

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



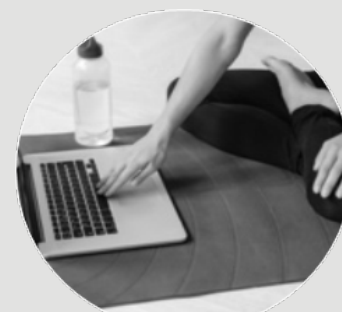
**Wellness pilates
Level One
Instructor Certificate**

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

*资格: 有设备经验普拉提者

MATWORK

1. 线上学习

A. 普拉提动作

透过视频学习不同程度以及教学方式

- Plan and instruct a Pilates Matwork class from introductory to basic level.
 - 计划和执导基础垫上普拉提
- Plan and instruct a progressive Pilates Matwork class
 - 计划和指导渐进式普拉提课程
- Plan and instruct a progressive Pilates Matwork class
 - 计划和执导中级垫上普拉提
- Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
 - 基础至 中级器械执导普拉提工作室

b. 普拉提的基础 The Foundations

The Foundations 基础课题

- History and Development of the Method 历史和发展
- Philosophy of the Pilates Method 普拉提哲学
- Principles of the Pilates Method 普拉提原理
- Neutral and the Anatomical Position 中立和解剖学
- The Neutral Positions 中立位
- The Importance of Neutral 中立的重要性
- The Mechanics of Breathing 呼吸机制
- Breathing and Pilates 呼吸和普拉提
- Examining and affecting torso stability 检查和影响躯干稳定性
- Torso stability and the Abdominal Wall 躯干稳定性和腹壁
- Torso stability and the Back 躯干稳定性和背部
- Torso stability and the Shoulder Complex 躯干稳定性和肩部复合体
- Muscle Recruitment Patterns 肌肉募集模式
- Compensatory and Habitual Patterns 补偿和习惯模式
- Conducting a pre-exercise screening 进行运动前筛选
- The Fundamental Repertoire 基本报告
- Other Fundamental Positions 其他基本立场
- Learning to cue 学习提示
- Motivating clients 激励客户
- Approach to Programming 编程方法
- Guide for The PIC System™ Matwork Programming PIC System™ Matwork 编程指南
- Guide for The PIC System™ Studio Programming PIC System™ Studio 编程指南
- Understanding progression, regression and variations 了解进展、倒退和变化
- Controversial and contraindicated movement 有争议和禁忌的运动

2. 动作分析和教学(6节课)

根据书本,包刮从基础到中级动作该遵循 DAT 原则

D - Demonstrate 示范 - 讲师进行示范

A - Analyze 分析 - 给予技巧,使用正确口令,常见错误和错勿动作

T - Teach 教 - 学生将互相教导

1st- Plan and instruct a Pilates Matwork class from introductory to basic level
计划和执导基础垫上普拉提

2nd- Plan and instruct a progressive Pilates Matwork class
计划和指导渐进式普拉提课程

3rd - Plan and instruct an intermediate Pilates Matwork class
计划和执导中级垫上普拉提

4th - Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
基础至中级小器具执导普拉提工作室

5th - Mat and Small Apparatus repertoire Q&A and Review
垫上和小器具问答和复习

6th - Mat and Small Apparatus repertoire Test
垫上和小器具考试

3. Contact Day

技巧和垫上动作分析

a. 学习从初级至中级根据 DAT原则

D - Demonstrate - 讲师进行示范

A - Analyze - 给予技巧,使用正确口令,常见错误和错勿动作

T - Teach - S学生将互相教导

b. 据级别学习

以照PAA原则 在小组中教12个学员,并应用该理论和知识

c. 躯干稳定,肌肉不平稳的原因及解决方式

使用正确肌肉,以及有效教普拉提的方式已据基本原则和知识

4. 解剖学

a. 解剖姿势、骨骼系统、脊柱

b. 关节

c. 肌肉系统 - 上半身

5. Work Experience

a. 记录表：工作经验是成为普拉提教练必备条件。因此，完成时间并有老师的签名。

b. 教学练习: 30 小时

- 参与分析和教学时间,并获得老师签名
- 教家人、朋友或普拉提伙伴并得签名。

c. 观察: 10 小时

- 参加工作室课程，观察讲师的教学方式，以及客户的身體能力。
- 在线上看普拉提 (www.pilatesanytime.com)

d. 自我学习: 20 小时

- 监督: 10 小时
- 无监督: 10 小时
- 参与不同级别垫上普拉提课的动作分析并获得老师签名。
- 普拉提工作室上课
- 从伙伴或同事那里上课并获得签名

