

The Ultimate REFORMER Series

COURSE DURATION

6-12 months from commencement

OVERVIEW

Walk away from the Ultimate Reformer Certification as a qualified Instructor of the highest calibre; well versed in Pilates principles, program design, exercise sequencing techniques and practice, with emphasis on group dynamics for the Pilates Reformer. You will be confident in verbal, tactile and combined cueing practices to facilitate motor learning, and be competent to work with healthy clients one-on-one and in group.

You will be ready to instruct Reformer classes in a Pilates Studio, small group session (semi or private); gym group classes; health centre group classes; home and corporate environment.

COURSE PRE-REQUISITES

Minimum requirements for entry into this course are:

- Attainment of HSC or equivalent
- A good understanding of Pilates – we recommend completing a minimum of 25 hours of personal Pilates practice either in private or group sessions. This may include matwork and studio work (*preferably with a Polestar Pilates certified practitioner*).
- Successfully completed HLTAAP001– 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.
- Completion of Polestar Matwork Series or Pilates Mat qualification from another Pilates education school of equivalent level

ANATOMY AND PHYSIOLOGY REQUIREMENTS

Polestar Pilates Courses require the completion of basic anatomy/physiology. If you are already qualified in one of the following occupations you would qualify for RPL: *Physiotherapist, Osteopath, Exercise Physiologist, Nurse, Myotherapist, Remedial Massage Therapist, Cert IV Personal Trainer*. However, if you are from a different background and have NOT completed any basic Anatomy and Physiology education completion, it is required prior to the start of your course.

Polestar provides an online Anatomy course that meets these requirements, it is at an additional fee of \$250. Please contact Polestar directly for further information.



COURSE STRUCTURE & UNITS

The following table outlines the units of competency that make up the Polestar Pilates Ultimate Reformer Series. The course is delivered over three two-day courses (Saturday & Sunday).

The courses must be taken in the following order: **PP, REF1, REF2.**

UNIT	UNIT OF COMPETENCY
PP	Polestar Pilates Principles of Movement
REF1	Plan and instruct a beginner Polestar Pilates Reformer class
REF2	Plan and instruct an intermediate Polestar Pilates Reformer class

PP - Pilates Principles of Movement (2 days)

Learn & apply the theories of movement that lay the foundation for Polestar Pilates in this prerequisite for all other Polestar courses. Using evidence-based research, you will discover the passage ways for movement throughout the body and develop the tools to provide either assistance for or challenge your clients in helping them achieve their goals.

Polestar Principles will bring to life your ability to assess, problem-solve, design and modify exercise programs to meet specific needs and abilities.

This is a 10-hour online course with 8 segments. Each segment will be available after the completion of the previous one. Quizzes, resources, and discussions qualify your learning as you go through the course. 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.

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 individuals taking more than one fitness series (such as Mat and/or Reformer), this course is required only once.

Reformer Levels 1-2; 4 days (2 x 2-day courses)

Maximize your use and application of this most versatile piece of apparatus in Pilates, the Reformer. Become proficient with assessment techniques, Pilates reformer exercises, movement sequences, and the application of Polestar Principles that you can use to excel your own practice or in a Pilates studio environment.

The Polestar Pilates Reformer Series consists of two x two-day course Units designed with all movement specialists in mind – from physical therapists to personal trainers and group instructors.

The principles learned in PP will be applied throughout the two Units the following will be covered:

- Reformer exercises for beginners through to advanced levels
- Dynamics of group training
- Program design and exercise sequencing
- Advanced cueing skills
- Exercise modifications for a variety of populations

COURSE ASSESSMENT

Assessment requirements include: attending all of the course hours, completing reading and writing assignments, as well as a specified number of observation, self-mastery, and apprentice teaching hours as noted below. To track your hours and progress, a log book will be issued at the start of the course with your materials. Certificates will be granted upon successful completion of the log-book, and an 80% pass mark on the final exam. The delivery modes are made up of approximately 400 nominal hours and are broken down as follows:

REFORMER	Lectures & Homework	Observation	Practice (Self-Mastery)	Apprentice Teaching
(Total: 225hrs)	100	25	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). Pilates Anytime can also be used for up to 10 observation hours in each course.

Self-Mastery (and Self-Directed): These hours are for Students to practice the exercises learnt in the curriculum so as to master the repertoire. Self-mastery hours include 30% of self-directed hours i.e. practicing the repertoire in your own time at home or with other students. **NOTE:** Pilates Anytime can also be used as a tool for your self-practice hours. The remaining hours may be a combination of Matwork, reformer and/or studio sessions.

Apprentice Teaching: Once you feel confident in the repertoire, 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. You will teach under their guidance and assist with tactile cueing and client correction for the remaining hour to achieve sign off. **NOTE:** a qualified Pilates instructor must be present at all Apprentice Teaching sessions to provide sign off and feedback.

Self-Study Requirements: following is the recommended MINIMUM hours required per week for duration of the course:

- Self-Practice - minimum 1 hour per week
- Supervised Practice - minimum 2 hours per week
- Observation - minimum 2 hours per week
- Written homework – minimum 2 hours per month



TEXT BOOKS: recommended

- *Anatomy of Movement*, Blandine Calais-Germain: Eastland Press 1993
- *Pilates Evolution, the 21st Century* - Joseph Pilates: Bain Bridge Books
- *Dynamic Alignment Through Imagery*, Eric Franklin: Human Kinetics 1996

STAFF QUALIFICATIONS

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.
- It is also recommended that staff have associated learning experience/skills/qualifications such as:
 - dance, sports science, physiotherapy.
 - Australasia)
 - Maintain professional development credits, insurance and first aid training.

