming
- Guide for The PIC System™ Matwork Programming
- Guide for The PIC System™ Studio Programming
- Understanding progression, regression and variations
- Controversial and contraindicated movement

2. Movement analysis based on the level + Teaching (6 sessions)

Based on the repertoire booklet, studies include from introductory to intermediate level movements following the DAT principle.

D - Demonstrate - The instructor giving demonstration.

A - Analyze - Tips for teaching and using the right cues explaining clients' common mistakes and movement failure.

T - Teach - Students will have a chance to teach each other.

1st- Plan and instruct a Pilates Matwork class from introductory to basic level

2nd- Plan and instruct a progressive Pilates Matwork class

3rd - Plan and instruct an intermediate Pilates Matwork class

4th - Instruct the Pilates studio basic to intermediate Small Apparatus repertoire

5th - Mat and Small Apparatus repertoire Q&A and Review

6th - Mat and Small Apparatus repertoire Test

3. Contact Day

Explaining the tips and matwork movement analysis.

a. Study from Introductory level to intermediate level according to the DAT principle.

D - Demonstrate - The instructor giving demonstration.

A - Analyze - Tips for teaching and using the right cues explaining clients' common mistakes and movement failure.

T - Teach - Students will have a chance to teach each other.

b. programming for the group classes per level

Learning to teach 12 people at once in a group per PAA standards and applying critically theoretical knowledge.

c. Torso tabilisation, cause and solution for muscle imbalance, using the correct muscles and the way to teaching Pilates with efficiency and essential principles and knowledge.

4. Anatomy

a. Anatomical posture, Skeletal system, Spinal Column

b. Movement of Joint

c. Muscular system - Upper body

d. Muscular system - Lower body

5. Work Experience

- a. Log sheet: work experience is a must to become a pilates instructor. Therefore, complete the hours and receive signature from the person in charge.
- b. Teaching Practice: 30 hours
 - Participate in movement analysis and teaching hours and receive signature from the instructor.
 - Teach your family, friends or Pilates partner and receive signature.
- c. Observation: 10 hours
 - Attend actual studio classes to observe the instructor's teaching style and their programming, as well as clients' physical ability.
 - Observe thorough videos online on Pilates Anytime(www.pilatesanytime.com)
- d. Self-mastery: 20 hours
 - Supervised: 10 hours
 - Unsupervised: 10 hours
 - Participate in movement analysis and teaching hours for mat classes in different levels and receive signature from the instructor.
 - Take classes at a pilates studio.
 - Take classes from your work partner or colleagues and receive their signature

6. Assessments

- a. Verbal cueing script for all the movements of levels from Intro-progressive
- b. Mat Written Assignment: Short answer questions, long answer questions, programming
- c. Filling out repertoire self assessment

7. Examination

- a. Online Exam
 - Plan and instruct a Pilates Matwork class from introductory to basic level.
 - Plan and instruct a progressive Pilates Matwork class
 - Plan and instruct an intermediate Pilates Matwork class
 - Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
 - The Foundations

b. Offline Exam

- Movement assessment (Total of 2)
 1. 6th week- 1 category from Intermediate Program
 2. 12th week - 1 category from Intermediate Program

- Teaching assessment (Total of 2)
 1. 6th week- 1 category from Intermediate Program
 2. 12th week - 1 category from Intermediate Program

REFORMER

1. Online learning

a. Pilates movement Repertoires

Learn the movements of different levels through the video, and study programming and the way of teaching.

-Instruct the Pilates studio introductory to basic Reformer repertoire

-Instruct the Pilates studio progressive Reformer repertoire

-Instruct the Pilates studio intermediate Reformer repertoire

2. Analysing movements in different levels + teaching (6 sessions)

Based on the repertoire booklet, studies include from introductory to intermediate level movements following the DAT principle.

D - Demonstrate - The instructor giving demonstration.

A - Analyze - Tips for teaching and using the right cues explaining clients' common mistakes and movement failure.

T - Teach - Students will have a chance to teach each other.

1st -Instruct the Pilates studio introductory to basic Reformer repertoire

2nd-Instruct the Pilates studio progressive Reformer repertoire

3rd & 4th -Instruct the Pilates studio intermediate Reformer repertoire

5th - Reformer repertoire Q&A and Review

6th - Reformer repertoire Test

3. Contact Day

Explaining the overall movement and tips for the repertoire that requires reformer on the contact day.

a. Study from Introductory to Intermediate level following the DAT principles.

