

Mission Statement:

"To provide recognised, inspirational, enjoyable and educational Pilates training programmes in the UK"



MODERN PILATES,
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PROSPECTUS

THE CLINICAL APPROACH TO
PILATES EXERCISE



WHAT IS MODERN PILATES TRAINING?

We specialise in turning your passion for Pilates into an exciting new career opportunity. Whether your interest is just a hobby, or you are a fitness or health professional, we will nurture, support and teach you the skills you need to become a successful Clinical Contemporary Matwork Pilates Teacher.

The company was originally started by Award Winning founder and Director of Training, Christine North-Minchella, who also achieved Center of Excellence status. Christine has been actively involved in the industry for over 48 years and has been instrumental in pioneering the development of health, fitness and Pilates training courses in the UK and abroad. Our unique contemporary clinical approach to Pilates training was created in consultation with physiotherapist and author Christopher Norris MSc MCSP.

Our method of Pilates looks at functional stability, postural alignment, core stability and modifications of the original works of Joseph Pilates. This combination of all approaches brings you the respected Modern 'clinical' Pilates training programme.

WELCOME TO MODERN PILATES

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We pride ourselves on delivering quality Pilates training courses and workshops. ”



WHAT IS THE DIFFERENCE BETWEEN CLASSICAL AND CONTEMPORARY PILATES?

Classical Pilates follows as closely as possible to Joseph Pilates' original work, his exercises and the order in which they were performed

Contemporary Pilates is based partly on Joseph Pilates' work but with modifications to the exercises so that they fit with modern research

Modern Pilates is unique as it offers contemporary Pilates with a clinical approach as our exercises have been designed in conjunction with physiotherapists and recent research. Many of the exercises remain the same but allowances are made for injury rehabilitation and creativity by the teacher.

WHY CHOOSE MODERN PILATES?

- Bringing Joseph Pilates' Classical approach into the 21st century by combining his principles with recent research
- Our clinical approach has been devised and is taught by physiotherapists
- Our tutors are Pilates practitioners and physiotherapists who run their own successful businesses
- Small groups of students enabling more individual and personal tuition
- Less on-line learning and more face to face tuition
- Support and guidance before, during and after training
- Friendly and supportive approach throughout
- Friendly admin staff to help and support you with your booking and beyond
- CPD courses to help you to further advance your career
- We were instrumental in the development of Pilates training courses in the UK
- We were the first organisation in the UK to gain YMCA Qualifications approval

COURSE INFORMATION

IT IS IMPORTANT THAT YOU READ THE FOLLOWING INFORMATION PRIOR TO CHOOSING YOUR COURSE AND BOOKING YOUR PLACE.

IF YOU HAVE ANY QUESTIONS PLEASE CALL US ON 0191 4381143 / 07946 518603

PREREQUISITES

We recommend that you have been attending Pilates classes for at least 6 months to ensure you are familiar with the format of a class. Once enrolled on the course you will receive our pre-course learning pack along with pre-course books which will give you a basic understanding of bones, joints, muscles, nervous and cardiovascular system. This knowledge is essential and must be studied prior to attending the course. You will also receive your login details for our interactive online learning manual.

RECOGNITION OF PRIOR LEARNING (RPL)

If you hold a current Level 3 qualification (within 3 years) you may be eligible for RPL for some elements on our Matwork Pilates Courses. Please call our customer services team for more information.

COURSE FORMAT

Training programmes generally include weekends. The programmes are quite intensive and there is a lot of information to learn both on the course and in your own time so please allow yourself time to study in order to give yourself the best chance of being successful.

TUTORS & PHYSIOTHERAPISTS

You will have 100% contact with your tutor throughout the course and will be encouraged and supported along the way. We allow you the opportunity to request guidance and support to ensure you are happy with your progress or to ask any questions one-to-one.

TIMES & ATTENDANCE

We generally start at 9am and finish at 6pm however, this may vary from venue to venue. You are expected to give 100% commitment to your training. Missing days of your training may jeopardise your ability to be successful.

HOME STUDY ASSIGNMENTS

During your training you will be allocated assignments to complete at home. On some courses there is a pre-course study pack so it is important that you allow yourself time to work on these. Your assessments are mainly of a practical nature to help you develop your teaching skills.

CERTIFICATION FOR COURSES AND WORKSHOPS

You will receive your certificate once you have successfully completed your training and any associated assessments.

