POLESTAR™

Move well, live well, teach well



Course Guide

2027

A note from Cat

Hi, and welcome.

Twenty five years ago I walked into a Pilates studio looking for relief. I had spinal arthritis and a corporate job, and I was not enjoying either.

What I found was not a workout. It was an education in how my own body actually worked. That turned into a career I never planned and would not trade.

I want to be straight with you about what this training is. It is not a weekend certificate. You will study movement science. You will be asked to think rather than memorise. You will teach real people and receive real feedback, some of which is uncomfortable to hear. It takes time and it asks something of you.

It also gives something back. A skill you will still be refining in thirty years. Work that fits around your life rather than the other way around. And a community of teachers who will still be answering your questions long after you graduate.

If you are sitting somewhere between curious and daunted, you are in exactly the right place. Most of our best teachers started there.

Read on. Then call us. A conversation will tell you more than any brochure can.

Warm regards,

Catherine Giannitto
Director, Polestar Pilates Australia



Welcome to Polestar

Science informed Pilates education, taught across Australia, connected to a global teaching community.

You are probably here for one of three reasons. You love Pilates and want to understand it properly. You already teach and want to go deeper. Or you are looking for work that means something and pays you to keep learning.

Polestar was built for all three.

Polestar Pilates Australia is a Registered Training Organisation delivering nationally recognised Pilates teacher education. Training combines movement science, critical reasoning and practical teaching experience. You learn through online study, face to face training, mentoring and supervised practice.

Pathways run from Matwork and Reformer certification through to comprehensive studio teaching and Diploma level study.



GLOBAL FOUNDATION

Founded in 1992 by Dr Brent Anderson. Polestar education is taught in more than 50 countries.

AUSTRALIAN SUPPORT

Educators, mentors and host studios support you across Australia, from your first enquiry through to your final assessment.

Our approach

1. You learn to understand movement, not to memorise exercises.
2. You develop observation, reasoning and programming skills.
3. You learn to teach clearly, safely and with confidence.
4. You build real experience through observation, self mastery and apprentice teaching.
5. You keep learning long after you graduate.

What we value

Collaborative.

You will not study alone. Educators, mentors, host studios and the students beside you stay with you from your first weekend to your final exam.

Humble.

Everyone here is still learning, including the people teaching you. Questions are welcome. So is not knowing yet.

Accountable.

We tell you what is required, what it costs and when it is due. No surprises.

Innovative.

The curriculum moves as the science moves. You learn what is current, not what used to be.

Why Polestar?

Plenty of courses will teach you exercises. We teach you how to think.

Most Pilates training teaches repertoire. You learn the exercises, you learn the order, you teach the order. It works until someone walks in with a shoulder that does not do what the textbook says.

Polestar teaches the reasoning underneath. Why that body moves the way it does. What is limiting it. What to change, and why that change and not another one.

It is the difference between running a class and teaching a person. It is also the difference between a teacher who is employable for three years and one who is employable for thirty.

SCIENCE INFORMED

Movement science, rehabilitation principles and clinical reasoning run through the whole curriculum, not one weekend of it.

PRACTICE LED

Observation, self mastery, apprentice teaching and practicums turn what you know into what you can do in front of a real client.

SUPPORTED

Educators, mentors, host sites and the office are with you at every stage. You are never left to work it out alone.

A global education, taught locally

Polestar teacher training is delivered through an international network across more than 50 countries. You study here, with Australian educators in Australian studios, and you graduate into a worldwide community of movement professionals.

A pathway that grows with you

Start with the course that suits you now. Add skills, apparatus and qualifications as your career develops. Build the foundations, develop your teaching, and keep learning for as long as you teach.

Train once. Keep growing.

Find your pathway

Start with what you want to teach. The courses follow from there.

Where you start your training depends on the kind of teaching you want to do, and choosing well at the start can save you time and money.

