



Polestar Pilates Australia

Comprehensive Reformer Series Information

COMPREHENSIVE REFORMER SERIES

Polestar Pilates fitness programs provide instruction in Pilates principles, techniques and practice with emphasis on group dynamics for Mat or Reformer.

The Fitness Program is designed for personal trainers and group exercise instructors. It is also appropriate for instructors of movement arts such as dance, yoga, and Tai Chi, as well as practitioners of somatic movement such as Feldenkrais® and Alexander® Techniques. These programmes enable fitness professionals to incorporate Polestar Pilates-evolved exercises into their training regimens. Programme design and exercise sequencing are addressed for group formats and one-on-one training. Theory and practice of Polestar principles and instruction techniques are applied to each exercise. Verbal, tactile and combined cueing practices are addressed to facilitate motor learning.



The Reformer Series is comprised of four two-day courses. The courses must be taken in the following order: **PP, Ref1, Ref2, Ref3.**

Pre-requisites:

- Attainment of HSC or equivalent
- 30 hours of personal Pilates practice - either private or group classes (*to be completed preferably with a Polestar certified practitioner prior to course commencement*)
- Successfully completed HLTAP301A – Recognise healthy body systems in a health care context (or equivalent) attained through a recognised complementary health care college or RTO. This equates to one semester of basic anatomy/physiology or equivalent.

RECOGNITION OF PRIOR LEARNING (RPL) AND DIRECT CREDIT (DC)

Polestar Pilates Australia has a policy that recognises the skills and knowledge that a candidate has gained via other forms of study, formal training, self-tuition, work experience or life experience. Polestar Pilates Australia will formally recognise a candidate's existing level of skill and knowledge in the following two ways:

- Recognition of prior learning (RPL)
- Credit transfer (DC)

If you wish to apply for RPL or DC, please contact Polestar Pilates Australia to request an application form during the registration process. You will be required to show evidence of your qualification/statement of attainment/training/experience when applying.

Note: Polestar Pilates Australia will only consider applications for RPL or DC within four weeks of the course commencement.

COURSE ASSESSMENT

Certification requirements include: attending all of the course hours, completing reading and writing assignments and short quizzes, as well as specified number of observation, self-mastery, and assistant teaching hours as shown below. To track your hours and progress, a log book will be issued at the start of your course. Certification is granted upon successful completion of the log-book, and an 80% pass mark on each section (both Theory and Practical) of the final exam.

The delivery modes are made up of nominal (approximate) hours and are broken down as follows. These hours are aligned with The Pilates Alliance criteria for educational bodies.

Pre-Course	Lectures	Observation	Practice (Self-Mastery)	Apprentice Teaching
30	64	30	50	50

Lectures: Lecture hours include formal lecture/workshop face-to-face delivery, practical and written assessments and mandatory tutorial hours.

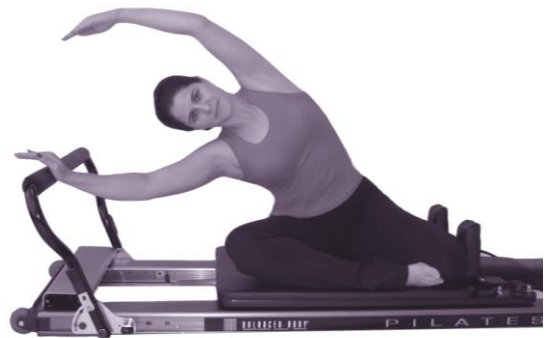
Observation: Observation is where the student observes a studio in action, and has their hours signed off by a certified practitioner (preferably Polestar qualified).

Self-Mastery (and Self-Directed): Participants practice the exercises learnt in the curriculum so as to master the repertoire. Self-mastery practice hours encompass self-study and self-mastery components both practical and theory. Students will have access to the training studio at specified hours to practice in small groups or by themselves. [It should be noted that the practical self-mastery hours may be a combination of matwork and studio sessions and are at an additional cost (usually student rate).] Self-mastery hours should make up at least 70% of total hours, with 30% being self-directed.

Apprentice Teaching: After you have completed your observation and have attained self mastery of the exercises, you will be expected to assist a senior instructor or Pilates practitioner (preferably Polestar qualified) within a Pilates Studio workplace in order to gain practical experience.

