



Level 3 Diploma in Mat Pilates (QCF)



The EnergyWise Academy Level 3 Diploma in Mat Pilates (QCF) training course has been mapped 100% to the National Occupational Standards – NOS. This is currently the highest endorsed standard of Mat Pilates qualification in the UK; other organisations who have reached the standard of Level 3 *Certificate* in Mat Pilates are Body Control Pilates, Pilates International and YMCA fitness. Instructors who gain a Level 3 **Diploma** in Mat Pilates (QCF) qualification show commitment, professionalism and a willingness to progress and a clear demonstration that they have exceeded the National Occupational Standard.

To pass this course you must successfully complete all of the six Units in their entirety including all mandatory practical observations and written assessments. Level 3 Diploma in Mat Pilates (QCF) comprises six units as determined by the National Occupational Standards. The units are subsequently divided into components, which are split into two phases.

Level 3 Diploma in Mat Pilates (QCF) Phase 1: Group Pilates – Cost £1425.00

Phase 1 concentrates on Group Pilates which is then developed in Phase 2 into 1-1 Pilates

Phase 1 consists of two units as determined by the National Occupational Standards and is then further divided into four components plus assessment with live examiners. The EnergyWise Academy prides itself on delivering higher than average training with an emphasis on **TEACHING you to teach** rather than focusing on your ability to merely *Demonstrate*:

Unit UV30390: Theoretical components of Mat Pilates

Unit UV30391: Delivering Mat Pilates

| Course | Component No. | Dates |
|---|-----------------|---|
| Level 3 Diploma in Mat Pilates (QCF) Phase 1 Code: L3MP/12/02 | Component No. 1 | 13 th – 15 th April 2012 incl |
| | Component No.2 | 20 th – 22 nd April 2012 incl |
| | Component No. 3 | 18 th – 20 th May 2012 incl |
| | Component No. 4 | 15 th – 17 th June 2012 incl |
| | Exam | 7 th July 2012 |

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contd.

| Breakdown of each Phase 1 Component | | |
|-------------------------------------|------------------|----------|
| Day | Time | Duration |
| Friday Evening | 6pm – 9pm | 3hrs |
| Saturday | 9.30 am – 5.30pm | 8hrs |
| Sunday | 10.00am – 5.00pm | 7hrs |

On successful completion of these first three units there is a natural break in your guided study time. After approximately 4-6 months experience in teaching Mat Pilates group classes, you are then in a strong position to layer further knowledge on top of that accumulated in Phase 1. Suitable evidence of such teaching experience must be provided before progressing to Phase 2.

Level 3 Diploma in Mat Pilates (QCF) Phase 2: 1-1 Pilates -Cost £900.00

Successful completion of Phase 2 builds on knowledge and experience attained during Phase 1 thereby increasing your ability to deliver 1-1 Pilates. Phase 2 comprises four common units, as determined by the National Occupational Standards and is divided into further components:

Unit UV 30397: Anatomy & Physiology for exercise and health

Unit UV20396: Principles of exercise, fitness and health

Unit UV20394: Know how to support clients who take part in exercise and physical activity

Unit UV30395: Health, safety and welfare in a fitness environment

| Course Description | Component No. | Dates | Time |
|--------------------------------------|----------------|-----------------|-----------------------|
| Level 3 Diploma in Mat Pilates (QCF) | Component No.5 | To be confirmed | 10.00a.m. – 5.30 p.m. |
| Phase 2 | Component No.6 | To be confirmed | 10.00a.m. – 5.30 p.m. |
| Code: MPL3-P211 | Exam Day | To be confirmed | 10.00a.m. – 5.30 p.m. |

Successful completion of all units ensures entry to the REPS -Register of Exercise Professionals at Level 3. If you have any queries about any aspect of this qualification, including its delivery or timing, please don't hesitate to call us on the number below. Thank you

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