TEACH GROUP PILATES CLASSES

TEACH IN A STUDIO ENVIRONMENT

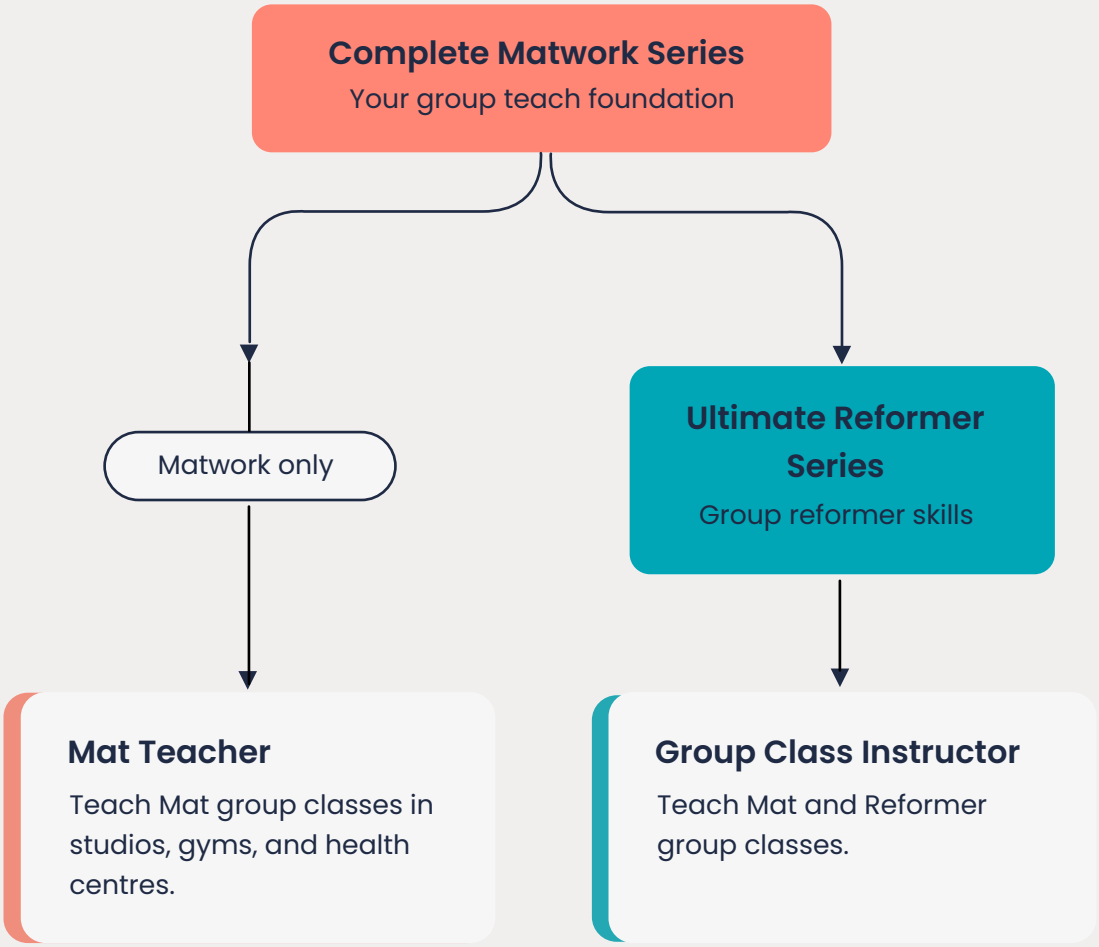
GET YOUR PILATES DIPLOMA



IF YOU WANT TO TEACH GROUP CLASSES

Complete: Complete Matwork Series. Add the Ultimate Reformer Series when you want to teach group Reformer classes too. You are qualified to: teach Mat group classes after Matwork. Teach Mat and Reformer group classes once you add Reformer.

Start — Add — You can teach



Already Mat qualified somewhere else?

You can start at Ulimate Reformer. Ask us to check your qualification.



IF YOU WANT TO TEACH REHAB IN A STUDIO

Complete: Studio Rehab, taken on its own. No Matwork or Reformer needed first.
You are qualified to: teach every piece of studio apparatus, to all levels, with individual assessment and programming.

One Course — You can teach

Studio Rehab

The comprehensive course

Reformer, Trapeze Table, Combo Chair, Ladder Barrel, Mat and small props.

STUDIO INSTRUCTOR

Teach the comprehensive apparatus repertoire in private and small-group settings.

ALLIED HEALTH PROFESSIONALS

Eligible registered health professionals can choose the Rehabilitation stream, with greater focus on pathology, biomechanics, clinical reasoning and instructional technique.