6. Assessments

a. 所有的动作口头述说

b. 垫上普拉提: 简答题, 编程

c. 报告

7. Examination

a. 线上考试

- Plan and instruct a Pilates Matwork class from introductory to basic level.
- 计划和执导基础垫上普拉提
- Plan and instruct a progressive Pilates Matwork class
- 计划和指导渐进式普拉提课程
- Plan and instruct an intermediate Pilates Matwork class
- 计划和执导中级垫上普拉提
- Instruct the Pilates studio basic to intermediate Small Apparatus repertoire
- 基础至中级器械执导普拉提工作室
- The Foundations
- 基础

b. 线下考试

• 动作考试 (共2个)

1. 第六个礼拜 - 1类来自于中级
2. 第十二个礼拜 - 1类来自于中级

• 教导考试 (共2个)

1. 第六个礼拜 - 1类来自于中级
2. 第十二个礼拜 - 1类来自于中级

REFORMER

1. 线上学习

a. 普拉提动作

透过视频学习不同程度以及教学方式

-Instruct the Pilates studio introductory to basic Reformer repertoire
执导基础器械床普拉提

-Instruct the Pilates studio progressive Reformer repertoire
执导渐进式器械床普拉提

-Instruct the Pilates studio intermediate Reformer repertoire
执导中级器械床普拉提

2. 不同层次等级的动作+ 教学(6堂)

根据书本, 包刮从基础到中级动作该遵循 DAT 原则

D - Demonstrate 示范 - 讲师进行示范

A - Analyze 分析 - 给予技巧, 使用正确口令, 常见错误和错勿动作

T - Teach 教 - 学生将互相教导

1st -Instruct the Pilates studio introductory to basic Reformer repertoire
计划和执导基础器械床普拉提

2nd-Instruct the Pilates studio progressive Reformer repertoire
计划和指导渐进式普拉提课程

3rd & 4th -Instruct the Pilates studio intermediate Reformer repertoire
计划和执导中级器械床普拉提
基础至中级器械床执导普拉提工作室

5th - Reformer repertoire Q&A and Review
器械床普拉提问答和复习

6th - Reformer repertoire Test
器械床普拉提考试

3. Contact Day

技巧和器械床动作分析

a. 学习从初级至中级根据 DAT原则

D - Demonstrate - 讲师进行示范

A - Analyze - 给予技巧,使用正确口令,常见错误和错勿动作

T - Teach - S学生将互相教导

b. 学习编写不同级别的程序, 以及构建 PIC 系统和报告方式, 应用批判性理论知识

4. 实习

a. 记录表: 工作经验是成为普拉提教练的必备条件。因此, 完成练习时间并有老师签名

b. 教学练习: 30 小时

- 参与分析和教学时间,并获得老师签名

- 教家人、朋友或普拉提伙伴并得签名。

c. 观察: 10 小时

- 参加工作室课程, 观察讲师的教学方式, 以及客户的身体能力。

- 在线上看普拉提 (www.pilatesanytime.com)

d. 自主学习: 20 小时

- 监督: 10 小时

- 无监督: 10 小时

- 参与不同级别垫上普拉提课的动作分析并获得老师签名。

- 普拉提工作室上课

- 从伙伴或同事那里上课并获得签名

5. Assessment

- 报告

6. Examination

a. 线上考试

- Instruct the Pilates studio introductory to basic Reformer repertoire

计划和执导基础器械床普拉提

- Instruct the Pilates studio progressive Reformer repertoire

计划和指导渐进式普拉提课程

- Instruct the Pilates studio intermediate Reformer repertoire

计划和执导中级器械床普拉提

b. 线下考试

• 动作考试 (共2个)

1. 第五个礼拜 - 1类来自于中级
2. 第十二个礼拜 - 1类来自于中级

• 教导考试(共2个)

1. 第五个礼拜 - 1类来自于中级
2. 第十二个礼拜 - 1类来自于中级

7. 价格

- Sydney

• 线上+线下课程: \$4500 (Enrol Reformer course only \$2500)

1. 课本
2. 线上学习
3. 线下动作教学与实习

* 如果持有其他工作室的完整证书, 则适用 50% 的折扣。
 以上的价格不包括消费税

• 付款方式

1. 第一次付款: \$2000
 - 注册后第一次付款
 将先提供在线上课内容
 (线上单元)
 垫上普拉提基础入门
 器械床基楚入门
 基楚知□: 普拉提基楚理论
 自我评价表
 工作经验指南
 记录表
 课本: 垫上器械床