D - Demonstrate - The instructor giving demonstration.

A - Analyze - Tips for teaching and using the right cues explaining clients' common mistakes and movement failure.

T - Teach - Students will have a chance to teach each other.

b. Learning to write programs for different levels, as well as constructing PIC system and the way to choose the repertoire, applying critically theoretical knowledge.

4. Work Experience

a. Log sheet: Log sheet: work experience is a must to become a pilates instructor. Therefore, complete the hours and receive signature from the person in charge.

b. Teaching Practice: 30 hours

- Participate in analysing movements and teaching hours and receive signature from the instructor.
- Teach your family, friends or Pilates partner and receive signature.

c. Observation: 10 hours

- Attend actual studio classes to observe the instructor's teaching style and their programming, as well as clients' physical ability.
- Observe through videos online on Pilates Anytime(www.pilatesanytime.com)

d. Self-mastery: 20 hours

- Supervised: 10 hours
- Unsupervised: 10 hours
- Participate in analysing movements and teaching hours and receive signature from the instructor.
- Take classes in the Pilates studio.

5. Assessment

- Fill out repertoire self assessment

6. Examination

a. Online Exam

- Instruct the Pilates studio introductory to basic Reformer repertoire
- Instruct the Pilates studio progressive Reformer repertoire
- Instruct the Pilates studio intermediate Reformer repertoire

b. Offline Exam

- Movement assessment (Total of 2)
 1. 5th week- 1 category from Intermediate Program
 2. 12th week - 1 category from Intermediate Program

- Teaching assessment (Total of 2)
 1. 5th week- 1 category from Intermediate Program
 2. 12th week - 1 category from Intermediate Program

7. Price

- [Sydney](#)

- Online + offline classees: \$4500 (Enrol Reformer course only \$2500)
 1. Repertoire booklet
 2. Online learning
 3. Movement teaching and practicum offline
- * If holding a full equipment certificate from another studio, 50% discount applies.
 Above price shown are GST excluded

• Payment method

1. 1st payment: \$2000
 - Registered after the 1st payment
 - Firstly, online unit and contents will be provided (Online unit)
 - Mat Introductory to Basic
 - Reformer Introductory to Basic
 - Fundamentals: Pilates fundamental theory
 - Self evaluation sheet
 - Work Experience Guideline
 - Logsheet
 - Repertoire booklet: Mat Reformer

- If hoping to take extra pilates classes, 20% discount applies to students during happy hour

2. 2nd payment (after 4 weeks): \$1500
3. 3rd payment (after 4 weeks): \$1000

- [Brisbane, Canberra, Melbourne](#)

- Online + offline classees: \$3900 (Enrol Reformer course only \$2500)
- Lesson type [online / offline] May vary depending on each studio's location [Please refer to the timetable]

Graduation requisite

1. After the course, certificate will be given when passing all the exams and all the assessments stated and teaching hours must be completed within one month.
2. If receive unsatisfactory outcome for any of your assessments resits are allowed twice and every resit has an additional charge of \$100 each.
- 3. If fail the online exam three times there will be an additional charge of \$100 per subject.**

Refund policy

It is no refundable unless unexpected situations such as pregnancy, immediate family death or injury with proof such as doctor's certificate. Classes including online, offline, self mastery or repertoire booklets will not be refundable under no circumstances. Personal reasons such as marriage, business trip, vacation, moving houses and such will not be accepted for refund.

2. Wellness Pilates Level One Instructor Certificate

- CADILLAC, CHAIR and BARREL

*Eligibility: For people who has completed the Mat + Reformer course.

1. Online learning

a. Pilates movement Repertoires

Learn the movements of different levels through the video, and study programming and the way of teaching.

-Instruct the Pilates studio introductory to basic Cadillac repertoire

-Instruct the Pilates studio progressive to intermediate Cadillac repertoire

-Instruct the Pilates studio introductory to intermediate Wunda Chair repertoire

-Instruct the Pilates studio introductory to intermediate Barrels repertoire

2. Analysing movements in defferent levels + teaching (8 sessions)

Based on the repertoir booklet, studies include from introductory to intermediate level movements following the DAT principle.

D - Demonstrate - The instructor giving demonstration.

A - Analyze - Tips for teaching and using the right cues explaining clients' common mistakes and movement failure.

T - Teach - Students will have a chance to teach each other.