DIPLOMA IN TEACHING PILATES (YMCA AWARDS)

10 DAY COURSE PLUS 1 DAY ASSESSMENT



Our Diploma in Teaching Pilates course aims to give students a strong foundation to build or develop a new career.

This course comes highly recommended by our past students due to the depth of knowledge, the standard of teaching and the exceptional skills they have gained. This has given them the competitive edge in the workplace against other Pilates trained instructors who have undertaken shorter courses. Our course is very comprehensive and covers functional anatomy alongside the practical motivational and programming skills needed to become a successful Pilates instructor.

The course is delivered via our unique blended learning programme and face to face tuition with our tutors. Once you have booked on the course we will send you your home study manual and guidance notes. It is important that you allow yourself plenty of time to study the manual before you attend the course. Your tutor will revise the theory of physiology with you prior to sitting your exam. The rest of the course focuses on the practical aspects of teaching a Modern Pilates Matwork class.

You will be taught by Physiotherapists and Pilates practitioners via a combination of lectures, workshops and home study.

You will always have the support of your tutors who will be in attendance for 100% of the course and be available to give you feedback and support.

You will receive a YMCA Awards Level 3 Diploma in Teaching Pilates certificate. You will then be on the road to success and can work with a wide range of clients and fitness levels.

COURSE CONTENT

The course covers essential knowledge related to anatomy of movement, functional movement, Pilates exercises and advanced group teaching skills including:

- Joseph Pilates exercises and methodology
- Posture assessment and muscle imbalance
- Teaching practice and essential teaching skills
- Pelvic floor anatomy & function
- Functional anatomy of the spine, hip & knee
- Core stability
- Postural alignment and assessment
- Essential Modern Pilates exercise modifications
- Matwork Programme planning

PREREQUISITES

Students must meet the prerequisites prior to applying:

- Currently attending Pilates classes on a regular basis. This will ensure you are familiar with the format and style of a Pilates class.
- Apply for the blended learning pack at least 6 weeks prior to the course starting. This allows time for self-study prior to attending the course
- Commitment to attending 100% of the course.

ASSESSMENT REQUIREMENTS

- Plan, Teach and Evaluate a Modern Pilates session
- Undertake YMCA Awards Level 3 anatomy & physiology theory paper (on the course) or provide evidence of current Level 3 theory (within 3 years).
- Undertake YMCA Worksheets
- Undertake a Case Study and Progressive Programme on a client of your choice
- Undertake YMCA Principles of Fitness Level 2 theory paper (on the course) or provide evidence of current certification (within 3 years)
- Bring a 'client' for the practical assessment

This course leads to being awarded a YMCA Awards Level 3 Diploma in Teaching Pilates

PROGRESSIVE MATWORK 1

1 Day Workshop



This workshop is run by our Physiotherapists who will show you progressive exercises for your class or clients. This will help with keeping your class motivated and refreshed.

It will build in the knowledge and exercises learned in Matwork Pilates. It will progress and advance Joseph Pilates and Modern Pilates exercises as well as looking at adaptations for less able clients. It also looks at advanced teaching and develops your collection of exercises. This workshop is also open to teachers who have matwork or similar qualification.

This inspirational day will give you an abundance of ideas and exercises to ensure your classes are creative and progressive.

COURSE CONTENT

The course is delivered through practical sessions and workshops and will explore a wide range of exercises including:

- Progressions of Modern Pilates exercises
- Integration of the original Joseph Pilates exercises into a Modern Pilates class.
- Class variety and formats
- Advanced teaching skills

PREREQUISITES

Students must meet the prerequisites prior to applying:

- Hold YMCA Awards Level 3 or equivalent qualification
- Currently teaching Pilates classes on a regular basis

ASSESSMENT REQUIREMENTS

- No formal assessment
- Practical workshops enable students to be given feedback throughout the course

PROGRESSIVE MATWORK 2

1 Day Workshop



Come and join our Physiotherapists and advance your repertoire of exercises in a clinical yet challenging way.

This workshop will help you to build on the exercises and ideas presented in the Progressive Matwork 1. It will enable you to increase your exercise knowledge and repertoire of exercises to challenge your clients and keep them motivated. Learning these new exercises will give you wider knowledge and inspire you to be more creative in your teaching.

This workshop is also open to teachers who have a matwork or similar qualification at level 3, but we recommend that you have undertaken our Progressive Matwork 1 first.

This inspirational day will give you an abundance of ideas and exercises to ensure your classes are creative and progressive.