COURSE RECOGNITION

Fitness Australia

Polestar Principles (PP) – 10 CECs



Pilates Alliance of Australasia (PAA)

The Complete Matwork Series is recognised by the Pilates Alliance Australasia, the industry peak training body. Administration Ph: 02 9969 5130

www.pilates.org.au Email: info@pilates.org.au

- Polestar Complete Matwork Series (including HLTWHS300 academic unit) – Matwork membership



To qualify for these you will need to complete the Diploma of Polestar Pilates Comprehensive Instruction Method (10828NAT) with Polestar Australia.

COURSE PRICING & TERMS AND CONDITIONS

COURSE PRICING	PAYMENT PLAN
Ultimate REFORMER Series Units PP, Ref 1 & Ref 2 Course manuals, Logbook, Online portal and Final Exam	\$1,980 Deposit \$600 \$460 x 3 months

All prices are in Australian dollars and include GST when applicable. All prices are subject to change without notice

Registration Policies (including Cancellations and Transfers) – please read all points carefully

1. Payment Plan:

- Deposit is due at time of registration by either Credit Card or Direct Debit. Note credit card fees are 1.87% per transaction
- After registration you will receive an email from Ezidebit to setup your payment plan, you can select Direct Debit or Visa / MasterCard. Note credit card fees are 1.87% per transaction.
- First payments commence the month the course starts, and will be processed on the 1st of every month.
- Dishonor fees apply for failed transactions, these will be automatically deducted from your account
- NOTE your registration is **NOT** confirmed until Deposit is received and Payment Plan has been setup

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 Units and Exams must be completed within the following timescales. No certification will be issued after these time lines.

- Ultimate Reformer Series: *12 months from Principles*
- Mat Series: *12 months from Principles*
- Studio / Rehab Series: *18 months from Principles*
- Diploma Upgrade: *6 months from release of Units*

4. Course Cancellation Terms.

- Courses cancelled in writing with 30 DAYS OR MORE notice prior to the start date of your first face to face weekend (PP or SR1) are eligible for a refund minus an ADMIN FEE. The Admin Fees for each course that will be deducted are: Mat Series: \$300 Studio-Rehab Series: \$500 Reformer Series: \$300
- Courses cancelled with LESS than 30 days' notice prior the start date of your first face to face weekend (PP or SR1) are NOT accepted and NO REFUND will be issued.
- Courses cancelled after commencement your first face to face weekend (PP or SR1) are NOT accepted and NO REFUND will be issued. All scheduled payment schedules must still be honored.
- Courses cannot be cancelled due to change of mind, weddings, work travel, holidays, personal relocation or similar

5. 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

6. Unit Transfers Requests

- If you are unable to attend a Unit that is scheduled for your course it can be made up privately with an Educator at an additional Fee of \$100 per hour (except for Principles).
- Alternatively, you can complete the Unit in another State at your own travel costs. Note that all Units must be completed in the same order, intake and cannot be changed.
- 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 occurs 2 weeks prior to course commencement.
- **Online academic units cannot be transferred to another year / intake.**
- Transfer Fee: \$150 per Unit applies

7. Course Extension

- All courses must be completed within the stated timeline. (Mat & Reformer Series 12 months, Studio/Rehab 18 months).
 - If you need to extend 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 or similar situations.
 - Course Extension Fee: \$350 applies
- 8. Course fees DO NOT INCLUDE:** required reading materials for reading and writing assignments; coaching hours for logbook completion with a Mentor (including observation, self-mastery practice and apprentice teaching); Study Groups, Personal extras (sundries, travel and accommodation), DVD's, Coaching or Mentoring and any assessment re-sit fee. Transfer fee to another state.
 - 9. Course fees INCLUDE:** weekend lectures and labs (PP, M1-M3, REF1-REF2, SR1-SR6), course manuals, logbooks, access to Academic Units online, final exam, morning and afternoon refreshments
 - 10. Credit Card Surcharge** applies to all course fees: VISA 1.87% MASTERCARD 1.87%
 - 11.** A USI (Unique Student Identifier Number) must be provided at Registration – final certifications cannot be provided without the USI number being submitted to Polestar Australia
 - 12.** 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.
 - 13.** Registration is limited to between 15-25 participants depending on location and studio size. Registration received for a course that has reached full capacity will not be processed and you will be contacted. Courses will only go ahead with a minimum of 10 participants.
 - 14.** 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.
 - 15.** 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.
 - 16.** 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.
 - 17.** All courses commence at 8.00am and finish at 5.00pm, with a 1-hour lunch break (lunch not included in fees).

Exam Cancellation Terms

- You can only book your final exam once you have attended all your course Units i.e. PP, M1-M3
- A cancellation fee of \$150 applies for all exams cancelled within 2 weeks of your confirmed exam date

CONTACT DETAILS

Student Administration Team: education@polestarpilates.com.au

Phone: 02 9091 9400

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