

M O M E N T U M L A B
Refining Physical Intelligence

**COURSE INFORMATION
PACKAGE**

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WHY STUDY AT MOMENTUM LAB?

Momentum Lab has been at the forefront of the Pilates industry in Singapore for many years and prides itself on quality, professional training. Momentum Lab has now partnered with PilatesITC (Pilates International Training Centre, RTO No. 40941) to deliver Pilates specialist training courses and career pathways for Pilates professionals. PilatesITC sets the benchmark in Australasia for quality Pilates Method government accredited training and continues to be at the forefront of the Pilates vocational training industry.

You now have the opportunity to train with the best and achieve an Australian government accredited qualification that is recognised internationally. Our training draws on the most up to date learning techniques and resources and creates a rewarding career pathway for students who want to work in the professional Pilates industry.

COURSE OVERVIEW – WHICH COURSE IS RIGHT FOR ME?

| Certificate in Pilates Method Matwork | |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Outcome | The Certificate in Pilates Method Matwork is recognised as entry level into the Pilates Matwork industry. It provides you with the knowledge and skills necessary to work as a Pilates Matwork Instructor, teaching the Pilates Matwork and Small Apparatus work in a variety of contexts, including Pilates Studios, Health Centres and Community Centres. Clients may include apparently healthy adults, those with low risk injuries or conditions, athletes, dancers, pregnant and older clients. |
| Duration | The Matwork course is ideally completed over 3-6 months. |
| Pre-requisites | High School Completion or equivalent |
| Certificate in Pilates Method Studio | |
| Outcome | This course provides you with the knowledge and skills necessary to work as a Pilates Studio Instructor, teaching the comprehensive Pilates studio work to a variety of clients. You will be recognised as a Pilates Studio industry level one instructor working within the Pilates specialist environment, instructing apparently healthy to low risk clients in the full scope of the Pilates method work for general conditioning, postural assessment and correction, rehabilitation and specific training in private to small group situations. Clients may include apparently healthy adults, those with low risk injuries or conditions, athletes, dancers, pregnant and older clients. |
| Duration | The Studio course is ideally completed over 12 months |
| Pre-requisites | Certificate in Pilates Method Matwork – or equivalent |




| Bridging to the Diploma of Professional Pilates Instruction (10537NAT) | |
|------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Outcome | Successful completion of both the Certificate in Pilates Method Matwork and Studio courses, or an equivalent internationally recognised comprehensive Pilates training program, provides eligibility to undertake the Bridging course with PilatesITC to achieve a formal, enduring Australian qualification – the Diploma of Professional Pilates Instruction (10537NAT). |
| Duration | The Bridging course is completed over 4-12 weeks in an online format |
| Pre-requisites | Certificate in Pilates Method Matwork <u>and</u> Studio, or equivalent internationally recognised comprehensive Pilates training. |

WHO RECOGNISES MY QUALIFICATIONS?

Momentum Lab delivers Pilates specialist training in collaboration with Australasia’s leading Pilates training specialists PilatesITC. Momentum Lab and PilatesITC collaborate to be able to bring quality training and registered, accredited training outcomes to Singapore and throughout Asia.

In May 2004 PilatesITC became the first ever government registered training organisation in the world, delivering Australian government accredited Pilates training courses. PilatesITC have maintained their course delivery under government registration for over 16 years now, and have excelled in the delivery of comprehensive education delivery at the highest level and according to the latest training ideals.

