

## Training Program Outline

**Authentic Pilates Education Teacher Training Program** focuses on the traditional classical method of Pilates and is dedicated to Pilates training that honours the integrity of the original method developed by Joseph Pilates. The training programs are taught by highly qualified Teacher Trainers in the industry.

The three system seminars (**Basic, Intermediate and Advanced**) will be delivered face to face within a period of 8 months allowing the students to complete the full course within 12 to 14 months.

Classical Pilates trained instructors are sought after at studios and fitness facilities worldwide. We will help you reach your full potential providing you with a thorough teaching training program.

The Teacher Training Manuals are comprehensive manuals that will guide you through the classical Pilates method from beginners through to Advanced levels on all equipment and small apparatus including modifications and extra repertoire.

### Overview:

There are two programs available:

**Teacher Training Certification** and a **Bridging Course** for people certified through other reputable Pilates organizations who desire certification in **Authentic Pilates Education**.

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## Teacher Training Certification Program:

The Teacher Certification Program is comprised of three parts.

The apprenticeship consists of 600 hours logged with a Certified Instructor at a recognized Certification Centre or other training centre recognised by the **APEA**.

The last 50 hours must be logged at the Certification Centre of origin IE: **Authentic**

**Pilates Education Australia (Sydney) , Authentic Pilates Melbourne**, (unless other arrangements have been agreed to by the APEA). The apprentice must also attend periodic apprentice meetings at the certification centre of origin.

Apprentice logs will be issued by the **APEA**, and must be signed by the supervising instructor regularly (every 50 hours). Every 100 hours the logs must be turned in to the **APEA**. The 200 hours will be divided up into observation, training and teaching.

- 50 observation hours
- 85 self mastery
- 65 teaching hours

Apprenticeship to be completed within 14 months year of entry into the Program. Program extensions for extenuating circumstances are granted at the sole and absolute discretion of the APEA, Apprentice must submit to the **APEA**. A written

request setting forth in detail the extenuating circumstances at least one month prior to the end of the apprenticeship year.

Apprentices will not teach clients outside of the Certification Centre of Origin until they have graduated from the Program. During the apprentice program (but not before 200 hrs of apprenticeship) the Apprentice shall be required to teach under supervision at the Certifying Centre, of origin and the apprentice will receive compensation at the minimum hourly rate.

Exceptions and modification to apprenticeship requirements may be granted at the **APEA** sole and absolute discretion.

### **Exams:**

Exams are administered upon completion of each phase. Certification is only issued once the apprentice has attended all three system workshops, completed the apprenticeship hours required and passed all exams, practical and written.

There are practical and written exams upon completion of each 200 hours apprenticeship phase. Exams are evaluated pass/fail, and apprentices must pass the requirements at each phase prior to proceeding to the next phase. This process and associated costs are overseen by the centres. Apprentices are not permitted to observe other apprentices testing.

### **Levels of Exams:**

**200 hours**-practical, basic question and answer and anatomy questionnaire

**400 hours**-practical, intermediate question and answer, written test and anatomy questionnaire

**600 hours**-practical, advanced question and answer, written test and anatomy questionnaire and case study on a new client.

### **Failure to pass:**

1st failure requires and additional 10 hours before retesting. Each additional failure, requires an additional 25 hours. A retest fee in the amount of \$150.00 will be charged for each retest.

### **Leave of Absence Policy**

The apprenticeship reflects a physically intense learning environment. Students, with extenuating circumstances may request a leave of absence for a reasonable amount of time. Leave will be granted at the sole and absolute discretion of **APEA**. Students who are physically unable to exercise for 30 days, must obtain a doctors' certificate. A written request for leave of absence must be presented to **APEA**.

### **Payment plan:**

Deposit to **APEA** at time of enrolment \$1,500.00

Payment due prior to the Basic seminar \$3,000

Payment due prior the Intermediate seminar \$2,000.00

*Tuition payments for the **APEA** teacher training program may be payable in full upon registration into the Program at a 5% discount.* Payment plans available upon

request **ALL payments made are NON REFUNDABLE.**

**Diploma** All students certified in the Authentic Pilates Education teacher training program will be eligible to Bridge across to the **Government accredited Diploma of Polestar Pilates and Rehabilitation Method (10521NAT).**

*Authentic Pilates Education graduates who upgrade to the Diploma will need to show proof of:*

- 1) Certificate with Authentic Pilates Education Australia

- 2) First Aid Certificate
- 3) Certificate of Anatomy and Physiology
- 4) Graduates can then enrol in the Diploma upgrade which be

## **TERMS AND CONDITIONS:**

### **Registration Policies (including Cancellations and Transfers)**

#### **1. Payment Plan:**

Deposit is due at time of registration by either Credit Card or Direct Debit. Note credit card fees are 2% per transaction.

**NOTE** your registration is **NOT** confirmed until Deposit is received.

#### **2. Commitment:**

On registering for a course with APEA 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. Teacher Certification Program - bridging Program Exams must be completed within the allotted timeframe from the commencement of the course:** No certification will be issued after these time lines.

Full course: 12-18 months. Bridging Course: 12 months.

#### **4. Course Cancellation Terms**

Courses cancelled in writing with 30 DAYS OR MORE notice prior to the start date of your course is eligible for a refund minus an ADMIN FEE. The Admin Fees for the course that will be deducted is: \$300.

Course cancelled after commencement of APEA courses are NOT accepted and NO REFUND will be issued.

Course 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 APEA 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.

#### **6. Transfers Requests**

If you are unable to attend a Seminar that is scheduled for your course it can be made up privately with an Educator at an additional Fee of \$100 per hour.

Note that all seminars must be completed in order.

Courses cannot be transferred to another year / intake. All courses must be completed within the stated timeline.

**7. Course fees no 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); Personal extras (sundries, travel and accommodation), DVD's, Coaching or Mentoring and any assessment re-sit fee.

**8. Course fees INCLUDE:** Seminars, course manuals, final practical and written exams, morning and afternoon refreshments during seminars. Mentoring and support.

**9. Credit Card Surcharge applies to all course fees:** VISA 2% – MASTERCARD 2%

**10. 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.

**11. Registration is limited to between 4 - 6 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 4 participants.

**12. We reserve the right to postpone or cancel any course.** If we cancel a course, you will have the option of transferring to another suitable time for trainer and student. APEA is not responsible for any travel costs due to cancellation.

**13.** You understand that you will attend the APEA 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.

**14.** 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.

**15.** All courses commence at 8.00am – 9.00am and finish at 4.00pm - 5.00pm, with a one hour lunch break (lunch not included in fees).

*"Patience and persistence are vital qualities in the ultimate successful accomplishment of any worthwhile endeavour"*  
*Joseph Pilates*

