





**Group:** 2021 Feb Certificate IV (Weekend) Melbourne

**Face-to-Face Location:** Breathe Education Northcote Campus -157 Heidelberg Road, Northcote, VIC

Key Dates	Learning Goals	What to do		
		 Face-to-face	 eLearning	 Self-Mastery
<b>Module 1</b> Before 20 Feb	<ul style="list-style-type: none"> <li>Administration</li> <li>Orientation &amp; goal-setting</li> <li>Exploring self-mastery options</li> </ul>	Orientation call with your student success coach	Intro Module (1 hour total)	<ul style="list-style-type: none"> <li>6 weeks of Pilates</li> <li>Try classes at studios to find one you like</li> <li>Talk with studio owner about observation</li> </ul>
	<ul style="list-style-type: none"> <li>History of Pilates</li> <li>How to learn effectively</li> <li>Matwork exercises 1-10</li> <li>Reformer exercises 1-6</li> <li>Verbal &amp; hands-on cueing</li> </ul>	<b>Weekend 1</b> Sat 20 Feb (12pm-6pm) Sun 21 Feb (10am-4pm)	Module 1 (8.5 hrs total)	<ul style="list-style-type: none"> <li>Self-Practice Matwork 1-10 &amp; Reformer 1-6 (1hr/wk total)</li> </ul>
<b>Module 2</b> 22 Feb – 21 Mar	<ul style="list-style-type: none"> <li>Matwork exercises 11-21</li> <li>Reformer exercises 7-18</li> <li>Creative programming</li> <li>Modifications &amp; layers</li> </ul>	<b>Weekend 2</b> Sat 20 Mar (12pm-6pm) Sun 21 Mar (10am-4pm)	Module 2 (2 hrs/wk)	<ul style="list-style-type: none"> <li>Self-Practice Matwork 1-10 &amp; Reformer 1-6 (2hrs/wk total)</li> <li>Observation (2 hrs/wk)</li> <li>Practice teaching (2hrs/wk)</li> </ul>
<b>Module 3</b> 22 Mar – 11 Apr	<ul style="list-style-type: none"> <li>Matwork exercises 22-29</li> <li>Reformer exercises 19-28</li> <li>Prenatal Pilates</li> <li>Teaching beginners</li> </ul>	<b>Weekend 3</b> Sat 10 Apr (12pm-6pm) Sun 11 Apr (10am-4pm)	Module 3 (2 hrs/wk)	<ul style="list-style-type: none"> <li>Self-Practice Matwork 1-21 &amp; Reformer 1-18 (2hrs/wk total)</li> <li>Observation (2hrs/wk)</li> <li>Practice teaching (2hrs/wk)</li> </ul>
<b>Module 4</b> 12 Apr – 2 May	<ul style="list-style-type: none"> <li>Matwork exercises 30-37</li> <li>Reformer exercises 29-45</li> <li>Injuries and pain</li> <li>Fearless movement</li> </ul>	<b>Weekend 4</b> Sat 1 May (12pm-6pm) Sun 2 May (10am-4pm)	Module 4 (2 hrs/wk)	<ul style="list-style-type: none"> <li>Self-Practice Matwork 1-29 &amp; Reformer 1-29 (2hrs/wk total)</li> <li>Observation (2hrs/wk)</li> <li>Practice teaching (2hrs/wk)</li> </ul>
<b>Module 5</b> 3 May – 30 June	<ul style="list-style-type: none"> <li>Bonus Reformer exercises</li> <li>Find your authentic voice</li> </ul>	<b>Weekend 5</b> Sat 29 May (12pm-6pm) Sun 30 May (10am-4pm)	Module 5 (2 hrs/wk)	<ul style="list-style-type: none"> <li>Self-Practice Matwork 1-37 &amp; Reformer 1-45 (1hr/wk total)</li> <li>Observation (2hrs/wk)</li> <li>Practice teaching (2hrs/wk)</li> </ul>
<p>If you follow this schedule you will complete your coursework by 30 June 2021 and receive your qualification mid-July*</p> <p>* Your payments must be complete to receive your qualification</p>				
<p> <b>Course Deadline:</b> 5pm (AEST) 20 February 2022</p>				