

NEW
CERTIFICATE IV IN
FITNESS PILATES (91313NSW)
LAUNCHED FEB 2007

Network Pilates

Delivering functional Pilates training for the fitness industry



NATIONALLY RECOGNISED
TRAINING

Delivered by





Certificate IV in Fitness Pilates (91313NSW)

This nationally recognised qualification will provide you with the knowledge and skills to become a sought after Pilates practitioner in the fitness Industry.

Network Pilates provides functional training programs that use a unique approach to developing body awareness, postural work and stability training.

Course Structure

You will need to complete 7 modules for the Certificate IV in Fitness Pilates.

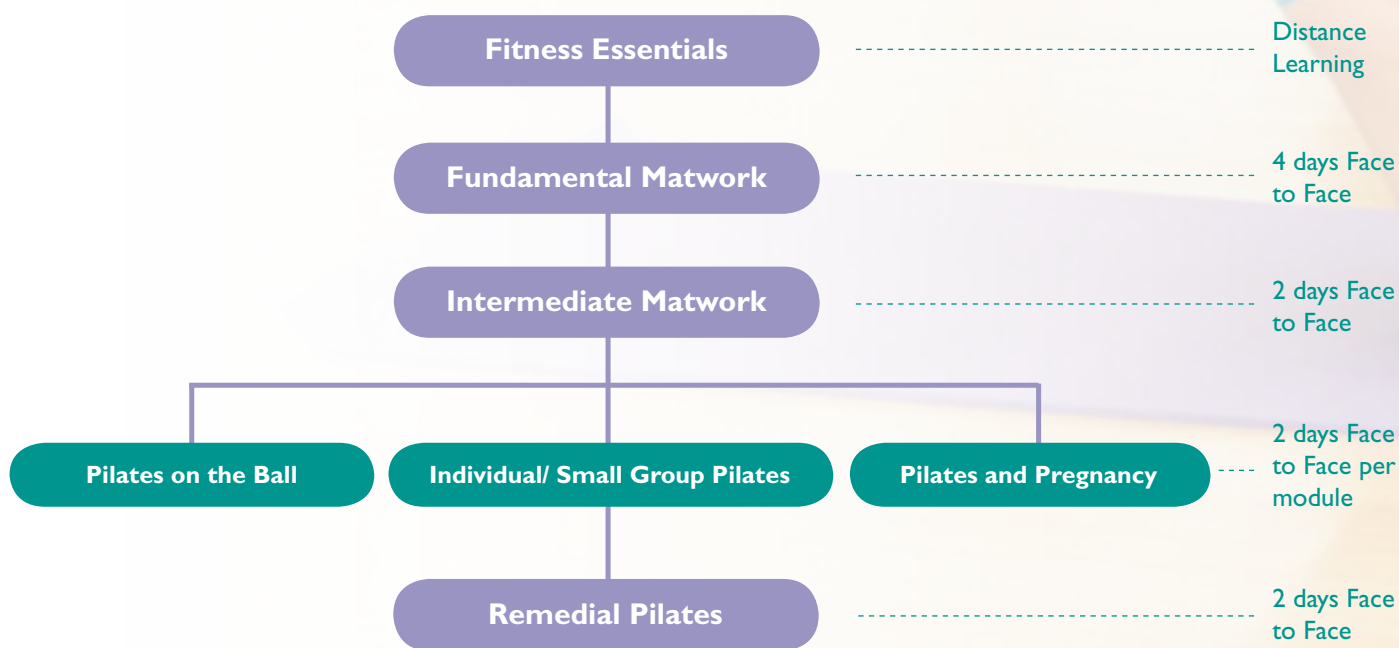
Course Outcomes

This course is for people who want to work in the fitness industry as a Pilates practitioner:

On completion of this course graduates will be able to:

