

# Polestar Pilates Transition Series

## COURSE DURATION

18 months from commencement

## QUALIFICATION LEVEL

The Polestar Pilates Transition Series certificate is geared towards instructors whom have completed a course of equivalent level and are interested in furthering their education in the Pilates field.

Each student will receive comprehensive didactic and theoretical review and practical training using a clinical reasoning approach. Students will receive instruction in teaching techniques, Pilates exercise benefits, self-mastery and practice. The Polestar Pilates didactic curriculum has earned the reputation worldwide as the most scientifically based Pilates curriculum available, taking Pilates education to a new pinnacle, consisting of formal lecture, reading assignments, research literature review, and writing assignments. Polestar Education is best known for it's "critical thinking" model and original design of the Polestar Fitness Screening, Polestar Health Model and use of problem solving rehabilitation assessment tools.



## COURSE PRE-REQUISITES

Minimum requirement for entry into this course:

- Completion of a Comprehensive Pilates teacher training program through a PAA or RTO approved training provider

## COURSE STRUCTURE

The Polestar Pilates Transition Course consists of 7, 1.5 day courses as follows: The courses must be taken in the following order: **PP, S1, S2, S3, S4, S5, S6.**

### PP - Polestar Pilates Principles of Movement Online

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. Tactile, verbal and imagery cues are integrated with the Pilates exercises. 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. The course is self-paced and online and must be completed before your attendance at your in person lecture.

## **S1 to S6**

After the Pilates Principles course Online (PP), the Pilates Studio program continues with six course modules scheduled approximately one month apart. The time between courses allows you to practice and become comfortable with the material before continuing to the next course. Each course is two days, usually Saturday and Sunday (but can vary in different cities). For certification, you will be required to complete at your own expense, the required reading and writing assignments, as well as hours of mentoring outside of course curriculum (if necessary).

These courses review the postural screening methodology and the six principles learned in PP, then applies them to exercises on the Studio Reformer, Trapeze Table, Chair, Ladder Barrel, Mat and small props. You will learn:

- Verbal and tactile cueing combined with mental imagery to facilitate accurate execution of the movements
- Program design and exercise sequencing
- Practical application of the repertoire through use of case studies
- Exercise modifications for a variety of populations

## **REHAB STREAM:**

There are two streams of this course ‘**Studio** and **Rehab**’. All students learn exactly the same repertoire and course weekends however those students that are from a **Rehab** background like Physiotherapy, Osteopathy, or Chiropractor will complete different case studies, exams and assignments covering more in-depth medical applications.

- Integration of manual mobilisation skills and Pilates movement (appropriate to your scope of practice)
- Learn how to create treatment plans through use of case studies

<b>Polestar ID</b>	<b>UNIT OF COMPETENCY</b>	<b>Diploma Code</b>
PP	Apply the Polestar Pilates Principles and Postural assessment framework	NAT11292002
SR1	Plan and instruct the introductory Polestar Pilates Studio and Rehabilitation repertoire	NAT11292006
SR2	Plan and instruct the beginner Polestar Pilates Studio and Rehabilitation repertoire	NAT11292007
SR3	Plan and instruct the early intermediate Polestar Pilates Studio and Rehabilitation repertoire	NAT11292008
SR4	Plan and instruct the intermediate Polestar Pilates Studio and Rehabilitation repertoire	NAT11292009
SR5	Plan and instruct the early advanced Polestar Pilates Studio and Rehabilitation repertoire	NAT11292010
SR6	Plan and instruct the advanced Polestar Pilates Studio and Rehabilitation repertoire	NAT11292011

## COURSE ASSESSMENT

Assessment requirements include: attending all of the course hours (*lecture hours*), completing reading and writing assignments, check off for teaching and demonstration of all repertoire learnt and final exam.

**Lecture Hours:** includes formal lecture/workshop face-to-face delivery, practical and written assessments and mandatory tutorial hours.

### Practicums:

Practicums help accelerate your teaching and demonstration hours in a supported environment with an Educator. Teaching is within a clinical format against units of competency and allows students to accrue 2 hours for 1 hour (1:2) towards their student logbook. Topics included will be review of Theory, Repertoire, Case Studies and Self-Mastery demonstration and teaching. They are scheduled generally over 4hrs but can be shorter and some are online.