- 如果希望而外的普拉提课程, 学生可在欢乐时光享受 20% 的折扣

2. 第二次付款 (4个礼拜后): \$1500
3. 第三次付款 (4个礼拜后): \$1000

- Brisbane, Canberra, Melbourne

• 线上+线下课程: \$3900 (Enrol Reformer course only \$2500)

-Lesson type [online / offline] May vary depending on each studio's location
 [Please refer to the timetable]

毕业必备

1. 课程结束后, 通过所有考试后将给予证书, 所有规定的评估和教学必须在一个月内完成。
2. 如果任何评估的结果没通过, 则允重考两次, 每次重考均需额外收取 \$100费用
3. 如果在线上考试 3 次不及格, 而外收取 \$100 费用。

退款政策

除非出现意外情况, 如怀孕、直系亲属死亡或受伤, 并提供医生证明等, 否则既不退款。包括在线、线下、自学的课程在任何情况下均不予退款。因结婚、出差、度假、搬家等个人原因, 恕不接受退款。

2. Wellness Pilates Level One Instructor Certificate

- CADILLAC, CHAIR and BARREL

*资格：适用于已完成 Mat + Reformer 课程的人。

1. 线上课程

a. 普拉提动作

透过视频学习不同程度以及教学方式

-Instruct the Pilates studio introductory to basic Cadillac repertoire
执导基础凯迪拉克普拉提

-Instruct the Pilates studio progressive to intermediate Cadillac repertoire
执导渐进式凯迪拉克普拉提

-Instruct the Pilates studio introductory to intermediate Wunda Chair repertoire
执导中级稳踏椅

-Instruct the Pilates studio introductory to intermediate Barrels repertoire
执导中级梯桶

2. 不同层次等级的动作+ 教学(8堂)

根据书本, 包刮从基础到中级动作该遵循 DAT 原则

D - Demonstrate 示范 - 讲师进行示范

A - Analyze 分析 - 给予技巧, 使用正确口令, 常见错误和错勿动作

T - Teach 教 - 学生将互相教导

• 1st - Instruct the Pilates studio introductory Cadillac repertoire
指导介绍凯迪拉克

• 2nd - Instruct the Pilates studio basic Cadillac repertoire
指导基础凯迪拉克

• 3rd - Instruct the Pilates studio progressive to intermediate Cadillac repertoire
计划和指导渐进式凯迪拉克

• 4th - Instruct the Pilates studio introductory to Progressive Wunda Chair repertoire
计划和指导渐进式稳踏椅

• 5th - Instruct the Pilates studio intermediate Wunda Chair repertoire
指导中级稳踏椅

- 6th - Instruct the Pilates studio introductory to intermediate Barrels repertoire
指导介绍渐进式梯桶
- 7th - Cadillac, Chair and Barrel Q&A and Review
凯迪拉克，稳踏椅和梯桶 问答和复习
- 8th - Cadillac, Chair and Barrel Test
凯迪拉克，稳踏椅和梯桶考试

3. Contact Day

了解凯迪拉克，稳踏椅和梯桶整体和技巧。

学习从初级至中级根据 DAT原则

D - Demonstrate - 讲师进行示范

A - Analyze - 给予技巧,使用正确口令,常见错误和错勿动作

T - Teach - 学生将互相教导

b. 学习编写不同级别的程序，以及构建 PIC 系统和报告方式，应用批判性理论知识

4. 实习

a. 记录表: 工作经验是成为普拉提教练的必备条件。因此，完成练习时间并有老师签名

b. 教学练习: 40 小时

- 参与分析和教学时间,并获得老师签名
- 教家人、朋友或普拉提伙伴并得签名
- 作为助教在真实课堂教学并得签名

c. 观察: 10 小时

- 参加工作室课程，观察讲师的教学方式，以及客户的身体能力。
- 在线上看普拉提 (www.pilatesanytime.com)

d. 自主学习: 20 小时

- 监督: 10 小时

- 无监督: 10 小时

- 参与不同级别垫上普拉提课的动作分析并获得老师签名。
- 普拉提工作室上课

5. Assessments

- a. 工作室作业：简答题、长答题和编程
- b. 填写自我评估

6. Examination

- a. 线上考试

-Instruct the Pilates studio introductory to basic Cadillac repertoire
指导介绍基础凯迪拉克

-Instruct the Pilates studio progressive to intermediate Cadillac repertoire
指导渐进式凯迪拉克

-Instruct the Pilates studio introductory to intermediate Wunda Chair repertoire
指导基础至中级稳踏椅

-Instruct the Pilates studio introductory to intermediate Barrels repertoire
指导介绍基础至中级梯桶