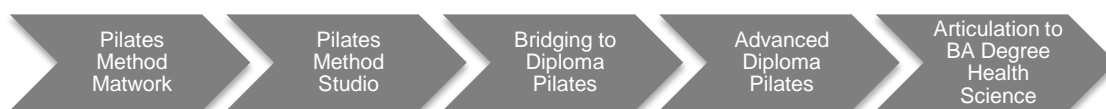
PilatesITC is an Australian government recognised training provider (RTO No 40901) and delivers nationally recognised training courses including the **Diploma of Professional Pilates Instruction 10537NAT** and **Advanced Diploma of the Pilates Method 10538NAT**. These qualifications are accredited by the Australian Skills Quality Authority (ASQA) under the Australia Qualifications Framework (AQF), and recognised by leading professional associations such as the Pilates Alliance Australasia (PAA) and the Pilates Method Alliance (USA).

| | |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>Pilates Alliance Australasia (PAA)</p> <p>Australian national industry association, http://www.pilates.org.au</p> <p>The Pilates Alliance of Australasia (PAA) is an independent and not-for-profit organisation established by the Pilates industry as a regulatory body for control of quality instruction, member support, and integrity within all legitimate approaches to the Pilates Method.</p> |
|  | <p>Pilates Method Alliance, USA</p> <p>PilatesITC is on the PMA Registry of Schools – recognition of meeting all criteria as a Teacher Training organisation of international standing. PilatesITC is an active participant at the PMA International Teacher Training Summits.</p> <p>Read more on the Registry of Schools and the PMA at www.pilatesmethodalliance.org</p> |
|  | <p>Nationally Recognised Training</p> <p>PilatesITC Diploma and Advanced Diploma courses are registered government accredited courses providing formal outcomes and qualifications under the Australian Qualifications Framework (AQF). PilatesITC registering body is the Australian Skills Quality Authority (ASQA).</p> <p>Formal qualifications form the benchmark for training in Australia.</p> |

Articulation to BA Degrees with University of Canberra

PilatesITC Advanced Diploma course articulates through to Bachelor Degrees with the University of Canberra, including:

- BA Exercise Physiology and Rehabilitation
- BA Sports and Exercise Science



WHAT DO THE COURSES INVOLVE?

The delivery of the **Certificate in Pilates Method Matwork** and **Certificate in Pilates Method Studio** is through a combination of:

- directed online learning
- course application contact workshops
- off-the-job contact (face-to-face workshops and tutorials),
- on-the-job professional work experience (observation, training studio and real time), and
- self-directed learning (including self-study and self-mastery).

Directed distance learning means participants, no matter where they are located, can train by distance and gain their hands on skills and complete work experience hours through our Work Experience Facilitation (WEF) program.

WORK EXPERIENCE PROGRAM

This program provides a real time work experience environment for practicing the application of the course work and for student support and mentoring. Students are placed at the host studio to complete their nominal practical work experience hours, or may request selected host studios at the discretion of the training centre.

A standard course requirement, and one of the most important parts of undertaking a Pilates training course, these 'on-the-job' work experience hours offer you the opportunity to put into practice your learning in a professional environment.

TIME

Time to complete each qualification is dependent upon the participant's availability to commit to completion of the distance learning requirements and the work experience hours around other commitments.

Each participant must attend the scheduled contact days for their course, and meet distance learning requirements, but can schedule their Work Experience and Self-Directed Learning around their other commitments.

Each course has a time limit for completion with allowances for deferment or extensions in extenuating circumstances.



CERTIFICATE IN PILATES METHOD MATWOTK

Momentum Lab in collaboration with PilatesITC are proud to bring the highest quality and comprehensive Pilates training to Asia. Our training courses lead to an Australian government formal qualification and set the benchmark for Australasian Pilates industry standards

CERTIFICATE IN PILATES METHOD MATWORK

The Certificate in Pilates Method Matwork provides the practical skills and related scientific knowledge required to become a competent and effective Matwork instructor who will operate in a one-on-one through to small group Matwork capacity.

Functions within the Pilates industry for those with this outcome include:

- Inducting and assessing clients who are apparently healthy or requiring postural address
- Preparing and instructing Pilates Matwork programs to one-on-one or small group format
- Leading and instructing Pilates Matwork exercise for clients with postural needs
- Incorporating the use of Small Apparatus in the delivery of exercise for clients who are apparently healthy or requiring postural address

The Certificate in Pilates Method Matwork is recognised entry level training for the Pilates Matwork industry. It is designed to reflect the role of Pilates Matwork Instructors who operate in a professional Matwork or Group Fitness environment and work autonomously within a defined range, under limited supervision with low risk (apparently healthy) client groups. The Certificate in Pilates Method Matwork provides students with a Certificate and articulates directly into the Certificate in Pilates Method Studio

WHAT ARE THE ENTRY REQUIREMENTS?