- 1st - Instruct the Pilates studio introductory Cadillac repertoire
- 2nd - Instruct the Pilates studio basic Cadillac repertoire
- 3rd - Instruct the Pilates studio progressive to intermediate Cadillac repertoire
- 4th - Instruct the Pilates studio introductory to Progressive Wunda Chair repertoire
- 5th - Instruct the Pilates studio intermediate Wunda Chair repertoire
- 6th - Instruct the Pilates studio introductory to intermediate Barrels repertoire
- 7th - Cadillac, Chair and Barrel Q&A and Review
- 8th - Cadillac, Chair and Barrel Test

3. Contact Day

Explaining the overall movement and tips for the repertoire that requires cadillac, chair and barrel on the contact day.

Based on the repertoire booklet, studies include from introductory to intermediate level movements following the DAT principle.

D - Demonstrate - The instructor giving demonstration.

A - Analyze - Tips for teaching and using the right cues explaining clients' common mistakes and movement failure.

T - Teach - Students will have a chance to teach each other.

b. Learning to write programs for different levels, as well as constructing PIC system and the way to choose the repertoire, applying critically theoretical knowledge.

4. Work Experience

a. Log sheet: Log sheet: work experience is a must to become a pilates instructor. Therefore, complete the hours and receive signature from the person in charge.

b. Teaching Practice: 40 Hours

- Participate in analysing movements and teaching hours and receive signature from the instructor.

- Teach your family, friends or Pilates partner and receive signature.

- Teaching in a real class as assistant and experience teaching on clients and receive signature.

c. Observation: 10 hours

- Attend actual studio classes to observe the instructor's teaching style and their programming, as well as clients' physical ability.

- Observe through videos online on Pilates Anytime(www.pilatesanytime.com)

d. Self-mastery: 20 hours

- Supervised: 10 hours

- Unsupervised: 10 hours

- Participate in analysing movements and teaching hours and receive signature from the instructor.

- Take classes in the Pilates studio.

5. Assessments

- a. Studio Written Assignment: Short answer questions, long answer questions and programming
- b. Fill out Repertoire self assessment

6. Examinatio

a. Online Exam

- Instruct the Pilates studio introductory to basic Cadillac repertoire
- Instruct the Pilates studio progressive to intermediate Cadillac repertoire
- Instruct the Pilates studio introductory to intermediate Wunda Chair repertoire
- Instruct the Pilates studio introductory to intermediate Barrels repertoire

b. Offline Exam

- Movement assessment (Total of 2)
 1. 4th week - 1 category from Intermediate Program
 2. 8th week - 1 category from Intermediate Program
- Teaching assessment (Total of 2)
 1. 4th week - 1 category from Intermediate Program
 2. 8th week - 1 category from Intermediate Program

7. Price

- Online + offline classee: \$2900
 1. Repertoire booklet
 2. Online learning
 3. Movement teaching and practicum offline

* If holding a full equipment certificate from another studio, 50% discount applies.
Above price shown are GST excluded

• Paymnet

1. 1st payment: \$1900
 - Registered after the 1st payment
 - Firstly, online unit and contents will be provided
(Online unit)
 - Cadillac Introductory to Basic
 - Work Experience Guideline
 - Logsheet
 - Repertoire booklet: Cadillac, Chair and Barrel
 - If hoping to take extra pilates classes, 20% discount applies to students during happy hour

2. 2nd payment (after 4 weeks): \$1000

Graduation requisite

1. After the course, certificate will be given when passing all the exams and all the assessments stated and teaching hours must be completed within one month.
2. If receive unsatisfactory outcome for any of your assessments resits are allowed twice and every resit has an additional charge of \$100 each.
- 3. If fail the online exam three times there will be an additional charge of \$100 per subject.**

Refund policy

It is no refundable unless unexpectable situations such as pregnancy, immediate family death or injury with proof such as doctor's certificate. Classes including online, offline, self mastery or repertoire booklets will not be refundable under no circumstances. Personal reasons such as marriage, business trip, vacation, moving houses and such will not be accepted for refund.

3. Wellness Pilates Comprehensive Instructor Certification Special Condition & in-depth rehabilitation process (Studio Instruction)

*Eligibility: Completed Step1(Mat and Reformer)+Step2(Cadillac Chair and Barrel) course and are holding WPS Certificate

Programming postural assessment and correction

1. Online learning

a. Pilates movement Repertoires

Learn the movements of different levels through the video, and study programming and the way of teaching.