There are 3 Practicums scheduled as part of the Comprehensive course and are included in the course fees. All other practicums are optional and the schedule for booking can be found here:

<https://www.polestarpilates.edu.au/qualification/study-groups/>

## TEXT BOOKS

As part of the training students will be required to purchase the following course textbooks which are in addition to course fees.

- Polestar Principles of Movement, Brent Anderson
- 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
- Energy Medicine: The Scientific Basis, James L. Oschman: Churchill Livingstone, 2000 Chapters 1-4, 15
- Motor Control: Theory and Practical Applications, Anne Shumway-Cook, PhD: (Chapter 1 and 2)



## 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.
  - It is also recommended that staff have associated learning experience/skills/qualifications such as: dance, sports science, physiotherapy.

## COURSE RECOGNITION

Students who graduate from Polestar's Comprehensive series qualify for:

- Studio Instructor Membership with the Pilates Alliance of Australasia. Applications will also be accepted for partial completion of Diploma of Polestar Pilates Comprehensive Instruction Method (10828 NAT). Plus Diploma unit HLTSHW003 Maintain Work Health & Safety.
- For those already members with AUSactive you will receive 10 CEC's for PP.

### Pilates Alliance of Australasia (PAA)

Ph: 02 9969 5130

[www.pilates.org.au](http://www.pilates.org.au)

Email: [info@pilates.org.au](mailto:info@pilates.org.au)

<https://www.pilates.org.au/education/>



### AUSactive Australia

Ph: 1300 211 311

Email: [info@ausactive.org.au](mailto:info@ausactive.org.au)

<https://ausactive.org.au/members/pilates-professional/>



## COURSE PRICING & TERMS AND CONDITIONS

COURSE PACKAGES	Course Fees
<b>Polestar Transition Series</b> Includes: Units: PP, SR1, SR2, SR3, SR4, SR5, SR6, Course Manuals, Principles of Movement book by Brent Anderson, Online Portal, Logbook, 3 Practicums and Final Exam.	<b>\$4,500</b>

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 or Full Payment is due at time of registration by either Credit Card or Direct Debit. Note Credit Card fees may apply.
- If you choose the Payment Plan option, a surcharge will apply. This fee is charged by a third-party provider at their current rate.
- 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. Use of Online instruction methods –**

In the event that Polestar Pilates Australia either:

- Cannot provide courses, examinations or modules onsite due to circumstances or events beyond its control or
- Cannot ensure the safety and security of its staff and/or students where circumstances and events beyond its control

including weather conditions; any contagious diseases, epidemics or pandemics including but not limited to COVID-19 and their consequences; demonstrations; riots; civil unrest; curfew and city lock-downs, government travel restrictions, Polestar Pilates Australia may at its sole discretion:

1. Replace those parts of courses, modules, examinations which can be so replaced without compromising Polestar instruction standards, with online instruction and reschedule such parts of the courses, modules, examinations which cannot be replaced by online instruction- at no additional cost to students.
2. Reschedule the said courses, examination or modules in their entirety – at no additional cost to students.
3. Cancel any scheduled courses, examination or modules in their entirety – at no additional cost to students

No financial compensation will be payable to students in circumstances 1. and 2. above.

Full refund of fees paid for cancelled course, examination, module will be made to students for circumstances 3. above.

**7. 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 at Educator Rate (varying from \$120-\$150 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

#### 8. 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

9. **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.

10. **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

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. Polestar Pilates reserves the right to postpone or cancel any course due to, but not limited to; weather conditions; any contagious diseases, epidemics or pandemics including but not limited to COVID-19 and their consequences; demonstrations; riots; civil unrest; curfew and city lock-downs, government travel restrictions. 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 on Saturday at 12.00pm and Sunday 8.00am and finish at 5.00pm both days, with a 1-hour lunch break on Sunday.

#### Exam Cancellation Terms

- You can only book your final exam once you have attended all your course Units
- 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](mailto:education@polestarpilates.com.au)

**Phone:** 02 9091 9400

Polestar Pilates Australia, Level 1, 32 Cross Street, Brookvale NSW 2100