Minimum pre-requisites and requirements for entry in to this course are:

- Completion of High School – or equivalent

Recommended pre/co-learning:

- Anatomy & Physiology – PilatesITC online course, or equivalent

This course does not contain limitations on access and equity; however, it reserves the right to refuse an application for course admission if there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the normal requirements of Pilates training application.

WHAT WILL I LEARN?

The Certificate in Pilates Method Matwork is developed to provide entry-level vocational training for persons intending to instruct clients in Pilates Matwork and Small Apparatus group sessions. The following table lists the units of competency achieved upon successful completion of the course.

| Program Area | Title |
|----------------------------|-------------------------------------------------------------------------------------|
| THE FOUNDATIONS | Plan and instruct Pilates method programming for postural assessment and correction |
| INTEGRATED REPERTOIRE 1 | Plan and instruct a Pilates Matwork class from foundation 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 |

WHAT ARE THE COURSE REQUIREMENTS?

The Matwork Certificate is delivered in an integrated structure through a combination of:

Contact (C) include a face-to-face workshop as per the course schedule.

Directed Distance Learning (DST) made up of online delivery of course content of curriculum including video footage of repertoire, tasks and assessment activities. This work is to be completed in own time within set timeframes.

Work Experience (WE) 100 nominal hours are required to be logged. These are commonly divided between 30 Observation hours and 70 teaching/assisting hours.

Work Experience hours (WE) are practical hours devoted to applying the course content in a studio environment. All students will commence with observation, and are then cleared to commence teaching type work experience on an individual basis.

Practicum Intensives are offered ten times per annum. Each hour of dedicated Practicum Intensive qualifies for 4 WE hours. Students may choose to participate in the Practicums to achieve logged WE hours, at a minimal additional fee per Practicum.

Self-Directed Learning (SDL) includes set homework tasks, self-guided tutorials, self-study and time spent practising repertoire. SDL also includes your self-mastery.

Self-mastery (SM) is your own workouts. Students are required to maintain a schedule of workouts at a minimum of two per week for the duration of the course, with a minimum of one of these weekly workouts being supervised by a qualified instructor. These workouts are at additional cost.

Students can undertake the course on a Part Time or Full Time basis. Students undertaking the course as Full Time study with an aim to complete the program over 3-4 months will be required to attend all contact sessions as specified in their enrolment confirmation plus maintain regular work experience and self-directed learning hours. Students undertaking the course as Part Time study with an aim to complete the program over 6-8 months will be required to attend all contact sessions as specified in their course timetable plus maintain regular work experience and self-directed learning hours, either weekly, fortnightly, or in regular blocks as agreed with Momentum Lab.

| Logged Hours for Certificate in Pilates Method Matwork | |
|--------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Work Experience (WE) | Supervised Self-mastery |
| 100 hours (on-the-job practical observation/ teaching hours) | A minimum of 1 SUPERVISED self-mastery Matwork session must be logged per week of course duration. |

HOW WILL I BE ASSESSED?

All courses are assessed through a variety of methods including practical teaching demonstrations, written assignments, projects, and online tasks. More detailed information regarding assessments will be provided upon enrolment. Note: students will require access to recording/videoing equipment for practical teaching demonstrations assessments, unless otherwise arranged with the training centre.

WHAT ARE THE COURSE FEES AND PAYMENT PLANS?

Course fees are SGD \$ 2,500.00

Or bundle Matwork and Studio courses in one enrolment for SGD\$ 7,500.00

SPECIAL PRE-REGISTRATION INTRODUCTORY OFFER!