Introduction

Initial Consultations (IC)

IC: Guide Programs

Instructor Report

Posture

Good Posture versus Bad Posture

Physiology of Posture

The plumbline and the anatomical position

Static postural assessment

Dynamic postural assessment

Common faulty postures

Kyphotic Posture

Lordotic Posture

Fatigue/ Sway-Back Posture

Flat Back Posture

Scoliosis

Asymmetries

Genu Varus and Genu Valgus

Pronation and Supination

Correcting faulty postures

Developing a postural correction program

2. Analysing movements + teaching (1 session)

Based on the repertoire booklet, studies include from introductory to intermediate level movements following the DAT principle.

D - Demonstrate - The instructor giving demonstration.

A - Analyze - Tips for teaching and using the right cues explaining clients' common mistakes and movement failure.

T - Teach - Students will have a chance to teach each other.

3. Contact Day

Go through different injuries or disease caused by posture and how to fix through Pilates and more as followed:

a. Posture programming 1

PRE-EXERCISE SCREENING

Posture Analysis

Dynamic & static postural assessment

Common faulty postures

Initial consultation

b. Posture programming 2

SCOLIOSIS

ASYMMETRIES GENU VALGUS/VARUM

FOOT PRONATION AND SUPINATION

Ankle

Programming

Special Conditions planning and programming

1. Online learning

Undertake exercise planning and programming

Introduction

The PIC System™: Review

Time Constraints Programming

Choosing Apparatus and Programming

Apparatus Programming

Programming, Progression and Regression

Pre-Pilates

Pre-Pilates Repertoire: Pelvic Clocks & Hip Release

Pre-Pilates Repertoire: Side Lying Rotation & Puppet Arms

Pre-Pilates Repertoire: Supine Pole

Pre-Pilates Repertoire: Diamond Extension

Pre-Pilates Repertoire: Seated Pelvic Tilts/ Clocks

Pre-Pilates Repertoire: Quadruped Stabilisation

Pre-Pilates Repertoire: Protraction/ Retraction & Happy Puppy

Pre-Pilates Repertoire: Side Lying Hip Series & Clams

Pre-Pilates Repertoire: VMO Extension & Piriformis Stretch

Muscle Structure and Function

Muscle Contractions and Roles

Muscle Roles

Stability and Balance

Common Terminology used in Exercise and Rehabilitation

Special Conditions

Pilates for Pregnancy

Pilates for Pregnancy: First and Second Trimester

Pilates for Pregnancy: Third Trimester and Post Natal

Ageing and Longevity

Common conditions of the hip

Common conditions of the knee

Common conditions of the ankle

Common shoulder conditions

Conditions of the elbow and wrist

Spine and Back

Low Back Pain

Piriformis Syndrome

Disc Bulge

Degenerative Spine Conditions

Scoliosis and Osteoporosis

2. Analysing movements + Teaching (1 session)

Studying the studio session according to the DAT principles.

D - Demonstrate - The instructor giving demonstration.

A - Analyze - Tips for teaching and using the right cues explaining clients' common mistakes and movement failure.

T - Teach - Students will have a chance to teach each other.

3. Contact Day

Go through different injuries or disease caused by posture and how to fix through Pilates and more as followed:

a. Special conditions 1

Common rehab terminology

Pre-pilates (Rehabilitation)

b. Special Conditions 2

Pregnancy

Spinal conditions

4. Work Experience

check the completed teaching time including step 1 and 2 on the log sheet and apply the below factors.

a. Log sheet: Log sheet: work experience is a must to become a pilates instructor. Therefore, complete the hours and receive signature from the person in charge.

b. Teaching Practice: 200 hours

- Participate in analysing movements and teaching hours and receive signature from the instructor.

- Teach your family, friends or Pilates partner and receive signature.

- Teaching in a real class as assistant and experience teaching on clients and receive signature.

- Teaching clients in a real class.

c. Observation: 100 hours

Attend actual studio classes to observe the instructor's teaching style and their programming, as well as clients' physical ability.

- Observe through videos online on Pilates Anytime

-Pilates Anytime <https://www.pilatesanytime.com/mx/videos>

-PITC https://www.youtube.com/channel/UCM9cp-nrxYzP8-1_7kIFPSw/videos

-WPS <https://www.youtube.com/channel/UCNfdKY5NsxW6AJiCJtYlrDg/featured>

d. Self-mastery: 100 hours

-Supervised: 50 hours

-Unsupervised: 50 hours

- Participate in analysing movements and teaching hours and receive signature from the instructor.