GOING FURTHER?

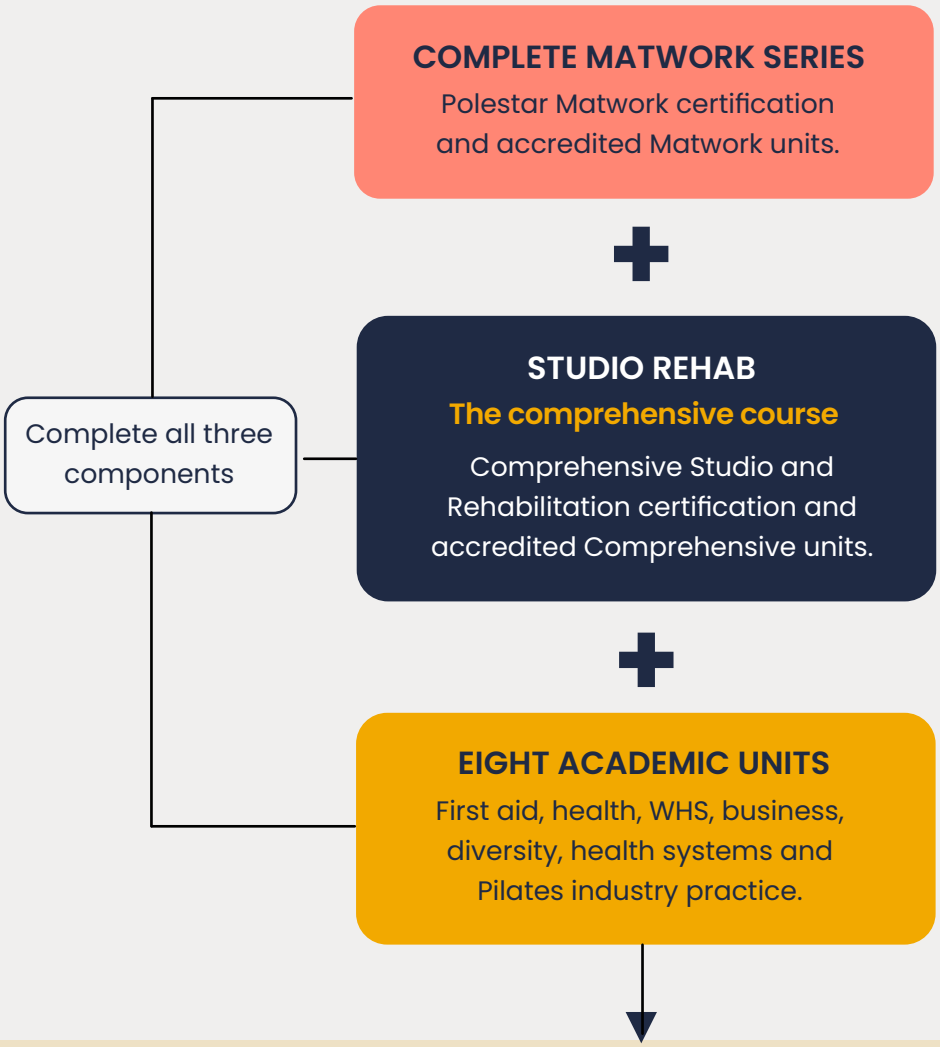
Studio Rehab forms the Comprehensive component of the full Diploma pathway. Continue into the Diploma to complete the nationally recognised qualification.

IF YOU WANT THE MOST CAREER OPPORTUNITIES

Complete: Complete Matwork Series and Studio Rehab, in either order, then the eight Diploma academic units.

You are qualified to: Diploma of Polestar Pilates Comprehensive Instruction Method, 11292NAT. The broadest career options, health fund rebates for your clients, and the pathway to becoming a Mentor or Educator.

This is the full Diploma pathway



DIPLOMA OF POLESTAR PILATES COMPREHENSIVE INSTRUCTION METHOD

11292NAT · Nationally recognised training

Nationally recognised
Complete all training and assessment requirements to receive the Diploma.

TESTAMUR + RESULTS
Issued once all Diploma requirements are successfully completed.

COMPLETE PATHWAY
Matwork, Comprehensive and academic study brought together in one qualification.

Not sure where to Start?

