

## Polestar Pilates Gateway Mat Series

### COURSE DURATION

**Online:** 3 hours

**Contact hours:** 2 days (16hrs)

**Price:** \$575

### GATEWAY PILATES TRAINING IS DESIGNED FOR:

- Personal Trainers looking to incorporate Pilates into their training and portfolio
- Health professionals interested in adding Pilates to their patient work
- Pilates enthusiasts or prospective students who want to become familiar with the method before taking the professional leap
- Professionals interested in a basic understanding of the Pilates training to enhance their technical resources

### COURSE OVERVIEW

The Gateway Pilates program is designed to provide an introductory understanding of Pilates and the Polestar approach that encourages successful, result-driven movement experiences. As it is derived from science-based body mechanics, Pilates offers the tools to produce efficient exercise in a way that strengthens, rehabilitates and prevents injuries. In this program, selected Pilates Mat exercises are taught to provide practical and applicable knowledge of form and sequencing techniques. It serves as a gateway to realising the complete benefits of accurate exercise.

Beginning with at-home study preparation, the program progresses into experimental labs for well-rounded and collaborative learning. You will experience a variety of movement sequences throughout the course that can be immediately incorporated into health and fitness programs.

### COURSE STRUCTURE

#### MODULE 1: GATEWAY PILATES ONLINE

This three-hour online training is a requirement for all who attend any of the Gateway Pilates training courses. The online course fortifies the fundamental principles and history of Pilates, and consists of three lectures. Each of these sections is followed by a brief written exam online.

**Part 1:** History of Pilates and Evolution

**Part 2:** Polestar Movement Concepts

**Part 3:** Professional Ethics (Scope of Practice)

#### MODULE 2: GATEWAY MAT

This two-day Pilates Mat experience examines how to apply Polestar Pilates Mat exercises, and is comprised of a set of four sequences using 18 preparatory and original Pilates Mat exercises. The exercises are explained in a lab format, with time allotted for teaching and demonstration. Online support and practice cards are provided to each participant as a takeaway resource. Gateway educators provide feedback directly to each participant to become proficient with the Gateway Mat work.

## COURSE ASSESSMENT

Assessment requirements include online learning and 2 days face-to-face learning with Polestar Education team.

## 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:

- Diploma of Polestar Pilates Studio and Rehabilitation Method or higher
- TAE40110 Certificate IV in Training and Assessment Certificate (or higher)
- 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.

## CONTACT DETAILS

**Student Administration Team:** [education@polestarpilates.com.au](mailto:education@polestarpilates.com.au)

**Phone:** 02 9091 9400

Polestar Australia, Ground Floor, Unit 4, 114-120 Old Pittwater Road, Brookvale NSW 2100



## COURSE TERMS AND CONDITIONS *please read all points carefully*

1. **Full payment is required at registration**
  - Course fees \$575
  - NOTE your registration is **NOT** confirmed until full payment is received
2. **Commitment:** On registering for a course with Polestar Australia you confirm that you have read and understand the commitment of time required to complete the course. It is the Students responsibility to ensure the course hours fit into their schedule and life commitments.
3. **Course Cancellation Terms.**
  - Courses cancelled in writing with 30 DAYS OR MORE notice prior to the start date of the face to face weekend **AND** without accessing the online component of the material are eligible for a refund minus an ADMIN FEE of \$100. NB: if the online component has been accessed all refunds are void.
  - Courses cancelled with LESS than 30 days' notice prior the start date of the face to face weekend are NOT accepted and NO REFUND will be issued.
  - Courses cancelled after commencement of the ONLINE component are NOT accepted and NO REFUND will be issued.
  - Courses cannot be cancelled due to change of mind, weddings, work travel, holidays, personal relocation or similar
4. **Cancellations due to special circumstances** - if you have registered for and / or started your course and need to cancel due to special circumstances Polestar Australia will consider each application. Note proof of circumstances must be provided. These would include: bereavement within immediate family, debilitating injury / illness. It does not include personal reasons such as: weddings, work travel, holidays, personal relocation, change of mind or similar
5. **Course Transfers Requests**
  - If you are unable to attend your contact Module you can complete the Module in another State at your own travel costs.
  - Transfer approvals are dependent on course numbers in the requested location. Transfers will NOT BE CONFIRMED until Registrations have been closed at the requested location. Note this requires 2 weeks' notice prior to course commencement.
  - Transfer Fee: \$50 per Module applies
6. **Course fees INCLUDE:** Online Module, 2 days contact hours, workbook and program cards
7. Credit Card Surcharge applies to all course fees: VISA 1.87% MASTERCARD 1.87%
8. Registration deadline is 14 days in advance of course start date. Registration received less than 14 days will be processed only if space is available. You are not registered until you receive written confirmation from Polestar Pilates.
9. We reserve the right to postpone or cancel any course. If we cancel a course, you will have the option of transferring to another course or receiving a full refund. Polestar is not responsible for any travel costs due to cancellation.
10. You understand that you will attend the Polestar course, use the facilities and equipment at your own risk. At registration you confirm that all medical conditions and injuries, both past and present have been disclosed and where required have obtained clearance from your general practitioner.
11. You will take it upon yourself to discuss any changes to your current health with your instructor. You recognise that the instructor is not able to provide medical advice with regard any medical fitness and that the information provided is used as a guideline to the limitations of my ability to exercise.
12. All courses commence at 8.00am and finish at 5.00pm, with a 1 hour lunch break (lunch not included in fees).