POLESTAR PILATES TRANSITION SERIES

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.

Comprehensive Studio and Rehabilitation Series

The Comprehensive Studio and Rehabilitation Series develops skills for individual and small-group sessions. Training uses the Reformer, Trapeze Table, Combo Chair, Ladder Barrel, Mat and small props.

Students learn screening, postural evaluation, functional testing, movement analysis, program design and exercise sequencing. Graduates teach the comprehensive apparatus repertoire in private and small-group settings.

The Rehabilitation stream is available to eligible health professionals. It emphasises pathology, biomechanics, clinical reasoning and instructional technique. The repertoire remains consistent, although assessments and learning activities differ between streams.

Course information: https://www.polestarpilates.edu.au/courses/pilates-studio-rehab-series/

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 Duration

18 months from commencement.

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

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

Polestar ID	UNIT OF COMPETENCY	Diploma Code
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 schedule 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 (included in fees)
- 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



Course Recognition

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

- Studio Instructor Membership with the Pilates Association Australia (PAA). Applications will also be accepted for partial completion of Diploma of Polestar Pilates Comprehensive Instruction Method (11292NAT). Plus Diploma unit HLTSHW003 Maintain Work Health & Saftey.
- For those already members with AUSactive you will receive 10 CEC's for PP.
- Members with ESSA will receive 15 CEC's

Polestar qualifications and professional development are recognised by several industry associations. Membership, continuing education and insurance eligibility remain subject to each organisation's current rules.

Organisation	Current pathway information	Website
Pilates Association Australia	Matwork, Reformer, Comprehensive and Diploma pathways may support relevant membership applications.	www.pilates.org.au
AUSactive	Selected Polestar programs may support registration or continuing education requirements.	www.ausactive.org.au
Exercise and Sports Science Australia	Selected Polestar programs may qualify for continuing education credits.	www.essa.org.au

Course Pricing

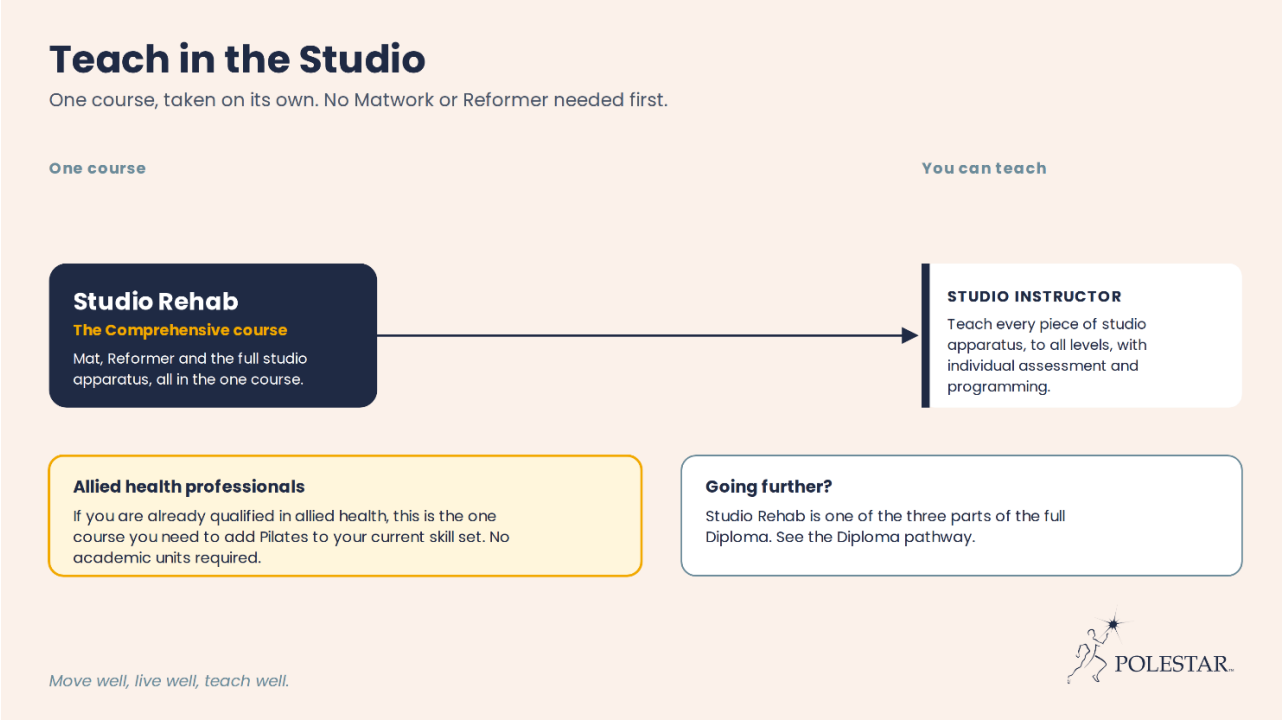
COURSE PACKAGES	Course Fees
Polestar Transition Series Includes: Units: PP, SR1, SR2, SR3, SR4, SR5, SR6, Course Manuals, Principles of Movement book by Brent Anderson, Online Portal, Logbook, 3 Practicums and Final Exam.	**$4,500**

