

Calm Confident Training Academy

Active IQ level 3 Pilates Mat work

Student information

The aim of this course is to provide students with the skills and knowledge to enable them to be professionally competent to design, plan and deliver safe and effective Pilates classes.

The objectives of the course are:

- To provide the learner with the knowledge to understand the principles of Pilates mat work.
- To provide the learner with the knowledge to plan & programme.
- To provide the learner with the knowledge to instruct Pilates mat work classes,

Duration of course: 8-10weeks

Guided learning hours:150hrs

Total study time:300hrs

Course content

On booking and paying your deposit you will receive:

- A log in to the Level 3 Pilates online teaching platform available 2 weeks before start of course
- Level 3 Manual as a downloadable document.
- Welcome video call with your tutor.

Course structure

The course takes place over 4 weekend

You will also be expected to complete study from the online platform before and during the course duration.

Practical & written assessments to be completed

Expected time to complete 8-10 weeks

What you will learn

- Introduction to Pilates
- Anatomy & physiology for health & exercise
- Know how to support clients who take part in exercise and physical activity
- Health, safety & wellness in a fitness environment
- Principles of exercise, health & fitness
- Principle of Pilates mat work
- Programming Pilates mat work
- Instructing Pilates mat work
- Applying the principles of nutrition to a physical activity programme

. Assessments will be via the following methods.

- Client interview and PARQ
- Class plan
- Progression overview Worksheet
- Summative observed session
- Session and self-evaluation
- Theory paper
- Case study

Cost- £1250 / €1350 This can be paid with a non-refundable deposit of £250/€350 followed by 4 payments of £250/€250. Payments must be complete before certification.

Dates- See web site for dates

Locations - Derry/ Donegal

Maghera: An Carn. Maghera,

Cork: Ganapati yoga studio, Mallow, Co. Cork

For more information or to train a number of staff at your venue to contact:

elaine@calmconfidenttrainingacademy.com

07834 083802 / 07596 529386

Frequently asked questions.

Do I need to be have a prior fitness qualification?

No there is no pre-requisite for the level 3 Pilates,. You should have a good understanding of English even if it is not your first language. We will seek to help you with reasonable adjustments to suit your learning.

How long should I be practicing Pilates?

There is no specified time for you to be practicing Pilates. You will need to attend at least weekly classes throughout your training. For the duration of your training, you will have access to our exciting new online Pilates & yoga platform starting in 2024.

How often do I need to practice?

It is recommended that you attend at least a weekly class throughout the duration of the course as well as daily home practice of 15mins to 1 hr.

What if I miss a weekend?

You will need to attend 80% of the in person teaching in order to complete the course. Should you miss a weekend you will have the opportunity to complete at another venue.

What other costs are involved?

There are no other costs associated with the training other than your travel and accommodation if necessary. The cost of the course includes your exams and registration with Active IQ.

What is a level 3 qualification?

A UK level 3 qualification is seen as equivalent to an A Level qualification or a European Level 4 qualification. This will give you an extensive knowledge of the theory and practice of Pilates mat work, enabling you to confidently and safely teach Pilates.