1. Integrate all of the essential aspects of fitness including basic anatomy and physiology of the major systems of the human body, provide nutritional advice and conduct client induction and screening for Pilates clients
2. Deliver dynamic and effective group-based, one on one and small group Pilates classes in a safe, effective and informative way
3. Apply functional anatomy and movement mechanics to Pilates based exercises
4. Teach Pilates Mat work and use small equipment
5. Prescribe Pilates techniques to individual clients based on their posture, mobility and strength
6. Demonstrate and teach intermediate Pilates moves
7. Teach movement applications for special needs clients exploring joint control, mobility, balance, strength and recovery programs
8. Instruct people at all stages of pregnancy and early motherhood using Pilates movements and principles
9. Gain CECs for each module studied

Training Progression to Become a Network Pilates Practitioner



'Fantastic learning experience; outstanding presenters; the best training I have ever had!'

Michael Barnett, QLD

Course Descriptions

Fitness Essentials (NET007)

In this underpinning module, you will identify a client's general fitness requirements, undertake client induction and screening and advise clients on fitness facilities and services. You will also educate your clients on the application of basic anatomy and physiology of the major systems of the human body and provide basic nutritional advice.

NOTE: If you have completed the Certificate III in Fitness, (SRF30201/SRF30204) you may apply for Recognition of Prior Learning (RPL) for the Fitness Essentials module.

Pre-requisite: Minimum 16 years of age

Fundamental Matwork (NET001)

Fundamental matwork is designed to teach you how to deliver dynamic and effective group-based Pilates classes in a safe, effective and informative way. You'll learn how to integrate the mind and body to achieve muscle control and balance. You'll also explore the essential application of functional anatomy and movement mechanics to Pilates based exercises and you'll learn how to challenge mobility and stability to suit participants of all ages and fitness levels.

CECs: 15

Pre-requisite: Fitness Essentials (NET007)

Intermediate Matwork (NET002)

Intermediate Matwork is a natural progression once you have completed Fundamental Matwork and focuses on learning and mastering intermediate moves.

CECs: 15

Pre-requisite: Successful completion of Fundamental Matwork (NET001)

Pilates and Pregnancy (NET006)

In Pilates and Pregnancy you'll learn exercises suitable for all stages of pregnancy and early motherhood. This unique program uses Pilates movements and principles to facilitate muscle strengthening, including vital areas such as the pelvic floor and deep abdominals.

CECs: 10

Pre-requisite: Intermediate Matwork (NET002)

Individual/Small Group Pilates (NET003)

This innovative module provides you with the tools to prescribe Pilates techniques to individual clients, based on their posture, mobility and strength. Using Pilates matwork movements and functional mobility and conditioning exercises, you'll learn how to incorporate Pilates principles into your client's personal training programs.

CECs: 10

Pre-requisite: Intermediate Matwork (NET002)

Remedial Pilates (NET005)

This unique module offers Pilates-based solutions to training semi-active participants, such as seniors and people experiencing conditions such as arthritis or injury. This informative course teaches you about movement applications for special needs clients, exploring joint control, mobility, balance, strength and a recovery program from pain or injury.

CECs: 10

Pre-requisite: Intermediate Matwork (NET002)

Pilates on the Ball (NET004)

This dynamic module applies Pilates principles to working on the ball. You will learn appropriate exercises and methodology to conduct a ball class or a one-on-one Pilates session. You will experience the seamless fusion of Pilates and the ball to facilitate improvements in posture, mobility and body awareness.

CECs: 5

Pre-requisite: Intermediate Matwork (NET002)

Our Terms and Conditions

Course Entry Requirements

Minimum 16 years of age.

Flexible Learning and Assessment

This course has been structured to enable students to complete the course at their own pace.

Cancellations and Refunds

All cancellations must be notified in writing.

A full refund minus an administration fee of \$250 will be given if you have paid for the course in full and cancel more than 14 days prior to course commencement. If you have enrolled in a single module an administration fee of 25% of the cost of the module will be retained. Please note if there is no written notification then NO refund will be paid.

No refund or credit is available for students who do not notify Network prior to the course or module, or do not attend the course.