- b. 线下考试

- 动作考试（共2个）

1. 第四个礼拜 - 1类来自于中级
2. 第八个礼拜 - 1类来自于中级

- 教导考试(共2个)

1. 第四个礼拜 - 1类来自于中级
2. 第八个礼拜 - 1类来自于中级

7. 价格

- 线上+线下课程: \$2900

1. 课本
2. 线上学习
3. 线下动作教学与实习

* 如果持有其他工作室的完整证书，则适用 50% 的折扣。

以上的价格不包括消费税

- 付款方式

1. 第一次付款: \$1900

- 注册后第一次付款

将先提供在线上课内容

(线上单元)

凯迪拉克普拉提基础入门

自我评价表

工作经验指南

记录表

课本: 凯迪拉克, 稳踏椅, 梯桶

- 如果希望而外的普拉提课程，学生可在欢乐时光享受 20% 的折扣

2.第二次付款(4个礼拜后): \$1000

毕业必备

1. 课程结束后, 通过所有考试后将给予证书, 所有规定的评估和教学必须在一个月内完成。
2. 如果任何评估的结果没通过, 则允重考两次, 每次重考均需额外收取 \$100费用
- 3. 如果在线上考试 3 次不及格, 而外收取 \$100 费用。**

退款政策

除非出现意外情况, 如怀孕、直系亲属死亡或受伤, 并提供医生证明等, 否则既不退款。包括在线, 线下, 自学的课程在任何情况下均不予退款。因结婚、出差、度假、搬家等个人原因, 恕不接受退款。

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

*资格：完成Step1（垫上普拉提和器械床）+Step2（凯迪拉克,稳踏椅,梯桶）课程并持有WPS证书

Programming postural assessment and correction

1. 线上课程

a. 普拉提动作

透过视频学习不同程度以及教学方式

Introduction 介绍

Initial Consultations (IC)咨询 (IC)

IC: Guide Programs 导览

Instructor Report 导师报告

PostureIC: 姿势

Good Posture versus Bad Posture 好姿势坏姿势

Physiology of Posture 姿势生理学

The plumbline and the anatomical position 铅垂线和解剖学

Static postural assessment 静态姿势评估

Dynamic postural assessment 动态姿势评估

Common faulty postures 常见的错误姿势

Kyphotic Posture 后凸姿势

Lordotic Posture 前凸姿势

Fatigue/ Sway-Back Posture 疲劳/后摇姿势

Flat Back Posture 平背姿势

Scoliosis 脊柱侧弯

Asymmetries 不对称

Genu Varus and Genu Valgus 膝内翻和膝外翻

Pronation and Supination 旋前和旋后

Correcting faulty postures 纠正错误的姿势

Developing a postural correction program 制定姿势矫正课

2. 动作分析+ 教学(1节课)

