

Polestar Pilates Bridging to Certificate IV in Pilates Instruction (91121 NSW)

Through an arrangement Polestar Australia has put in place with Pilates International, Polestar Australia is able to offer our new students the opportunity to complete a formal, government recognised qualification. PilatesITC will deliver compulsory units of competency to fulfill the requirements of a professional level one Pilates instructor. These units include Occupational Health & Safety (OH&S), Hygiene and Referrals within the Health industry, Communications and Work Professionally in the Pilates Industry.

What are the requirements/inclusions of the Polestar Pilates Bridging to Certificate IV Pilates program?

The Bridging Program delivers formal training in government required competencies for working in an allied health industry. The program areas cover units of competencies drawn from the Health and Community Training Packages including:

- Communications
- Occupational Health & Safety
- Ethics & Legislation
- Other Work Professional competencies.



This Bridging Program will incorporate seven (7) units of competency over the two-day program. In comprehensive delivery these units would require nominally 110 hours.

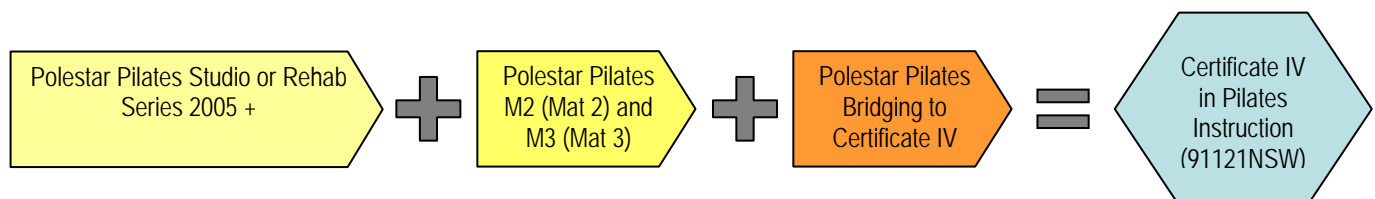
Over the course of the two-days, participants will be taken through essential components of the required units as well as being assessed interactively over the program. Assessments will include task sheets, group discussion, questioning and practical interaction.



What components make up the full Certificate IV program?

The following points outline the components of the full Certificate IV Program.

- Completion of Polestar Pilates comprehensive series of Studio or Rehab (from 2005 onwards)
 - Full Studio series (PF, S1, S2, S3, S4, S5, S6), OR
 - Full Rehab series (PR, R1, R2, R3, R4, R5, R6)
- M2 and M3 from the Polestar Mat series
 - Completion of M2 (mat level 2) and M3 (mat level 3)
- Completion of Bridging Certificate IV Modules
 - These extra modules will include industry required training package units including communications, adult learning and allied health program areas.
 - Held over a weekend, materials will include:
 - Bridging Theory manuals contextualised to Polestar Pilates
 - Guided learning tasks
 - Bridging assessments



All participants successfully graduating from the Cert IV Bridging Course will receive the Certificate IV in Pilates Instruction certificate plus a formal Certificate IV in Pilates Instruction Statement of Attainment.

Why do I need the Certificate IV in Pilates Instruction?

- Successful achievement of this qualification will mean you turn your existing training into a formally recognised qualification that is fast becoming the minimum industry standard for a professional Pilates instructor.
- This qualification is government recognised (accredited by VETAB) under the Australian Quality Training Framework (AQTF). This is a non-expiring qualification which will continue to reap benefits where non-accredited courses will not be able to in the future.
- Going forward, the Pilates industry is moving to Certificate IV as the minimum standard qualification.
- Accredited training is the foundation upon which the Pilates industry can lobby for increased benefits for its instructors and clientele.
- Fully recognised by Pilates Alliance of Australasia – Certificate IV is an industry entry level qualification.

Pricing, Dates & Locations

Dates for the Bridging to Certificate IV in Pilates Instruction for 2009 are now finalised and listed below:

- Sydney – 25th-26th July 2009 at Powernouse Pilates in Manly
- Melbourne - 31st October-1st November 2009 at Dynamic Stability in Richmond
- Adelaide – 10th-11th October 2009 at Smart Health Training and Services in Keswick
- Perth – 17th-18th October 2009 at The Perth Pilates Studio in North Perth (Mt. Lawley)

Cost: \$1350 (or early bird \$1100)

Registrations are online and available now: Go to www.polestarpilates.com.au and click the "Register Now" button on the home page.

Registration Policy & Applicant Authority

- Course fees include workshops, manuals, morning and afternoon refreshments and certificate of completion at end of workshop.
- Registration requires payment in full, deadline is 21 days in advance of start date. Registration received less than 21 days will be processed only if space is available otherwise, you will be contacted. You are **not registered until you receive written confirmation** from Polestar Pilates Education.
- **Cancellations** accepted for refund minus \$100 non-refundable portion, with written notice post-marked 14 days prior to start date. No refunds issued for notice less than 14 days prior.
- We reserve the right to postpone or cancel any course. If we cancel a course, you will have the option of transferring to another workshop, receiving a credit valid for 1 year or receiving a full refund.
- Courses will only go ahead with a minimum of 10 participants.
- Polestar is not responsible for any hotel/airline reservation or transportation to or from a course.