You may transfer to another Network Course prior to the event, however a \$25 administration fee will be incurred. Network requires full details of the recipient, in writing, to expedite transfers.

Recognition of Prior Learning

Recognition of Prior Learning (RPL) applies to formal training either in Australia or overseas that is similar to the program you want to study at the Australian Fitness Network. RPL also acknowledges skills and knowledge obtained through work experience and life experience.

Australian Fitness Network provides students with the opportunity to apply for RPL. RPL applications will be processed promptly and fairly.

Australian Fitness Network also recognises other Australian Quality Training Framework (AQTF) qualifications and Statements of Attainment awarded by other schools and colleges.

If you have completed Certificate III in Fitness, please contact the education manager for an RPL application form for the Fitness Essentials module.

Orientation and Induction

An orientation will be conducted at the beginning of each module to familiarise you with the campus, course content and assessment requirements.

Grievance and Student Complaint Policy

If you have a grievance or complaint, please speak to your trainer. If your complaint is more serious, notification should be made to the education manager at Australian Fitness Network. All grievances will be treated with confidentiality and will not be detrimental to the student initiating the grievance.

Appeals Procedure

You may request a failed assessment result to be reviewed within five working days of receipt of the result. Requests for review must be made in writing to the education manager.

Disciplinary Procedure

Students who are found acting outside the Training Providers' code of conduct may be disciplined by a member of staff. Any student who commits a breach of discipline or is deemed as presenting a significant risk to themselves or others may not be able to continue their study with Australian Fitness Network.

Access and Equity

Australian Fitness Network is committed to integrating access and equity principles within all services that we provide to our students.

Anti-discrimination

If you feel you have been discriminated against, speak to your trainer or the education manager. If your complaint is still unresolved, you can contact the Anti-discrimination Board for advice on (02) 9268 5555 or 1800 670 812, TTY (Telephone Typewriter for people who are deaf/hearing impaired) (02) 9268 5522 or fax (02) 9268 5500

Support Services

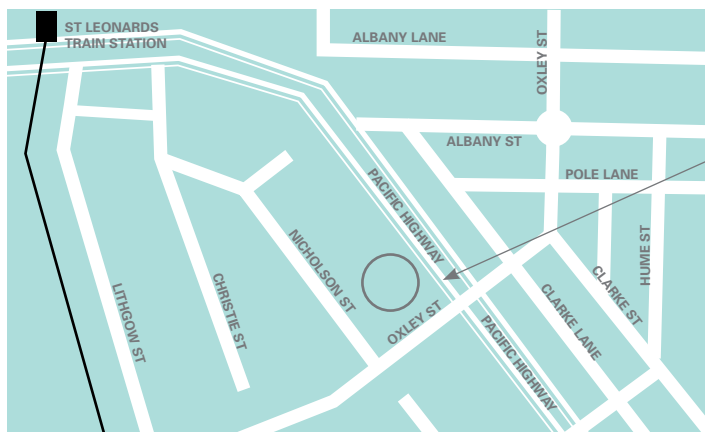
Our organisation provides adequate protection for the health, safety and welfare of students. This includes adequate and appropriate support services in terms of learning and personal counselling. Contact the Education Manager for more information

Language, Literacy, Numeracy Support

Australian Fitness Network provides access only to specialist assistance for students who require support with language, literacy or numeracy.

Australian Fitness Network will work in cooperation with the external specialist service to ensure successful outcomes.

Students who require language, literacy or numeracy assistance should indicate this by ticking the special needs section of their enrollment form.



Network Pilates

Ground Floor, 40 Oxley St,
St Leonards NSW 2065

PO Box 1606, Crows Nest, NSW 1585

Phone: 02 8424 7216 • Fax: 02 9437 6511

E-mail: pilates@fitnessnetwork.com.au

www.fitnessnetwork.com.au/pilates





Network Pilates

2007 Course enrolment

Network Pilates Practitioner Certification

Enrolment form

Option 1: Full Certificate IV in Fitness Pilates

☐ I have completed a Certificate III in Fitness (SRF30201 or SRF30204)

☐ I have **not** completed a Certificate III in Fitness. You will be required to complete Fitness Essentials prior to commencing the Pilates modules.
Contact the education manager for more details.