When enrolled and paid prior 15th July 2017, receive a 15% discount on your course fees.

So, with this discount you pay only SGD\$ 2,125.00 for Matwork– a saving of \$375.00

Or bundle Matwork and Studio courses in one enrolment for SGD\$ 6,375.00 – save \$1,125

Course Cost Inclusions:

- Course fees include online course resources (manuals & videos) and access, attendance at course contact sessions and workshop, handouts, assessments, support and ongoing monitoring.
- Up to 2 assessment attempts at any one assessment (after which additional fees apply).
- Placement for work experience hours within the training centre
- Guidance, mentoring and information sharing

Extra Costs (additional to course fee)

- Supervised workouts as indicated in mandatory requirements
- Purchasing of required texts
- Where required, private tutorials with Momentum Lab faculty
- Personal extras, sundries travel and accommodation.
- Assessment re-sit fee applies only after 2 attempts at any one assessment
- Practicum Intensives (Optional)

WHAT DO I DO FROM HERE?

In order to initiate enrolment in the Certificate in Pilates Method Matwork you will be required to follow the following steps:

1. **Enrolment:** Complete the “Enrolment Form and Student Agreement” to formally enrol into a scheduled program. You will be required to attach a brief resume, supporting documentation as specified in the Enrolment Checklist, sign the Student Enrolment Agreement, select your payment option and make payment for your course.
2. **Pre-Course Phase** – Following finalisation of enrolment, Momentum Lab will issue your online access, course schedule and any other information needed for the course.



CERTIFICATE IN PILATES METHOD STUDIO

Momentum Lab in collaboration with PilatesITC are proud to bring the highest quality and comprehensive Pilates training to Asia. Our training courses lead to an Australian government formal qualification and set the benchmark for Australasian Pilates industry standards

CERTIFICATE IN PILATES METHOD STUDIO

The Certificate in Pilates Method Studio is an entry-level qualification for the Pilates industry and is designed to reflect the role of those who can work autonomously within a defined range of practice, and under limited supervision. This course aims to develop Pilates Instructors who operate in a professional and specialised studio environment and work with apparently healthy and low risk client groups.

Functions within the Pilates industry for those who have the required level of competency include:

- Inducting and assessing clients who are apparently healthy or requiring postural address/low risk rehabilitation.
- Preparing and instructing client sessions in a variety of contexts, including; Studio private or semi-private sessions; Studio group classes; Health centre/gymnasium group classes; Home visits and the corporate environment.
- Leading and instructing Pilates exercise for clients with postural needs.
- Instructing clients of a low risk (apparently healthy) nature including – General conditioning, Postural correction, Pregnancy, Ageing and Low risk referrals from Allied Health network.

WHAT ARE THE ENTRY REQUIREMENTS?

Minimum pre-requisites and requirements for entry in to this course are:

- Attainment of Certificate in Pilates Method Matwork – or equivalent

Recommended pre/co-learning:

- Anatomy & Physiology – PilatesITC online course, or equivalent

This course does not contain limitations on access and equity; however, it reserves the right to refuse an application for course admission if there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the normal requirements of Pilates training practice.

WHAT WILL I LEARN?

The Certificate in Pilates Method Studio will enable participants to develop the knowledge and skills required to competently instruct the Pilates Method of exercise in a professional or specialised studio environment. Participants completing the course will be able to:

- Develop, conduct and evaluate Pilates programs.
- Evaluate performance of individual clients or groups and apply teaching methods and instructional styles in a variety of Pilates settings.
- Undertake basic dynamic postural screening using applied biomechanics.
- Work in a variety of Pilates studios and health centres as a Pilates Instructor with different and specialised low risk (apparently healthy) clientele.

As a graduate of this Certificate you will enter the Pilates method specialist industry at **entry level** in a situation where you will work unsupervised with clients of a low risk nature, and you will have access to guidance of a more senior instructor. As a certified studio instructor you will be commencing your journey of continued learning and should be prepared to undertake further continuing education to increase your skills and understanding of more complex client requirements.