Heading into the studio? You do not need Matwork or Reformer first.

Studio Rehab is the Comprehensive course. It covers Mat, Reformer and the full studio apparatus in one course. If you already know you want to teach in a studio, start there.

Complete: Studio Rehab, taken on its own. No Matwork or Reformer needed first.

You are qualified to: teach every piece of studio apparatus, to all levels, with individual assessment and programming.

There is no need for a separate Reformer course.

Allied health professionals

If you are already qualified in allied health, Studio Rehab is the one course you need to add Pilates to your current skill set. No academic units required.

Recognition of existing qualifications

If you already hold relevant qualifications or experience, these can be recognised through Credit Transfer or Recognition of Prior Learning. Already Mat qualified somewhere else? You can start at Ultimate Reformer. Ask us to check your qualification.

Not sure which pathway is yours?

Most people are not. Tell us what you have done, what you want your working week to look like, and we will tell you honestly which course fits. If none of them do yet, we will tell you that too.

02 9091 9400 education@polestarpilates.com.au

Complete Matwork Series

Where most teachers begin. The principles, the repertoire, and the skill of running a room.

By the end of this course you will be able to walk into a room of twelve people with twelve different bodies and teach all of them.

WHAT YOU LEARN

The original Mat repertoire from beginner to advanced, plus small apparatus including foam rollers, magic circles, fitballs, rotation discs and balance boards.

WHAT YOU DEVELOP

Programming, sequencing, cueing, group management, movement observation and teaching confidence.

Course at a glance

Area	Requirement
Entry	HSC or equivalent, 25 hours personal Pilates practice, HLTAAP001 or equivalent anatomy and physiology
Lectures and homework	155 hours
Observation	30 hours
Self mastery	50 hours
Apprentice teaching	50 hours
Academic hours	50 hours
Practicums	2 included
Completion	Within 12 months of commencing Principles

Where graduates teach

Pilates studios, gyms, health centres, workplaces, homes and small group settings.

See the full Complete Matwork course →

The Ultimate Reformer Series

For Mat teachers moving onto the machine and into confident group Reformer work.

Group Reformer work is where many new teachers find their first regular classes. This is how you teach it well rather than just safely.

WHAT YOU LEARN

Reformer repertoire from beginner to advanced, progressions, regressions, group dynamics and the analysis of teaching approaches.

WHAT YOU NEED FIRST

Polestar Matwork, or an equivalent Pilates Mat qualification, plus the stated education and anatomy requirements.

Course at a glance

Area	Requirement
Entry	HSC or equivalent, 25 hours personal Pilates practice, a Mat qualification, HLTAAP001 or equivalent
Lectures and homework	130 hours
Observation	30 hours
Self mastery	50 hours
Apprentice teaching	50 hours
Practicums	2 included
Completion	Within 12 months of commencing Principles

Where graduates teach

Reformer sessions in Pilates studios, gyms, health centres, workplaces, homes and small group environments.

See the full Ultimate Reformer course →

Comprehensive Studio and Rehabilitation Series

The full studio, the full apparatus, and the skills to work with one person at a time.

This is our most complete education. It is also where teachers learn to work with the bodies that make other teachers nervous.

APPARATUS

Reformer, Trapeze Table, Combo Chair, Ladder Barrel, Mat and small props.

CORE SKILLS

Screening, postural evaluation, functional testing, movement analysis, program design and sequencing.

Studio and Rehabilitation streams

Every student develops comprehensive apparatus teaching skills.
The Rehabilitation stream is open to eligible registered health professionals and places greater weight on pathology, biomechanics, clinical reasoning and instructional technique. The repertoire is the same across both streams. The assessments and learning activities differ.



Course at a glance (Studio & Rehab cont.)

Area	Requirement
Entry	HSC or equivalent, 25 hours personal Pilates practice, HLTAAP001 or equivalent anatomy and physiology
Rehabilitation stream	Eligible registered rehabilitation professionals
Lectures and homework	430 hours
Observation	50 hours
Self mastery	100 hours
Apprentice teaching	100 hours
Practicums	3 included
Completion	Within 18 months of commencing Principles

Where graduates teach

Graduates teach the comprehensive apparatus repertoire in private and small group settings.