根据书本, 包刮从基础到中级动作该遵循 DAT 原则

D - Demonstrate 示范 - 讲师进行示范

A - Analyze 分析 - 给予技巧, 使用正确口令, 常见错误和错勿动作

T - Teach 教 - 学生将互相教导

3. Contact Day

由姿势引起的不同伤害或疾病，以及如何通过普拉提等进行修复，如下所示

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

a. 姿势编程 1

运动前筛查

姿势分析

动态和静态姿势评估

常见的错误姿势

咨询

b. 姿势编程 2

脊柱侧弯

不对称膝外翻/内翻

脚旋前和旋后

脚踝

编程

Special Conditions planning and programming

1. 线上学习

锻炼计划和编程

Introduction 介绍

The PIC System™: Review PIC 系统™ : 回顾

Time Constraints Programming 时间约束编程

Choosing Apparatus and Programming 选择Apparatus and Programming

Apparatus Programming

Programming, Progression and Regression

Pre-Pilates 预-普拉提

Pre-Pilates Repertoire: Pelvic Clocks & Hip Release 预-普拉提:骨盆时钟和髋关节放松

Pre-Pilates Repertoire: Side Lying Rotation & Puppet Arms 预-普拉提:侧卧旋转和木偶手臂

Pre-Pilates Repertoire: Supine Pole 预-普拉提:仰卧杆

预-普拉提: Diamond Extension

Pre-Pilates Repertoire: Seated Pelvic Tilts/ Clocks 预-普拉提:坐姿骨盆倾斜/时钟

Pre-Pilates Repertoire: Quadruped Stabilisation 预-普拉提:四足稳定

预-普拉提: Protraction/ Retraction & Happy Puppy

预-普拉提: Side Lying Hip Series & Clams

Pre-Pilates Repertoire: VMO Extension & Piriformis Stretch 预-普拉提: VMO 伸展和梨状肌伸展

Muscle Structure and Function 肌肉结构和功能

Muscle Contractions and Roles 肌肉收缩和作用

Muscle Roles 肌肉角色

Stability and Balance 稳定与平衡

Common Terminology used in Exercise and Rehabilitation 康复中使用的常用术语

Special Conditions 特殊情况

Pilates for Pregnancy 孕妇普拉提

Pilates for Pregnancy: First and Second Trimester 第一和第二个三个月

Pilates for Pregnancy: Third Trimester and Post Natal 妊娠晚期和产后

Ageing and Longevity 衰老与长寿

Common conditions of the hip 髋关节的常见病症

Common conditions of the knee 膝关节的常见病症

Common conditions of the ankle 脚踝的常见病症

Common shoulder conditions 肩的常见病症

Conditions of the elbow and wrist 手肘和手腕的状况

Spine and Back 脊柱和背部

Low Back Pain 腰背疼痛

Piriformis Syndrome 梨状肌综合症

Disc Bulge 椎间盘突出

Degenerative Spine Conditions 退行性脊柱疾病

Scoliosis and Osteoporosis 脊柱侧凸和骨质疏松症

2. 动作分析+ 教学(1节课)

根据书本, 包刮从基础到中级动作该遵循 DAT 原则

D - Demonstrate 示范 - 讲师进行示范

A - Analyze 分析 - 给予技巧, 使用正确口令, 常见错误和错勿动作

T - Teach 教 - 学生将互相教导

3. Contact Day

由姿势引起的不同伤害或疾病，以及如何通过普拉提等进行修复，如下所示

a. Special conditions 1
Common rehab terminology
康复术语
Pre-pilates (Rehabilitation)

b. Special Conditions 2
Pregnancy 怀孕
Spinal conditions 脊柱疾病

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.

完成的教学时间，包括记录表上的步骤 1 和 2，并用以下因素。

日志表：日志表：工作实习是成为普拉提教练的必备条件。因此，完成时间收到教练的签名。

b. Teaching Practice: 200 hours

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

参与分析和教学时间,并获得老师签名

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

教家人、朋友或普拉提伙伴并得签名

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

作为助教在真实课堂教学并得签名

- Teaching clients in a real class.

实际教学

c. Observation: 100 hours

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

- 参加工作室课程，观察讲师的教学方式，以及客户的身体能力

- Observe through videos online on Pilates Anytime

- 在线上看普拉提 (www.pilatesanytime.com)

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

-PITC https://www.youtube.com/channel/UCM9cp-nrxYzP8-1_7klFPSw/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

工作室作业：简答题、长答题和编程

b. answer questions and programming based on the posture fixation and pathology rehabilitation

根据姿势固定和病理康复回答问题和编程

6. Examination

a. Online Exam

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

计划和指导用于姿势评估和矫正的普拉提方法

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

在各种情况下为普拉提工作室进行锻炼计划

b. Offline Exam

- Studio session assessment

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

根据2:1课程给出级别

1 category will be given

- Pre-Pilates practical 练习

7. Price

费用: \$2900

-Contact day

-Offline: 动作课程和练习

- 线上课程 2课

-Materials

-考试和评估

-Admin Fee

-Work Experience

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

Apply at Chatswood Center (而外费用)

*以上价格不包括消费税

毕业必备

1. 课程结束后，通过所有考试后将给予证书，所有规定的评估和教学必须在一个月内完成。

2. 如果任何评估的结果没通过，则允重考两次，每次重考均需额外收取 \$100费用

3. 如果在线上考试 3 次不及格，而外收取 \$100 费用。

退款政策

除非出现意外情况，如怀孕、直系亲属死亡或受伤，并提供医生证明等，否则既不退款。包括在线、线下、自学的课程在任何情况下均不予退款。因结婚、出差、度假、搬家等个人原因，恕不接受退款。

课程注册

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.

如果全部课程一起报名将少\$1800

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

课程全部费用是\$8900 可分成3次付款

-第一次 : \$3000 (开课之前)

-第二次 : \$3000 (6周后)

-第三次 : \$2900 (12周后)

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

每周一次 (30 次团体课, 工作室 20次) 是必须的, 不包括在课程费用中。

OPTION 2 -Wellness Pilates Certification Separate Registration

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

可只报名有兴趣的课程

1. Wellness 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.

每周一次 (30 次团体课, 工作室 20次) 是必须的, 不包括在课程费用中。

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.