Module	Start Date	Rate	Price
Fundamental Matwork	/ /	Cost including Fitness Essentials	\$3,635
Intermediate Matwork	/ /		
Individual/Small Group Pilates	/ /		
Pilates on the Ball	/ /	Cost excluding Fitness Essentials	\$2,640 (save \$300)
Remedial Pilates	/ /		
Pilates and Pregnancy	/ /		
Additional Fee for non-members			\$80
Total			\$

Option 2: Individual Modules

Module	Start Date	Rate
Fitness Essentials	(Distance Education)	\$995
Fundamental Matwork	/ /	\$840
Intermediate Matwork	/ /	\$420
Individual/Small Group Pilates	/ /	\$420
Pilates on the Ball	/ /	\$420
Remedial Pilates	/ /	\$420
Pilates and Pregnancy	/ /	\$420
Additional Fee for non-members		\$80
Total		\$

Do you have any special needs?

☐ Dietary ☐ Literacy ☐ Numeracy ☐ Physical Disabilities ☐ Other

Briefly describe below: _____

Payment form

Family name: _____ First name: _____

Address: _____

City: _____ State/Country: _____ Postcode: _____

Phone:(_____) _____ Fax:(_____) _____

Mobile:(_____) _____ E-mail: _____

Which payment method will you use? (Please tick)

☐ EzyPay*

☐ Mastercard

☐ Bankcard

☐ Cheque (made payable to Australian Fitness Network Pty Ltd)

☐ Money order

☐ Visa

Credit card no.: _____

Expiry date: ____ / ____

Cardholder's name: _____ Phone:(_____) _____

Signature: _____ Date: ____ / ____ / ____



*if you would like to pay for your course using the EzyPay instalment program, please contact our education manager to be sent additional paperwork which must accompany this enrolment form.

NETWORK Membership No: _____

Expiry date: ____ / ____ / ____

Send to: Network Pilates
PO Box 1606 Crows Nest NSW 1585
Ph (02) 8424 7216 • Fax (02) 9437 6511
www.fitnessnetwork.com.au/pilates

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NETWORK PILATES legend

Australian Fitness Network provides a range of Pilates courses to ensure you can become a practitioner in your area of interest. Courses include:

- Fundamental Matwork
- Individual/Small Group Pilates
- Intermediate Matwork
- Optional Face to Face Assessment Day

- Pilates and Pregnancy
- Pilates on the Ball
- Remedial Pilates

February

Thurs	1	
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Sat	10	
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March

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April

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May

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Wed	30	
Thurs	31	



Claire Norgate, MED NSW

Claire has spent the last 25 years studying traditional and alternative health and wellness models and has a passion for simplifying the complexities of the human body. Her varied occupations including working as a midwife, yoga teacher and academic has inspired her desire to share knowledge with her peers. She currently spends her time running a successful personal training business, teaching various group fitness classes and developing instructor education courses.



Liz Dene, BHMS NSW

Liz's expertise relates to exercise and pregnancy issues. She is the former Education Manager for Australian Fitness Network, and is actively involved in developing and delivering courses both nationally and internationally. With a degree in Human Movement, Liz has over 15 years experience in all areas of training and fitness. She merges traditional fitness practices with a holistic approach to wellbeing.



Merrin Martin, BSpSc (Physio & ExSc) NSW

Having degrees both in Fitness and in Physiotherapy has empowered Merrin to become an expert in utilizing specific exercises for prevention and treatment of injuries. Merrin has over 6 years of experience as a professional presenter, including developing and editing many courses and workshops for the fitness industry. Currently, she is based in Neutral Bay, Sydney, working as a physiotherapist in conjunction with both personal trainers and pilates instructors.