



Polestar Pilates Australia

2009 Studio Series Information

Studio Series

The Polestar Pilates Studio Certification course is a comprehensive program providing Fitness Leaders and Pilates enthusiasts in-depth training to become a Pilates Studio teacher. Each student will receive comprehensive didactic and theoretical review and practical training using a clinical reasoning approach. Students will receive instruction in teaching techniques, Pilates exercise benefits, self mastery and practice. The Polestar Pilates didactic curriculum has earned the reputation world wide as the most scientifically based Pilates curriculum available, taking Pilates education to a new pinnacle, consisting of formal lecture, reading assignments, research literature review, and writing assignments. Polestar Education is best known for it's "critical thinking" model and original design of the Polestar Fitness Screening, Polestar Health Model and use of problem solving rehabilitation assessment tools.

The Studio Series is comprised of seven two-day courses. The courses must be taken in the following order: P-F, S-1, S-2, S-3, S-4, S-5, S-6.

Pre-requisites:

- Certified fitness instructor or instructor of movement arts (e.g. yoga, tai Chi, practitioners of somatic movement)
- One semester of basic anatomy/physiology or equivalent
- 25 hours of private or group Pilates classes (*to be completed preferably with a Polestar certified practitioner prior to course commencement*)



PF- Polestar Pilates Fitness Principles (2-days, 16 hours)

This non-apparatus course introduces current research in movement science, motor learning, bioenergetics, and communication science to instructional practice through six basic movement principles which are used throughout the Polestar Pilates curriculum. Tactile, verbal and imagery cues are integrated with the Pilates exercises. This course introduces Polestar Pilates Screening™, which includes postural evaluation and functional testing, to prepare you to properly design a plan to implement Pilates exercises for clients. This unique component significantly enhances decision-making skills as a Pilates practitioner.

For those participants undertaking more than one series, it is only required to complete P-R/P-F once.

S1 to S6 (Six 2-day courses of 16 hours per course)

After the Pilates Principles for Fitness course (PF), the Pilates Studio program continues with six course modules scheduled approximately one month apart. The time between courses allows you to practice and become comfortable with the material before continuing to the next course. Each course is two days, usually Saturday and Sunday. The Friday evening before each course (beginning with R-2) there is a 2-3 hour self-mastery check-off session with your instructor where you show the course instructor the practice log book (given in the first course) and get passed off on your mastery of the exercises by demonstrating and teaching them. This session is included in the registration fees, and is in addition to the 96 hours of class time. For certification, you will be required to complete at your own expense, the required reading and writing assignments, 40 hours of observation, 200 hours of self mastery practice and 200 hours of apprentice teaching.

These courses review the postural screening methodology and the six principles learned in PF, then applies them to exercises on the Studio Reformer, Trapeze Table, Chair, Ladder Barrel, Mat and small props.

You will learn:

1. Verbal and tactile cueing combined with mental imagery to facilitate accurate execution of the movements
2. Program design and exercise sequencing
3. Practical application of the repertoire through use of case studies
4. Exercise modifications for a variety of populations



Certificate IV in Pilates Instruction (91121 NSW)

Polestar Pilates Australia, in arrangement with Pilates International (Pilates ITC) is now offering all Polestar Pilates graduates the opportunity to bridge to the Certificate IV in Pilates Instruction (91121 NSW). Further details can be found on our website. To complete the CertIV in Pilates Instruction, you must complete the 3-day Bridging Modules and Full Studio or Rehab series, plus M2 and M3.



All Polestar Pilates courses are recognised by the Pilates Alliance of Australasia and Fitness Australia

Polestar Pilates Australia

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What are the dates for 2009?

Studio Series Scheduled Course dates for 2009						
	SYDNEY	MELBOURNE	PERTH	ADELAIDE	BRISBANE	LAUNCESTON
PF	21-22 February	21-22 March	2-3 May	3-4 April	1-2 May	6-7 February
S1	21-22 March	4-5 April	23-24 May	1-2 May	3-4 May	8-9 February
S2	18-19 April	9-10 May	27-28 June	29-30 May	30-31 May	14-15 March
S3	23-24 May	13-14 June	1-2 August	26-27 June	11-12 July	18-19 April
S4	27-28 June	18-19 July	12-13 September	31 July -1 Aug	15-16 August	23-24 May
S5	1-2 August	22-23 August	10-11 October	28-29 August	19-20 September	20-21 June
S6	5-6 September	19-20 September	7-8 November	25-26 September	24-25 October	25-26 July
Exam	TBC	TBC	TBC	TBC	TBC	TBC
<i>S2-S6 additional Friday evening 2-3 hour self-mastery check-off session with instructor.</i>						
<u>Please note:</u> Registration is required at least 21 days in advance, as you will need to receive pre-course reading and documentation, as well as a logbook and proof of pre-requisite Pilates hours						

What does Certification involve?

Certification involves completing the series, completion of assignments and short quizzes, as well as a number of hours of observations, self-mastery, assistant teaching, and practical teaching (as outlined below). Full certification is given once the final written and practical exam is passed – pass mark is 80%.

Course	Pre-Course	Lectures	Observation	Practice (Self-Mastery)	Apprentice Teaching
Studio Series	25	112	40	200	200

Course fees include attendance at lectures, student manuals and handouts, morning and afternoon teas. Students are responsible for all personal extras, such as travel and accommodation and personal supplies and lunch during the course dates.

What are my payment options?

Go to our website for full pricing details. www.polestarpilates.com.au/pricing.php

Individual pricing (pay as you go)

PF	\$500 EACH
S-1 through S-6	\$800 EACH
Studio Exam	\$350 (3 to 6 months after final course in the series)

Series Package Pricing:

(includes Studio Series: S-1, S-2, S-3, S-4, S-5, S-6, check offs, course manuals and exam)

EARLY BIRD (60 days prior) -	\$4250	Must be paid in full at time of registration (at least 60 days prior to course start)
REGULAR -	\$4550	Must be paid in full at time of registration (after early bird deadline has expired)
PAYMENT PLAN -	\$4700	Deposit of \$500 at time of registration, plus 6 monthly payments of \$700. Includes one time handling fee of \$150. (not available on early bird price)

Please note: The PF and PR module is not included in any series pricing, it is sold separately.

All Polestar Programs require you to take the PF or PR module before completing any series. It only needs to be completed once, as you may wish to do both the Rehab and Mat series. Therefore this module is sold separately and will require you to register for this first before completing your first series registration. *So if this is your first course, don't forget to add \$500 to the above series pricing.*

How do I register?

All registrations are processed on-line and require a valid email address. If you do not have an email address, please call our head office to register (02) 9977 1536. Your registration will be pending until payment is processed. Allow 2-5 business days for your registration to be processed (if paying by cheque, that is after cheque is received). Once registered, you will be able to view your registration details on-line.

Please go to our website to read our full registration policies. www.polestarpilates.com.au/registration.php