Subjects include:

- History, Concepts and Principles of the Pilates Method
- Exercise planning and programming
- Postural analysis and appraisal
- Applied correction of faulty posture and postural dysfunction

- Client management, assessment and instructing techniques
- Methods of communication in dealing with clients and colleagues
- Adult learning and instructional techniques for one-on-one and groups
- Systematic approaches to Pilates Studio and Matwork programming
- Work Ethics and professional development
- Pilates repertoire for Mat, Reformer, Cadillac, Wunda Chair, Barrels and Small Apparatus from introductory to intermediate levels

The following table lists the units of competency achieved upon successful completion of the qualification.

| Program Area | Title |
|----------------------------------------------------|---------------------------------------------------------------------------------------------|
| WORK PROFESSIONALLY IN THE PILATES INDUSTRY | Use and maintain core Pilates industry equipment and apparatus |
| | Instruct an Initial Consultation Assessment |
| INTEGRATED REPERTOIRE 2 | Instruct the Pilates studio introductory to basic Reformer repertoire |
| | Instruct the Pilates studio progressive Reformer repertoire |
| | Instruct the Pilates studio introductory to basic Cadillac repertoire |
| INTEGRATED REPERTOIRE 3 | Instruct the Pilates studio introductory to intermediate Wunda Chair repertoire |
| | Instruct the Pilates studio introductory to intermediate Barrels repertoire |
| PROGRAMMING | Undertake exercise planning and programming for a Pilates studio in a variety of situations |
| INTEGRATED REPERTOIRE 4 | Instruct the Pilates studio intermediate Reformer repertoire |
| | Instruct the Pilates studio progressive to intermediate Cadillac repertoire |

WHAT ARE THE COURSE REQUIREMENTS?

The Studio Certificate is delivered in an integrated structure through a combination of:

Contact (C) includes face-to-face workshops as per the course schedule.

Directed Distance Learning (DST) includes online delivery of the course content, to be completed in own time within set timeframes.

Work Experience (WE) 200 nominal hours are required to be logged. These are commonly divided between 50 Observation hours and 150 teaching/assisting hours.

WE hours are practical hours devoted to applying the course content in a studio environment. All students will commence with observation, and are then cleared to commence teaching type work experience on an individual basis.

Nominal hours are a guide for completion. Sometimes students may reach competency at 150 hours or may require additional time depending on their progress through the course. Individual completion rates may be considered by the Momentum Lab management on a case-by-case basis.

Practicum Intensives are offered ten times per annum. Each hour of dedicated Practicum Intensive qualifies for 4 WE hours. Students may choose to participate in the Practicums to achieve logged WE hours, at a minimal additional fee per Practicum.

Self-Directed Learning (SDL) includes set homework tasks, self-guided tutorials, self-study and time spent practising repertoire on the mats and equipment. SDL also includes your self-mastery.

Self-mastery is your own workout. Students are required to maintain a schedule of workouts at a minimum of two per week for the duration of the course, with a minimum of one of these weekly workouts being supervised by a qualified instructor at the Momentum Lab or by arrangement at an appropriate alternative site. These workouts are at additional cost.

Students can undertake the course on a Part Time or Full Time basis. Students undertaking the course as Full Time study with an aim to complete the program over 10-12 months will be required to attend all contact sessions as specified in their enrolment confirmation plus maintain regular work experience and self-directed learning hours. Students undertaking the course as Part Time study with an aim to complete the program over 12-18 months will be required to attend all contact sessions as specified in their course timetable plus maintain regular work experience and self-directed learning hours, either weekly, fortnightly, or in regular blocks as agreed with Momentum Lab.

| Logged Hours for Certificate in Pilates Method Studio | |
|--------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Work Experience (WE) | Supervised Self-mastery |
| 200 hours (on-the-job practical observation/ teaching hours) | A minimum of 1 SUPERVISED self-mastery apparatus/studio session must be logged per week of course duration. |

HOW WILL I BE ASSESSED?