See the full Comprehensive course →

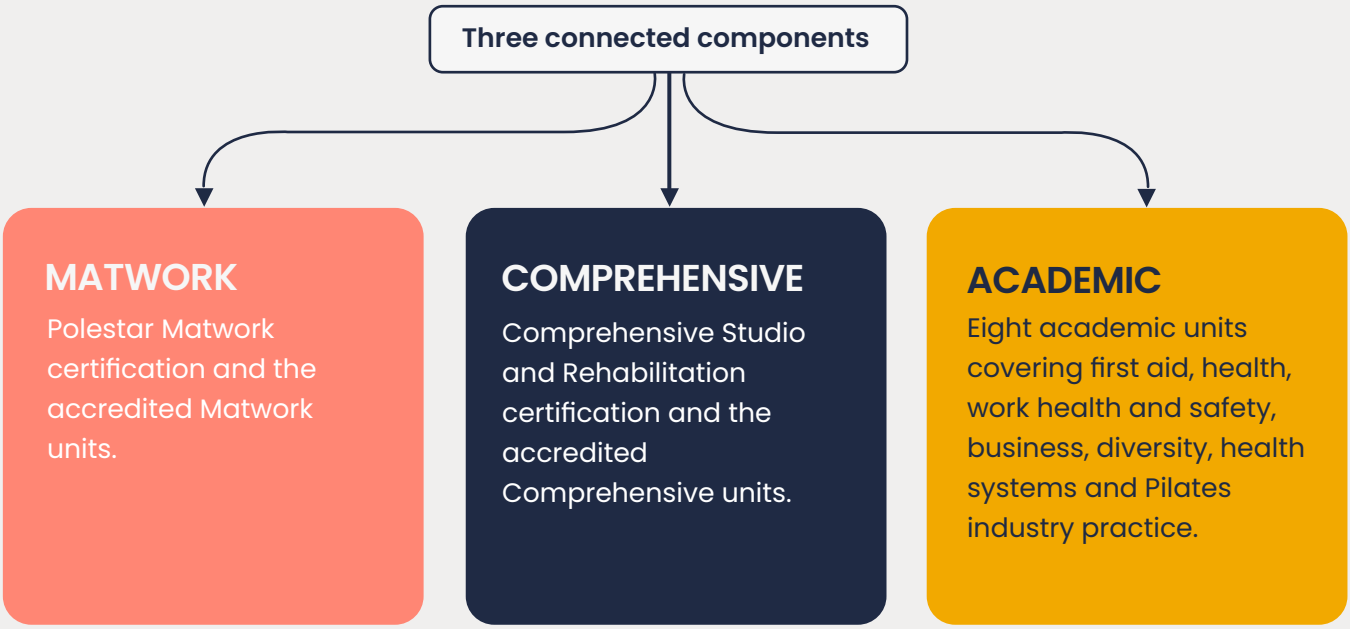


Diploma of Polestar Pilates Comprehensive Instruction Method.

11292NAT. Nationally recognised training.

The Diploma is the most complete qualification in Australian Pilates education, and one of the reasons Polestar graduates are recognised the way they are.

It brings together Polestar Matwork, Comprehensive Studio and Rehabilitation training, and eight accredited academic units. All training and assessment requirements are completed before the qualification is issued.



11292NAT

Diploma of Polestar Pilates Comprehensive Instruction Method

Polestar Pilates Australia, RTO 91620

See the full Diploma course →

What the Diploma covers

The complete 11292NAT training package, delivered in Australia by Polestar.

Eighteen nationally accredited units, covering everything from movement repertoire to health systems and business practice.

ACADEMIC | 8 UNITS

HLTAID011
Provide first aid

HLTAAP001
Recognise healthy body systems

HLTAAP002
Confirm physical health status

HLTWHS003
Maintain work health and safety

BSBOPS402
Coordinate business operational plans

CHCDIV001
Work with diverse people

CHCPRP005
Engage with health professionals and the health system

NAT11292001
Work within the Pilates industry

MATWORK | 4 UNITS

NAT11292002
Apply Polestar principles and the postural assessment framework

NAT11292003
Plan and instruct beginner Polestar Matwork

NAT11292004
Plan and instruct intermediate to advanced Polestar Matwork

NAT11292005
Plan and instruct Matwork using small apparatus

COMPREHENSIVE | 6 UNITS

NAT11292006
Plan and instruct introductory Comprehensive repertoire

NAT11292007
Plan and instruct beginner Comprehensive repertoire

NAT11292008
Plan and instruct early-intermediate Comprehensive repertoire

NAT11292009
Plan and instruct intermediate Comprehensive repertoire

NAT11292010
Plan and instruct early-advanced Comprehensive repertoire

NAT11292011
Plan and instruct advanced Comprehensive repertoire

How you learn

Seven ways of learning, designed to turn what you know into what you can do.