Individual needs can be catered to during assessment where possible, including:

- Adaptation for any injury/physical limitations
- Literacy or numeracy difficulties
- Oral assessment in place of written
- Use of larger print or another language if available
- Religious/traditional beliefs
- Allowance for medical conditions and medication



TEXT BOOKS

As part of the training students will be required to purchase the following course textbooks (additional to course fees):

- *Anatomy of Movement*, Blandine Calais-Germain: Eastland Press 1993
- *The Complete Writings of Joseph H Pilates (Return To Life & Your Health)*, Joseph Pilates: Bain Bridge Books

The following books are recommended reading:

- *Dynamic Alignment Through Imagery*, Eric Franklin: Human Kinetics 1996
- *Energy Medicine, The Scientific Basis*, James L. Oschman: Churchill Livingstone, 2000 Chapters 1-4, 15
- *Motor Control: Theory and Practical Applications*, Anne Shumway-Cook, PhD: (Chapter 1 and 2)

Polestar has copies of these books, which can be ordered through our head office in Sydney.

COURSE RECOGNITION

The following table outlines the various organisations/associations that recognise Polestar Pilates Certification.

Australian Accreditations	
PAA –Pilates Alliance Australasian Administration Ph: 02. 9969-5130 www.pilatesalliance.net Email: admin@pilatesalliance.net	
APMA – Australian Pilates Method Association Administration Ph: 03. 9440-8499 www.australianpilates.asn.au Email: apmapilates@optusnet.com.au Polestar certified Studio/Rehab Pilates instructors can become full members of the APMA after completing the APMA exam and case study.	
Fitness Australia Polestar Principles (PP) – 10 CECs Studio Series (S1-S6) – 15 CECs Reformer Series (Ref1-Ref3) – 15 CECs Mat Series (M1-M3) – 15 CECs	
USA Accreditations	
Pilates Method Alliance (PMA) Polestar Education supports the national Pilates certification examination established in 2005 through the Pilates Method Alliance (PMA), which will standardize the quality of Pilates practice. As a result, in the United States, Polestar will grant a diploma to students meeting graduation requirements. Polestar graduates will be eligible to sit for the national certification exam through the PMA. For details on the PMA's certification exam please visit www.pilatesmethodalliance.org .	
NATA Board of Certification Polestar Principles (PP) – 13.75 CEUs Studio Series (S1-S6) – 14.5 CEUs Reformer Series (Ref1-Ref3) – 14 CEUs Mat Series (M1-M3) – 13.5 CEUs Rehab Series (R1-R6) – 14.25 CEUs	

COURSE PRICING & SCHEDULE

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

Go to our website for the current course dates in each city. www.polestarpilates.com.au/course_dates.php

COURSE REGISTRATION

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

STAFF COMPETENCIES

Educators with Polestar Pilates Australia are of the highest calibre in the world, holding either a relevant Degree such as Physiotherapy, Osteopathy, or the like. Educators must have at least 5 years teaching experience and go through a dedicated process of mentoring and assisting students before they can become an Educator.

All Educators with Polestar Pilates Australia are required to obtain the following:

- Certificate IV in Pilates Instruction, or higher.
- Certificate IV in Training and Assessment Training Package (TAA04) or equivalent as outlined in the 'AQTF 2007 Users Guide to the Essential Standards for Registration'.
- Current membership of relevant professional/industry association (e.g. Pilates Alliance Australasia)
- Maintain professional development credits, insurance and first aid training.
- Attend annual Educator in-house training and any international conference with Polestar Pilates international. Induction program to be cognisant of AQTF standards and the responsibilities and expectations of teaching in the VET system and its relationship to the Pilates education programs.

It is also recommended that staff have associated learning experience/skills/qualifications such as: dance, sports science, physiotherapy.

POLESTAR PILATES UNIT DESCRIPTIONS

REFORMER SERIES

PP - Polestar Pilates Principles of Movement (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 PP once.

Ref1 to Ref3 (three 2-day courses of 16 hours per course)

Polestar Pilates Reformer program provides instruction in Pilates principles, techniques and practice with emphasis on group dynamics for the Pilates Reformer. After the Pilates Principles of Movement course (PP), the Pilates Reformer program continues with three 2-day courses 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.

The principles learned in PP will be applied throughout the three courses and you will learn the following:

1. Reformer exercises for beginning through advanced levels
2. Dynamics of group training
3. Program design and exercise sequencing
4. Advanced cueing skills
5. Exercise modifications for a variety of populations

NOTE: If completing the full Rehab or Studio series, only Modules Ref2 and Ref3 are required.