All courses are assessed through a variety of methods including practical teaching demonstrations, written assignments, projects, and online tasks. More detailed information regarding assessments will be provided upon enrolment. Note: students will require access to recording/videoing equipment for practical teaching demonstration assessments, unless otherwise arranged with the training centre.

WHAT ARE THE COURSE FEES AND PAYMENT PLANS?

Course fees are SGD \$ 5,500.00

Or bundle Matwork and Studio courses in one enrolment for SGD\$ 7,500.00

Or bundle Matwork, Studio and Bridging courses in one enrolment for SGD\$ 8,250.00

SPECIAL PRE-REGISTRATION OFFER MAY BE AVAILABLE. PLEASE CONTACT MOMENTUM LAB FOR DETAILS!

Course Cost Inclusions:

- Course fees include online course resources and access, attendance at course contact sessions and workshop handouts, assessments, support and ongoing monitoring.
- Up to 2 assessment attempts at any one assessment (after which additional fees apply).
- Placement for work experience hours within the training centre
- Guidance, mentoring and information sharing

Extra Costs (additional to course fee)

- Supervised workouts as indicated in mandatory requirements
- Purchasing of required texts
- Where required, private tutorials with faculty
- Personal extras, sundries travel and accommodation.
- Assessment re-sit fee applies only after 2 attempts at any one assessment.
- Practicum Intensives (Optional)

WHAT DO I DO FROM HERE?

In order to initiate enrolment in the Certificate in Pilates Method Studio course you will be required to follow the following steps:

1. **Enrolment:** Complete the “Enrolment Form and Student Agreement” to formally enrol into a scheduled program. You will be required to attach a brief resume, supporting documentation as specified in the Enrolment Checklist, sign the Student Enrolment Agreement, select your payment option and make payment for your course.
2. **Pre-Course Phase** – Following finalisation of enrolment, Momentum Lab will issue your online access, course schedule and any other information needed for the course.

ANATOMY & PHYSIOLOGY

This short course describes the basic knowledge of anatomy and physiology required to recognise body systems and their components, and to identify and refer alterations associated with the functioning of the human body in the context of the Pilates Industry.

It is recommended that students of the Certificate in Pilates Method Matwork and Studio complete this course either prior to, or concurrently with their Pilates training course.

WHAT DOES THE COURSE INVOLVE AND HOW LONG TO COMPLETE?

This short distance-learning course is delivered online and involves the completion of online modules and a multiple-choice examination. There will also be 1 face-to-face workshop scheduled to complete the course.

At the completion of this program participants will have an understanding of:

- Anatomical Terminology
- Movement Definitions
- Tissue types
- The Skeletal System
- The Muscular System
- Other body systems including: The Nervous System; Cardiovascular System; Respiratory System; Endocrine System; Digestive System; Urinary System; Reproductive System; and Lymphatic System.

Participants enrolling in the program will be required to complete:

- All online modules
- Attend the workshop day delivered by Momentum Lab
- Online multiple-choice examination

Participants have four (4) months to complete the program.

WHAT ARE THE COURSE FEES?

The Anatomy & Physiology course fees are **SGD \$450**

REQUIRED TEXT

Students will be required to purchase essential text as outlined below, the cost of which is not included in the course fees. This text will be referred to throughout the program. Can be purchased online here <https://www.amazon.com/Principles-Anatomy-Physiology-Gerard-Tortora/dp/0470565101>

- G.J. Tortora & B Derrickson (2011): "Principles of Anatomy & Physiology". John Wiley & Sons, Inc.

ENROLMENT PROCESS

To apply for entry to this program please complete the enrolment form obtained from Momentum Lab by emailing education@momentumlab.sg, and submit along with payment.

Following receipt of your enrolment Momentum Lab will issue you with the online materials and workshop schedule dates.