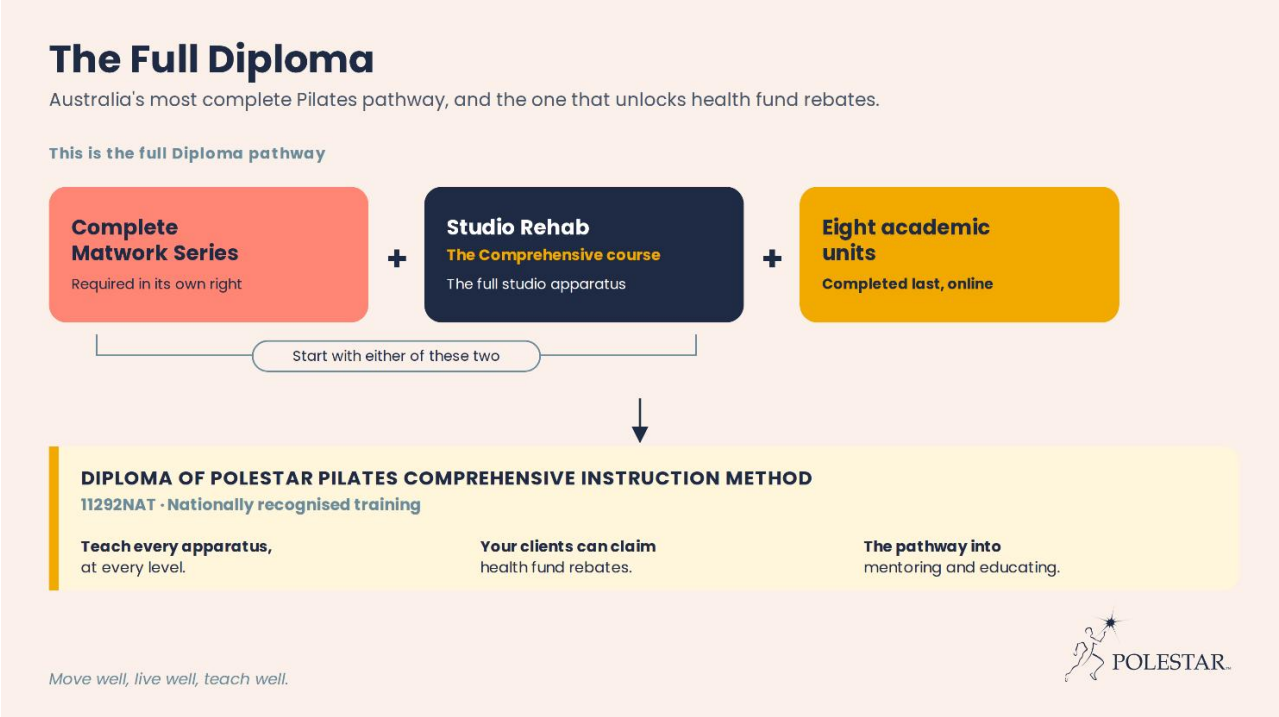
Terms & Conditions

Full terms and conditions can be found on our website:
https://www.polestarpilates.edu.au/terms-of-service/

Career Pathways

The Comprehensive course forms part of the full **Diploma of Polestar Pilates Comprehensive Instruction Method (NAT112921).** See pathways below.





Full course brochure

Download full course brochure and Polestar Pilates Australia information:

https://www.polestarpilates.edu.au/wp-content/uploads/2026/10/Polestar_Course_Guide_2027_Digital.pdf

Head Office

Please direct student enquiries to the Administration Team.

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