




Group: 2020 MAY Certificate IV (Week Day AM) Melbourne

Face-to-Face Location: Breathe Education Northcote Campus - 157 Heidelberg Rd Northcote VIC

Key Dates	Learning Goals	What to do		
		 Face-to-face	 eLearning	 Self-Mastery
Preparation Before 12 May	<ul style="list-style-type: none"> Administration Orientation & goal-setting Exploring self-mastery options 	Orientation call with your student success coach	Start Here Module (1 hour total) Module 1 (8.5 hrs total)	<ul style="list-style-type: none"> 6 weeks of Pilates Try classes at studios to find one you like Talk with studio owner about observation
Module 1 Weeks 1 - 2 12 May - 8 Jun	<ul style="list-style-type: none"> History of Pilates How to learn effectively Matwork exercises 1-10 Reformer exercises 1-6 Verbal & hands-on cueing 	Week 1 Wed 12 & Fri 14 May Week 2 Wed 26 & Fri 28 May (10am-1:00pm)	Complete Module 1 eLearning before 12 May	<ul style="list-style-type: none"> Self-Practice Matwork 1-10 1 & Reformer 1-6 (2hrs/wk total) Observation (2 hrs/wk) Practice teaching (2hrs/wk)
Module 2 Weeks 3 - 4 9 Jun - 13 Jul	<ul style="list-style-type: none"> Matwork exercises 11-21 Reformer exercises 7-18 Creative programming Modifications & layers 	Week 3 Wed 9 & Fri 11 Jun Week 4 Wed 23 & Fri 25 Jun (10am-1:00pm)	Module 2 (4 hrs/wk for 2 wks)	<ul style="list-style-type: none"> Self-Practice Matwork 1-21 & Reformer 1-18 (2hrs/wk total) Observation (2 hrs/wk) Practice teaching (2hrs/wk)
Module 3 Weeks 5 - 6 14 Jul - 10 Aug	<ul style="list-style-type: none"> Matwork exercises 22-29 Reformer exercises 19-28 Prenatal Pilates Teaching beginners 	Week 5 Wed 14 & Fri 16 Jul Week 6 Wed 28 & Fri 30 Jul (10am-1:00pm)	Module 3 (4 hrs/wk for 2 wks)	<ul style="list-style-type: none"> Self-Practice Matwork 1-29 & Reformer 1-28 (2hrs/wk total) Observation (2hrs/wk) Practice teaching (2hrs/wk)
Module 4 Weeks 7 - 8 11 Aug - 31 Aug	<ul style="list-style-type: none"> Matwork exercises 30-37 Reformer exercises 29-38 Injuries and pain Fearless movement 	Week 7 Wed 11 & Fri 13 Aug Week 8 Wed 25 & Fri 27 Aug (10am-1:00pm)	Module 4 (4 hrs/wk for 2 wks)	<ul style="list-style-type: none"> Self-Practice Matwork 1-37 & Reformer 1-38 (2hrs/wk total) Observation (2hrs/wk) Practice teaching (2hrs/wk)
Module 5 Weeks 9 - 10+ 1 Sep - 12 Nov	<ul style="list-style-type: none"> Reformer exercises 38-45 Find your authentic voice 	Week 9 Wed 1 & Fri 3 Sep Week 10 Wed 15 & Fri 17 Sep (10am-1:00pm)	Module 5 (4 hrs/wk for 2 wks)	<ul style="list-style-type: none"> Self-Practice Matwork 1-37 & Reformer 1-45 (2hrs/wk total) Observation (2hrs/wk) Practice teaching (2hrs/wk)

If you follow this schedule you will complete your coursework by 12 November 2020 and receive your qualification mid-December

* Your payments must be complete to receive your qualification



Course Deadline: 5pm (AEST) 12 May 2021