COURSE CONTENT

The course is delivered through practical sessions and workshops and will explore a wide range of exercises including:

- Advanced Joseph Pilates exercises
- Advanced progressions of Modern Pilates exercises
- Appropriate teaching skills and analysis of movement
- Class variety and format in standing and laying

PREREQUISITES

Students must meet the prerequisites prior to applying:

- Hold YMCA Awards Level 3 or equivalent qualification
- Currently teaching Pilates classes on a regular basis
- Preferably attended Progressive Matwork 1

ASSESSMENT REQUIREMENTS

- No formal assessment
- Practical workshops enable students to be given feedback throughout the course

BANDS AND BALLS WORKSHOP

1 Day Workshop



New inspirational ideas to enhance your Pilates teaching with the Pilates Ball and TheraBand's. This half day workshop will include 2 lesson plans with progressions to help you offer your clients a diverse, interesting and fun Pilates experience.

On the workshop you will learn a series of Matwork preparation exercises using the small ball and theraband. This will incorporate coordination, balance and stability movements to train your deep core muscles to gain more stabilisation and strength.

This workshop will give you new knowledge and skills along with lots of lots of ideas on how to safely include small equipment into your mainstream class. There is also an opportunity to share ideas and chat about Pilates and exercises over a cup of coffee.

This workshop will increase customer retention, motivation and increase your earning power.

COURSE CONTENT

The course is delivered through practical sessions and workshops and will explore a wide range of exercises including:

- Using the Small Bands & Balls
- Advanced progressions of Modern Pilates exercises using small equipment
- Appropriate teaching skills and analysis of movement
- Class variety and format in standing and laying

PREREQUISITES

Students must meet the prerequisites prior to applying:

- Hold nationwide Level 3 or equivalent qualification
- Currently teaching Pilates classes on a regular basis

ASSESSMENT REQUIREMENTS

- No formal assessment
- Practical workshops enable students to be given feedback throughout the course



REHABILITATION AND RECOVERY PILATES

Our rehabilitation and recovery is made up of 3 modules.

Our series of rehabilitation and recovery Pilates will enable you to advance your skills and earning potential in a clinical Pilates setting.

They are taught by our physiotherapists who work in their own practices as well as teaching Pilates classes and small groups. This exciting series of workshops are delivered through theory and practical workshops where you will have the opportunity to gain hands on experience and investigate a wide range of conditions.

Please read the individual workshop information in this prospectus for further details on content and prerequisites.

WORKSHOPS IN THIS DIAGNOSTIC SERIES:

The workshops are delivered through theory, practical sessions and workshops. We look at conditions, exercises and corrective therapy for a wide range of clients.

- SHOULDER CONDITIONS
- HIP & KNEE CONDITIONS
- SPINAL CONDITIONS

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We strive to make sure you are the best Pilates teacher you can be for your clients. ”

DIAGNOSTIC SERIES: SHOULDER CONDITIONS

1 Day Workshop



Shoulder injuries are common especially among those that participate in sporting activities or recreational activities like golf, tennis & squash. These activities can sometimes lead to shoulder injuries.

Rather than shy away from clients with shoulder issues, develop your confidence and knowledge in dealing with shoulder injuries. You will look at advanced anatomy of the shoulder. You will learn exercise prescription for shoulder stability and how to decrease the risk of further injury within a Pilates setting.

This theoretical and practical workshop aimed at experienced teachers who hold level 3 Matwork Pilates or equivalent.

COURSE CONTENT

The workshop is delivered via theory, practical & workshops. It will explore and discuss correct exercise prescription for the following conditions:

- Advanced anatomy of the shoulder
- Shoulder conditions including: Rotator cuff injury, impingement syndrome, bursitis, frozen shoulder, shoulder dislocation and shoulder surgery.
- Corrective exercise prescription
- Advanced teaching skills

PREREQUISITES

Students must meet the prerequisites prior to applying:

- Hold YMCA Awards Level 3 or equivalent qualification
- Currently teaching Pilates classes on a regular basis

ASSESSMENT REQUIREMENTS

- No formal assessment
- Practical workshops enable students to be given feedback throughout the course

DIAGNOSTIC SERIES: HIP & KNEE CONDITIONS

1 Day Workshop



Ever had a client with a knee or hip injury? Have you any clients with knee or hip replacements? Have you been anxious to know what you can and can't do with these conditions?

This workshop will show you how to adapt and modify your Pilates repertoire to suit conditions of the knee and hip, it will also develop methods to help in rehabilitation and recovery. Let our physiotherapists show you diagnostic tests that will help you plan exercises for the clients in your class.