You cannot learn to teach from a textbook, and you cannot learn to reason from a weekend. So the training does both, over time, with people watching and telling you the truth.

Online learning

Theory, academic study, readings, assignments and course communication through the Polestar Online Portal

Face to face training

Educator led learning labs combining theory, repertoire, movement exploration, teaching and feedback

Observation

Watching qualified instructors teach, and recording approved hours

Self mastery

Practising the repertoire to build your own understanding and movement quality

Apprentice teaching

Real workplace experience under a qualified Pilates instructor

Practicums

Supported sessions reviewing theory, repertoire, case studies, teaching and demonstration

Mentoring

Optional extra support for repertoire, teaching development and logbook completion



POLESTAR ONLINE PORTAL

After you register, you receive access to the online learning portal, so your course travels with you.

Your logbook

The record of you turning into a teacher.

Most graduates keep their logbook because it captures the whole journey, from the first hour spent observing someone else's class to signing off the final check-off. It records your attendance, practical hours and exercise check-offs, and must be complete and uploaded before your final examination, with the original brought with you on the day.

OBSERVATION

Watch qualified instructors teach. Up to ten online observation hours can be used for each course.

SELF MASTERY

Build your own understanding of the repertoire. Up to 30 percent can be approved self directed practice.

APPRENTICE TEACHING

Teach under supervision. A qualified instructor supervises, gives feedback and signs each entry.

What is required

- At least 50 percent of your Observation, Self Mastery and Apprentice Teaching hours are completed with a Polestar certified instructor or an approved Polestar studio.
- Exercise check offs are assessed by a Polestar Educator or Mentor.
- Any outstanding check offs are completed before your examination.
- Host site access, supervision and studio fees vary, so check with your host site before you attend.

See the practicum schedule →



Assessment and graduation

Clear requirements, a real standard, and no ambiguity about what it takes.

The pass mark is 80 percent in every section of the final examination.
That is deliberately high. It is also the reason studio owners hire Polestar graduates without needing to audition them first.

Before you are certified

- **Attend all required course hours.**
- **Complete all assignments and assessments.**
- **Complete your Observation, Self Mastery and Apprentice Teaching hours.**
- **Complete your required teaching and demonstration check offs.**
- **Complete and submit your logbook.**
- **Complete the applicable accredited units.**
- **Achieve at least 80 percent in each section of the final examination.**

MATWORK & REFORMER

Written and practical components covering course knowledge, safety, programming, cueing, modifications, class design, teaching and movement demonstration.

COMPREHENSIVE

Written knowledge, case study programming, practical teaching and advanced repertoire demonstration.

If you do not pass a section

You repeat that section. That is all. Plenty of very good teachers have sat something twice. Reassessment arrangements and fees are set out in the Student Handbook.

See the examination schedule →

A graduate's story

Where it takes you

Hi, my name is Lauren. I am both a Polestar graduate and a Pilates studio business owner.

One of the many reasons I feel very lucky to be part of the Polestar family is that, once we do our course and sit our exam, the learning does not stop there.

Polestar has a very genuine commitment to our continuing education, and this plays a very significant role for us as instructors and professionals working within our industry.

There are so many opportunities for us to take part in workshops, seminars and even webinars. We have lots of opportunities to work with props, work across our equipment, and stay fresh and current.

We also have opportunities to learn from leading people in their fields who work with specialist populations and injuries.

All of these opportunities provide Polestar graduates with confidence that, no matter who walks through our studio doors, we can deliver best practice and help them achieve their goals and desired outcomes.

I am very grateful for the continuing education commitment from Polestar.

Loz from @pilateswithloz



You are not doing this alone

Your learning network reaches well beyond the course weekend.