FREQUENTLY ASKED QUESTIONS (FAQ'S)

DO I NEED TO COMPLETE AN ANATOMY & PHYSIOLOGY COURSE?

We recommend the completion of Anatomy & Physiology basic learning either prior to or concurrently with completing your chosen Pilates course, however it is not a compulsory requirement. Completing an A&P course will most certainly assist your understanding and uptake of the Pilates instructor training courses. Pilates training requires a considered understanding of anatomy, physiology and biomechanics, and it is advised that you ensure your A&P understanding is at a minimum basic level.

Momentum Lab offers a short online Anatomy & Physiology course that describes the basic knowledge of anatomy and physiology required to recognise body systems and their components, and to identify and refer alterations associated with the functioning of the human body in the context of the Pilates Industry. This is not an accredited program but provides the required level of knowledge for those undertaking the Certificate courses.

Alternatively, you may wish to find a local Anatomy & Physiology course that you can enrol in.

If you are already qualified as a Physiotherapist, Osteopath, Exercise Physiologist, Nurse, Remedial Massage, Cert IV Fitness, Cert IV Personal Trainer, Chiropractor, or have attained a unit of competency in Anatomy & Physiology, then you have achieved sufficient training to provide for equivalency.

ABOUT THE TRAINING FACULTY

Momentum Lab training faculty all hold comprehensive, recognised Pilates qualifications and have been trained and inducted as an Affiliate Delivery Program site by PilatesITC.

It is crucial that Pilates courses are delivered by faculty who specialise in the Pilates Method first and foremost which our faculty members are, as well as having cross-competencies in other fields such as Medical Science, Exercise Physiology, Physiotherapy, Chiropractic/Osteopathy, Massage, Nutrition, Management and other academic and vocational qualifications.

PilatesITC were the first ever Pilates specialist organisation to achieve government registration in May 2004, at the same time as accrediting the first government accredited Pilates courses in the world. PilatesITC faculty are the most comprehensively trained and long term experts in Pilates training in the vocational education system. Our faculty have achieved Advanced Diploma of the Pilates Method and are internationally sought after experts and presenters, having consulted throughout the USA and UK on Pilates education panels, in conferences, and for peak bodies.

As a minimum PilatesITC faculty have obtained and maintain:

- Advanced Diploma of the Pilates Method (10538NAT), or Diploma of Professional Pilates Instruction (10537NAT), or equivalent
- TAE4,0110 Certificate IV in Training and Assessment, or above
- Industry Peak Body Membership - Pilates Alliance Australasia, Pilates Method Alliance, or equivalent.
- Senior First Aid certification
- Completion of PilatesITC specialist induction processes
- Annual PilatesITC Faculty training
- Additional qualifications across rehabilitation, allied health, fitness, sports medicine, medical science, dance or similar modalities

PRACTICUM INTENSIVES

Practicum Intensives are scheduled regularly over the duration of the courses. These intensive blocks of practical training are facilitated by a Momentum Lab Trainer and provide experiential work placement tasks, feedback and instruction in a simulated work environment. Students are guided and mentored through application of the course content. Each hour of Practicum Intensive provides for 4 hours of logged Work Experience (WE) hours. Students may obtain up to 20 WE hours per Practicum.

Student clinics may be arranged to provide students with the opportunity to ask questions, gain information and feedback, discuss programming and application, review and refine repertoire, and work together on learning tasks. A Trainer facilitates Student Clinics, and tasks and activities are set for the benefit of learning and practice of the course content. These clinics do not provide for WE logged hours but are offered to support students in their learning.