This is a theoretical and practical workshop aimed at experienced teachers who hold level 3 Matwork Pilates or equivalent.

COURSE CONTENT

The workshop is delivered via theory, practical & workshops. It will explore and discuss correct exercise prescription for the following conditions:

- Advanced anatomy of the knee & hip.
- Knee conditions including: Osteoarthritis, knee replacements and ligament injuries.
- Hip conditions including: osteoarthritis, hip replacements & resurfacing and bursitis

PREREQUISITES

Students must meet the prerequisites prior to applying:

- Hold YMCA Awards Level 3 or equivalent qualification
- Currently teaching Pilates classes on a regular basis

ASSESSMENT REQUIREMENTS

- No formal assessment
- Practical workshops enable students to be given feedback throughout the course

DIAGNOSTIC SERIES: SPINAL CONDITIONS

1 Day Workshop



As a Pilates instructor 70% of your class will at some point tell you they have back pain. This workshop will develop your understanding of back complaints, including Scoliosis, terminology and advanced spinal anatomy.

Your physiotherapist will guide you through a range of diagnostic tests & discuss common spinal conditions as well as non-specific lower back pain. It will also look at a range of appropriate exercises for each condition & how to integrate these into your class.

This workshop will expand your knowledge of back pain and spinal conditions and also enable you to run specific back care classes. Ideal for those who work alongside health professionals.

This is a theoretical and practical workshop aimed at experienced teachers who hold level 3 Matwork Pilates or equivalent.

COURSE CONTENT

The workshop is delivered via theory, practical & workshops. It will explore and discuss correct exercise prescription for the following conditions:

- Advanced spinal anatomy.
- Common spinal conditions including: Sacroiliac, joint dysfunction, osteoarthritis, scoliosis, spondylosis/arthritis conditions, prolapsed disc, piriformis syndrome, osteoporosis, ankylosing spondylitis
- Spinal surgery & rehabilitation
- Advanced teaching skills

PREREQUISITES

Students must meet the prerequisites prior to applying:

- Hold YMCA Awards Level 3 or equivalent qualification
- Currently teaching Pilates classes on a regular basis

ASSESSMENT REQUIREMENTS

- No formal assessment
- Practical workshops enable students to be given feedback throughout the course



CPD COURSES & WORKSHOPS IN PREGNANCY AND AGEING

As a Centre of Excellence our aim is to support and help you develop and grow within your business, gaining valuable qualifications to enhance your career. Developing your knowledge and skills will maximise your earning potential into the specialist areas of pregnancy, ageing and chair-based exercise.

These modules are designed for those teachers who wish to undertake a formal qualification (YMCA Awards) in pregnancy and older adults. The two areas of teaching are fast growing and undertaking these modules will not only expand your skills and knowledge but also your earning capacity.

Undertaking these courses will ensure you are able to access insurance to teach these special populations and to be on Level 3 of The Register of Exercise Professionals.

CPD COURSES & WORKSHOPS IN THIS SERIES:

The courses are delivered through theory, practical sessions and workshops. We will explore a wide range of subjects within the courses.

- Award in Adapting Exercise for Ante Natal and Post Natal Clients (YMCA Awards Level 3)
- Award in Adapting Exercise for independently Active, Older People (YMCA Awards Level 3)

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Trust us to broaden your knowledge & expertise in these rewarding specialist areas. ”

AWARD IN ADAPTING EXERCISE FOR ANTE NATAL AND POST NATAL CLIENTS (YMCA AWARDS LEVEL 3)

2 DAY COURSE
PLUS ASSESSMENT



Now you have the opportunity to gain a qualification and feel confident with the advice and guidance you offer your class and clients.

This specialist course focuses on the bio-medical and physiological changes that occur during the pre and post natal periods. It will help you to develop and teach clients within a one to one setting, in a class or set up specific pregnancy sessions. You can also expand your classes into a community based setting.

This course is very theory based however, adaptations for pregnancy will be explored for Pilates teachers & studio instructors. It adopts a case study approach which enables you to apply all the principles you learn on the course to individual clients/groups.

The course will enable you to teach safely and ensure safety to mother and baby whilst delivering an effective and enjoyable exercise session.

