



Pilates Matwork Certificate Course **Cape Town, October 2019**

Pre-requisites:	Anatomy background Pilates experience
Module dates:	5 / 12 / 19 / 26 October
Time:	9am to 4pm each day
Venue:	The Source, Constantia

Course outline:

- Anatomy review
- Principles and fundamentals of Pilates
- Foundation and Basic Pilates mat repertoire
- Modifications and Assists
- Client screening
- Posture analysis
- Movement assessment
- Class planning and design
- Teaching skills
- Business development
- Guest speaker on spinal conditions

Course requirements:

- Anatomy assignment
- Theory paper
- Practical exam
- Observation hours (50 hours)
- Practice hours (40 hours)
- Class Participation (10 hours)
- Apprentice teaching (25 hours)
- Teaching Assessments (2 classes)
- Class Design assignment
- Case study
- Business development assignment
- Self study: Nutrition assignment

Course Fees: R10,500.00. This fee **includes** the following:

1. Course manual
2. CPR course

Examination fees:

Practical evaluation: **R250.00**

Theory paper: **R150.00**

Teaching assessment: **R400.00** **payable directly to the Assessor*

Additional fees:

Mat classes are offered at the host studios at discounted student rates.

Confidentiality Agreement:

Notes and videos from this course will not be re-sold or used by the student in offering another Pilates course.

A **non-refundable and non-transferrable** 20% deposit (**R2000.00**) for the course is required in order to ensure your place and your registration forms must be emailed to education@consciousmovement.co.za.

Fees are 50% refundable should students cancel 30 days before the course starts. Fees are non-refundable within 30 days of the course commencing.

Banking details: Conscious Movement Education CC
Nedbank
Branch code 101109 (Constantia)
Account 1011139065
SWIFT: NEDSZAJJ (for overseas transfers only)

Registration Form
Pilates Matwork Certificate Course
Cape Town, October 2019

Name

Date of birth

Telephone (h)

(w)

(cell)

Address

Email

Anatomy background (please describe and supply copies of certificates)

Previous Pilates experience (how long? with whom?)

Any teaching experience (please describe)

Why do you want to teach Pilates?

Who referred you to CME?

I, _____, do not hold Conscious Movement Education, Renee Watson, her trainers, the hosting Pilates Studio or heirs liable should I incur injury during a Pilates training session or incur injury on their studio premises. I agree to the above conditions and those outlined in Appendix A in participating in the Pilates Mat Course. I confirm that all information provided in Appendix B is true.

signed (student)

date