- Take classes in the Pilates studio.

- Take classes from your work partner or colleagues and receive their signature

5. Assessments

a. Programming Written Assignment: Short answer questions, long answer questions and programming based on the posture fixation and pathology rehabilitation

6. Examination

a. Online Exam

-Plan and instruct Pilates method programming for postural assessment and correction

-Undertake exercise planning and programming for a Pilates studio in a variety of situations

b. Offline Exam

- Studio session assessment

Processing semi-private sessions according to the level and category given on spot

1 category will be given

- Pre-Pilates practical

7. Price

Education fee: \$2900

-Contact day

-Offline: Movement lessons and practic teaching

- Online course builder 2 module

-Materials

-Examination and assessment

-Admin Fee

-Work Experience

Supervised self practice - 1:2 duet/1:1 private session

Apply at Chatswood Center (Extra fees apply)

*Above pricing is GST excluded

Graduation requisite

1. After the course, certificate will be given when passing all the exams and all the assessments stated and teaching hours must be completed within one month.
2. If receive unsatisfactory outcome for any of your assessments resits are allowed twice and every resit has an additional charge of \$100 each.
- 3. If fail the online exam three times there will be an additional charge of \$100 per subject.**

Refund policy

It is no refundable unless unexpectable situations such as pregnancy, immediate family death or injury with proof such as doctor's certificate. Classes including online, offline, self mastery or repertoire booklets will not be refundable under no circumstances. Personal reasons such as marriage, business trip, vacation, moving houses and such will not be accepted for refund.

Course registration

OPTION 1 - Wellness Pilates Certification Package Registration -

Wellness Pilates Level One Instructor Certificate (Mat&Reformer + CCB) course and including all the Wellness Pilates Comprehensive Instructor Certification course. It is \$1800 less than if you register separately.

The course is total of \$8900 and are able to pay in 3 payments

- 1st payment : \$3000 (before the course)
- 2nd payment :\$3000 (after 6 weeks)
- 3rd payment :\$2900 (after 12 weeks)

-Self Mastery : Once a week (30 group lessons, studio 20 lessons) is a must and is not included in the course payment.

OPTION 2 -Wellness Pilates Certification Separate Registration -

This allows to not register all the courses at once and only register for the interested course.

1. Welness Pilates Level One Instructor Certificate (Mat&Reformer): \$4500
 2. Wellness Pilates Level One Instructor Certificate (CCB): \$2900
 3. Wellness Pilates Comprehensive Instructor Certification: \$2900
- Self Mastery : Once a week (30 group lessons, studio 20 lessons) is a must and is not included in the course payment.

Process for WPS students to upgrade to the Diploma with National Pilates Training 10838

National Pilates Training (NPT) Diploma Application

1. Step 3 - Complete WPS Comprehensive Instructor Certificate Course

2. Complete Application form and send to NPT

- Complete NPT Course Application Form
- Email to NPT **admin@nationalpilates.com.au**

Required Documents

- RPL Application form
- Payment Form
- WPS Certificate
- Course Completion Statement (Signature of WPS)
- Resume (Current resume and job description)
- Supporting Documents

3. Process and completion of NPT

- Receive confirmation of enrolment(email) and online materials
- Complete NPT online course as below (6 units) :

WORK PROFESSIONALLY

- Participate in workplace health and safety
- Work within a Pilates industry framework
- Use and maintain core Pilate industry equipment

COMMUNICATIONS

- Communicate and work in health or community services
- Establish and manage client relationships
- Interpret and apply medical terminology appropriately

DIPLOMA APPLICATION (NATIONAL PILATES):

There will be two options for undertaking the Upgrade to Diploma based around WPS course delivery:

1. Students enrol in the Upgrade to Diploma at the same time as they enrol to WPS Course, and complete both the course and upgrade units together.

Cost \$1985.00. This includes the application fee of \$85. (After 30 June 2023 any previous graduates would then pay the higher price if they decide to enrol.)

Payments are made in a 2 x instalments as per the RTO scheduling.

2. Students enrol in the Upgrade to Diploma after they have graduated from the WPS Course.

Cost \$2585.00. This includes the application fee of \$85.

Payments are made in a 2 x instalments.