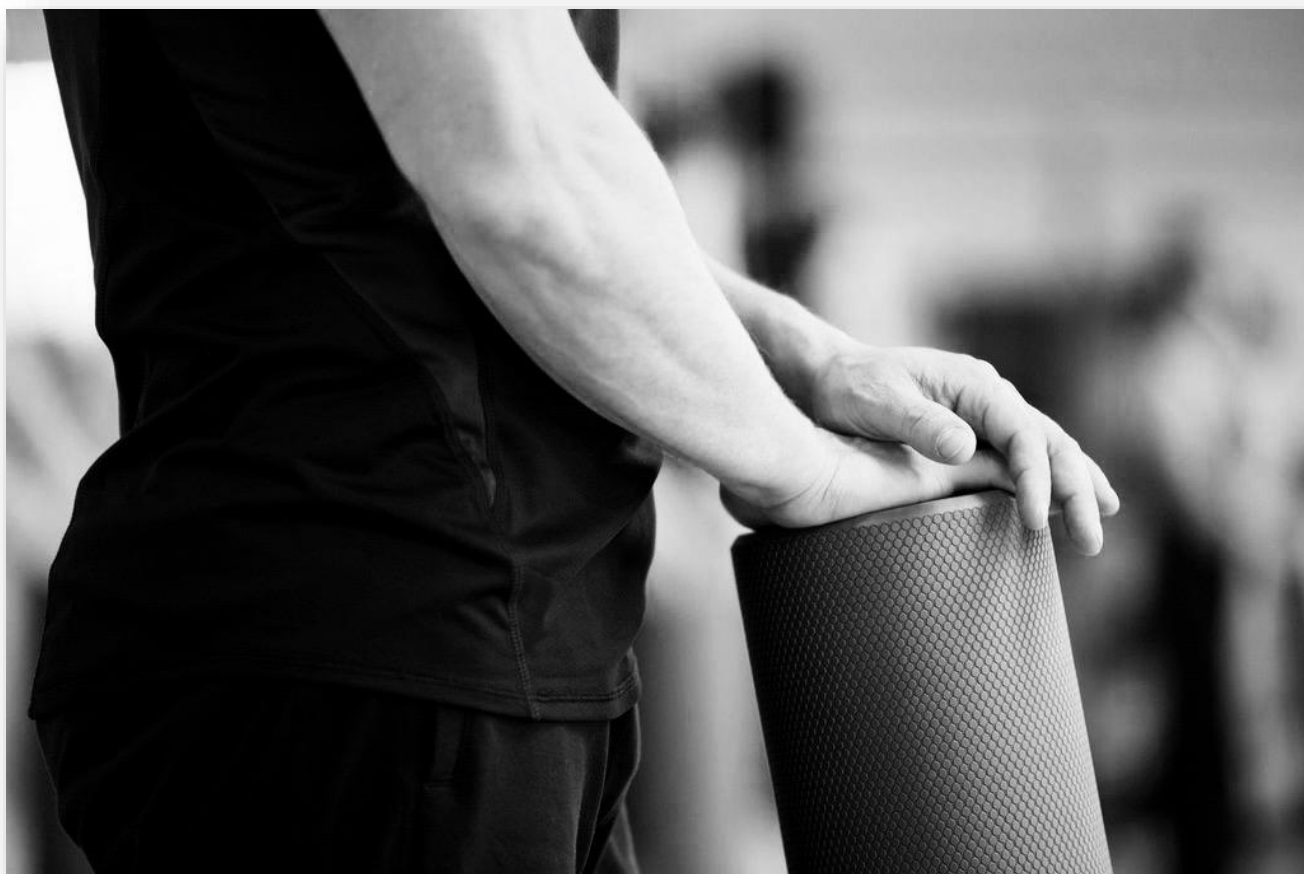
CAN I GET RECOGNITION FOR PRIOR LEARNING?

RPL for units or subjects in the course may be applied for and will be processed in accordance with best practices for recognition.

PilatesITC recognises all government recognised qualifications or statements of attainment issued by other registered training organisations, and will recognise prior learning. For more information on recognition of prior learning (RPL) or direct credit (DC) transfer please contact PilatesITC.

I HAVE MORE QUESTIONS

If you have any more questions about any of our courses or would like further clarification on the structure and delivery of our courses please contact us at education@momentumlab.sg



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