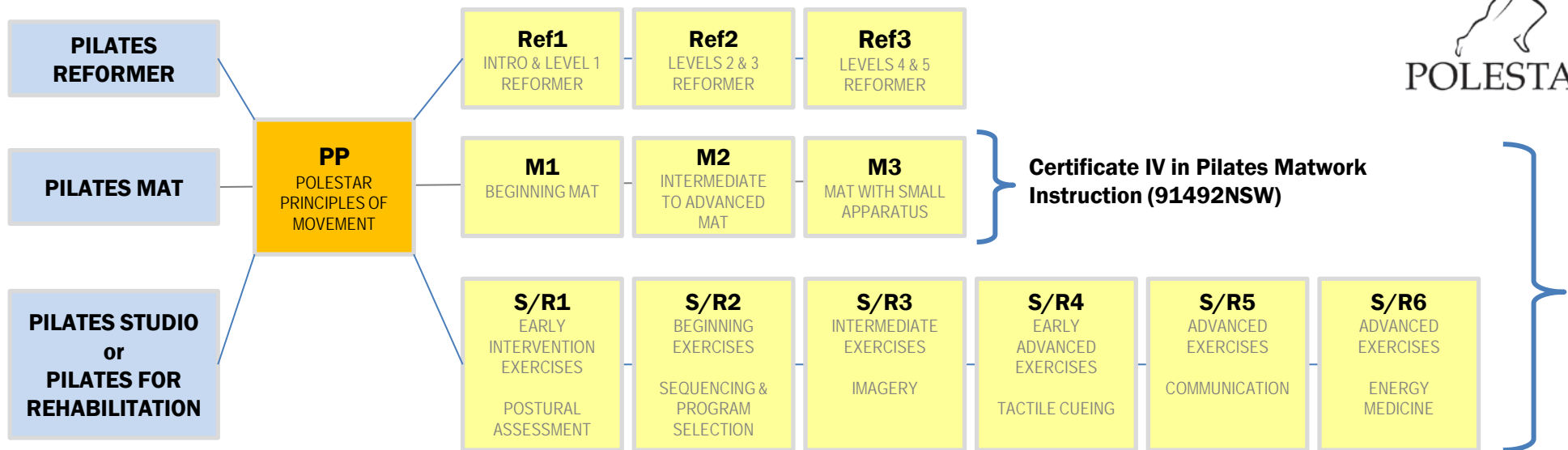


# Course Progression and Required Hours



REQUIRED STUDY HOURS	Pilates Studio & Pilates for Rehabilitation (Diploma)	Pilates Mat (CertificateIV)	Pilates Reformer
Pre-Course	30	30	30
Lectures (Bridging modules)	130	70	64
Observation	70	30	30
Practice (self-mastery)	100	50	50
Apprentice Teaching	100	50	50
<b>TOTAL</b>	<b>450</b>	<b>230</b>	<b>224</b>

## Polestar Pilates Mat Series (CertificateIV) + Studio/Rehab Series + Bridging Modules

**Diploma of Professional Pilates Instruction (91491NSW)**

**BRIDGING MODULES**  
DIPLOMA BRIDGING MODULES

EACH COURSE MODULE IS TWO DAYS (16 HOURS) AND INCLUDES PRACTICE LABS WITH EDUCATOR FEEDBACK.

In addition to attending the courses, students will be required to complete assignments and short quizzes, as well as a number of hours of observation, self-mastery and apprentice teaching. Practice hours and apprentice teaching are the student's responsibility and not included in the course fees.