AWARD IN ADAPTING EXERCISE FOR ANTE NATAL AND POST NATAL CLIENTS (YMCA AWARDS LEVEL 3)

.....CONTINUED

COURSE CONTENT

The course is delivered through theory, practical sessions and workshops. We will introduce an appropriate exercise prescription for pregnancy and the post-partum period including:

- Theory of pregnancy including hormones and their effect on the mother.
- Practical application of exercises through the 3 trimesters
- Practical application of exercises in the post-partum period
- Pelvic floor anatomy
- Abdominal & back care in pregnancy
- Class structure
- Case study approach
- Advanced teaching skills

PREREQUISITES

Students must meet the prerequisites prior to applying:

- Hold Level 2/3 qualification
- Currently teaching on a regular basis

ASSESSMENT REQUIREMENTS

- Undertake a Case Study
- Undertake the YMCA Awards Level 3 Theory paper
- Complete open book worksheets set by YMCA
- Upon successful completion you will be awarded the YMCA Awards Level 3 Award in Adapting Exercise for Ante Natal and Post Natal Clients.

AWARD IN ADAPTING EXERCISE FOR INDEPENDENTLY ACTIVE, OLDER PEOPLE (YMCA AWARDS LEVEL 3)

2 DAY COURSE
PLUS ASSESSMENT



People are living longer and becoming more active in retirement so why not optimise your career in this fast expanding market and develop your business in this specialist area.

This course covers the essential knowledge required to teach older adults. It covers the ageing process including the physiology and anatomical changes that take place as well as conditions that occur due to the ageing process.

It also addresses instability and falls prevention and exercises that help develop strength, confidence and independence.

This course is appropriate for Matwork Pilates Teachers, Pilates Personal Trainers and Studio teachers.

AWARD IN ADAPTING EXERCISE FOR INDEPENDENTLY ACTIVE,
OLDER PEOPLE (YMCA AWARDS LEVEL 3)

AWARD IN ADAPTING EXERCISE FOR INDEPENDENTLY ACTIVE, OLDER PEOPLE (YMCA AWARDS LEVEL 3)

.....CONTINUED

COURSE CONTENT

The course is delivered through theory, practical sessions and workshops. We will introduce an appropriate exercise prescription for the stages of ageing including:

- Osteoporosis
- Ageing conditions including osteoporosis and rheumatoid arthritis
- Hip & knee replacements
- Exercises and adaptations appropriate for the ageing population
- Advanced teaching skills
- ACSM guidelines
- Functional and postural stability
- Case study approach

PREREQUISITES

Students must meet the prerequisites prior to applying:

- Hold Level 2/3 qualification
- Currently teaching on a regular basis

ASSESSMENT REQUIREMENTS

- Undertake a Case Study on a client of your choice
- Undertake the YMCA Awards Level 3 Theory paper
- Complete open book worksheets set by YMCA Awards
- Upon successful completion you will be awarded the YMCA Awards Level 3 Award in Adapting Exercise for Independently Active, Older People

AWARD IN DELIVERING CHAIR-BASED EXERCISE (YMCA AWARDS LEVEL 2)

2 Day Workshop
including assessment



This evidence based course is ideal for level 3 Fitness & Pilates teachers and will enable you to teach a specific chair based class or incorporate chair based exercises into you class for less able individuals.

This qualification recognises the skills, knowledge and competence required of an individual in order to work in an unsupervised capacity, including the values and principles of adult social care and the ability to plan and deliver chair-based exercise for frailer older adults.

This course will give you the knowledge and understanding related to teaching chair based exercise. You will gain an understanding of the values and principles of adult social care and what value chair-based exercise has within community settings. This also includes frailer older adults.

COURSE CONTENT

The course is delivered through theory and practical sessions. It looks at appropriate Modern Pilates exercise prescription for the stages of ageing including:

- Adaptations for functional movement
- Physical activity & ageing
- 27 chair bases exercises
- Plan a safe exercise session
- Appropriate exercises for the older adult
- Effective class structure

PREREQUISITES

Students must meet the prerequisites prior to applying:

- Hold YMCA Awards Level 2/3 or equivalent qualification
- Currently teaching classes on a regular basis

ASSESSMENT REQUIREMENTS

- Complete worksheets
- Teach a practical chair bases session



MODERN PILATES:

- Validated by YMCA AWARDS level 3
- Suitable for physiotherapists and exercise therapists
- Ideal for qualified fitness professionals looking to expand their own development
- Ideal for Pilates enthusiasts who wish to teach Pilates
- Aids fitness professionals wishing to start their own business
- Enables Personal Trainers to develop their client base
- Enables Teachers to develop their business in specialist areas



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