This is the part people do not expect. You arrive for a course and you leave with a professional network that outlasts it.

Educators and mentors

Polestar Educators deliver the curriculum and assess your learning. Mentors support your repertoire practice, your teaching development and your logbook.

Mentoring is arranged directly with your mentor and sits outside course fees, so you choose how much of it you want.

Meet our educators and mentors →



Host sites

Polestar trains through equipped host studios across Australia. Your host site supports local delivery, practical learning and, often, your first teaching opportunities.



See Australian host sites →

A Global Network In Over 50 Countries

Want to know where we offer courses and workshops all around the world? You can learn more about locations in other countries here polestarpilates.com/locations

Student support and wellbeing

If something in your life starts affecting your study, tell us early. We will walk you through the support available, reasonable adjustments and your options for the course.

This happens more often than you would think and it is never held against you.



Head office

02 9091 9400
education@polestarpilates.com.au
Level 1, 32 Cross Street,
Brookvale NSW 2100

POLESTAR

Recognition and professional pathways

How your Polestar training connects to the wider Pilates and movement industry.

A qualification is only as useful as the doors it opens. Here is where yours connects.

Organisation	Current pathway information
Pilates Association Australia	Matwork, Reformer, Comprehensive and Diploma pathways may support relevant membership applications
AUSactive	Selected Polestar programs may support registration or continuing education requirements
Exercise and Sports Science Australia	Selected Polestar programs may qualify for continuing education credits
Australian Traditional-Medicine Society	Diploma graduates may apply for relevant professional membership, subject to current requirements

Membership, continuing education, insurance and health fund eligibility remain subject to each organisation's current rules.

Student memberships

While you study, you can apply for complimentary student membership with PAA, AUSactive and ATMS. The 2027 Student Handbook has the current details, links and listed benefits.

Student Handbook →

Continuing education

Graduation is not the finish line.

Polestar runs masterclasses, workshops and conferences across Australia and internationally, often bringing international presenters here. Many of the people in those rooms graduated years ago and never stopped coming back.

Explore continuing education →

Most of our graduates are still turning up to these ten years later.

Before you enrol

An honest checklist. Work through it before you commit, not after.

We would rather you started at the right time than started now.

Checklist

- Check the prerequisites and the completion timeframe for your course.
- Confirm you can attend all compulsory face to face training.
- Plan real time for online study, practice, observation and apprentice teaching.
- Gather your evidence for anatomy and physiology, prior qualifications, or Recognition of Prior Learning and Credit Transfer.
- Have a valid USI ready, which is required for nationally recognised training.
- Disclose any relevant injuries, medical conditions or participation limitations.
- Read the Student Handbook and the Enrolment Terms and Conditions before you register.

Recognition of prior learning

If you already hold relevant skills and knowledge, they can count. Polestar recognises them through Recognition of Prior Learning and Credit Transfer.

Apply during enrolment and bring supporting evidence.

Student Handbook →

Course dates and fees

Dates, locations and current fees change with each intake. The course pages on the website always carry the latest.

See all courses →

Where to find the detail

This guide gives you the overview. The Student Handbook holds everything in full.

The 2027 Student Handbook is the source for student requirements, conduct standards and enrolment terms. You will read it properly before you register. This page tells you where each thing lives, so you are not hunting.

Organisation	Where to find it
Course participation	Student Handbook, Section 2
Logbook and practical hours	Student Handbook, Section 2
Graduation and examinations	Student Handbook, Section 2
Student support and reasonable adjustment	Student Handbook, Sections 2 and 3
Code of Conduct and professional standards	Student Handbook, Section 3
Privacy, confidentiality and academic integrity	Student Handbook, Section 3
Complaints and appeals	Student Handbook, Section 3
Registration, payments and refunds	Student Handbook, Section 4
Transfers, extensions and missed training	Student Handbook, Section 4
Examination fees and conditions	Student Handbook, Section 4

Read the Student Handbook →

Start here

Every teacher in our community started exactly where you are now, holding something like this and wondering whether they could do it.

Most of them called first.

Talk to the Education team
about your experience, your goals, and which course actually fits.

02 9091 9400

education@polestarpilates.com.au

Explore courses, dates and training locations across Australia at

polestarpilates.edu.au





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Polestar Pilates Australia Pty Ltd
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