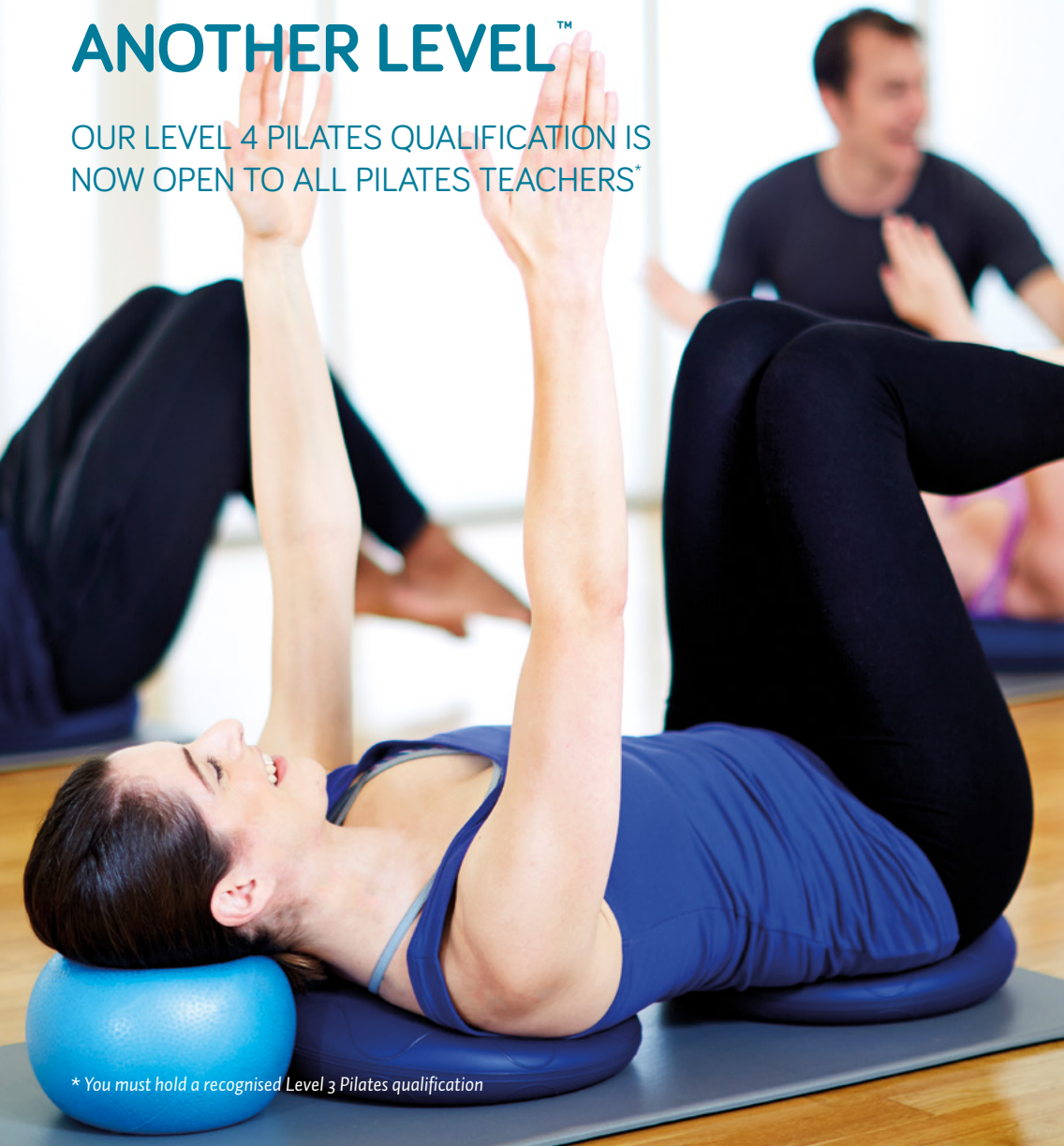


TAKING PILATES TO ANOTHER LEVEL™

OUR LEVEL 4 PILATES QUALIFICATION IS
NOW OPEN TO ALL PILATES TEACHERS*



* You must hold a recognised Level 3 Pilates qualification

It's time to become a Level 4 Pilates teacher

Body Control Pilates is currently the only UK training provider to offer a certified Level 4 Pilates qualification and we are pleased to announce that, with effect from October 2017, it is now open to any Pilates teacher holding a Level 3 Pilates qualification.

In becoming a Level 4 Pilates teacher, you will have gained the highest level of achievement within the health and fitness industry. It is a clear and public demonstration that your Pilates training, knowledge and skill set are far above those of most other Pilates teachers – and that this is independently recognised. It demonstrates that you have the advanced knowledge and skills to teach Pilates across a very broad spectrum of clients, including special population groups. The Movement and Adaptations courses which form the core of this qualification will give you the skills to undertake an accurate assessment of a client's physical and technical performance; to develop client-specific exercise and session plans drawing on the full repertoire, and to adapt these based on a dynamic assessment of client performance.

You must have at least six months' teaching experience before undertaking this qualification, the Awarding Body for which is Active IQ.

How will Level 4 Pilates enrich your teaching and help grow your business?

Our Level 4 Pilates programme gives Pilates teachers a deeper understanding of movement, from both the biomechanical and physiological perspectives. It enables you to tailor your work with a broad range of clients in a way that will enhance their performance and deliver results. The programme not only provides you with a

new set of tools needed to develop a deeper understanding of the musculoskeletal and neuromuscular systems, it also provides a structured approach for employing this effectively. The result? A truly client-centred approach, enabling your clients to achieve and extend their goals. As a Level 4 Pilates Teacher, you will be exceptionally well-equipped to deliver such an approach.

The Qualification

After gaining sufficient credits and passing all of the necessary assessments, you will receive a 'Level 4 Certificate in Instructing Applied Pilates Matwork' from Active IQ, the Awarding Body for this course.

In order to achieve your Level 4 Pilates certification, you must gain credits (18 in total) by attending courses and successfully passing the required assessments. This qualification only covers Pilates matwork and allows you to 'pick and mix' from courses across two different categories, so that you can focus on your main areas of interest:

A. MANDATORY COURSES

There are three **Mandatory Courses**, each comprising two days' tuition and offering, in total, 11 credits: Movement; Adaptations; Intermediate Matwork. You can find full course descriptions for these at the end of this leaflet.

Please note that before attending the Intermediate Matwork course, we ask you to attend a one-day **Precision of Movement** course, as this provides an important and necessary introduction to the Body Control Pilates approach and to some of the exercises used as building blocks for the Intermediate Matwork course. The normal cost of Precision of Movement is £145 **but if you purchase a Level 4 Pilates Pass it is included with our compliments.**

B. SPECIAL POPULATIONS COURSES

You must gain the remaining credits in the category of **Special Populations**, where you need a minimum of 7 credits from the following (number of tuition days and credits in brackets):

- Pregnancy 1 and 2(2 days; 5 credits)
- Pilates for the Older Person (2; 6)
- Pilates for Children and Adolescents (3; 9)
- Pilates for Bone Health (Osteoporosis) (1; 3)

In addition to counting towards your Level 4 Pilates qualification, each of the Special Populations courses offers you a separate **Level 2 or Level 3 Award** (Active IQ):

- Level 3 Award in Designing Pre- and Postnatal Pilates Programmes
- Level 3 Award in Physical Activity (Pilates) and Health Considerations for the Older Adult.
- Level 2 Certificate in Planning and Instructing health-related exercise and physical activity (Pilates) for Children and Adolescents
- Level 3 Award in Designing Pilates Programmes for Bone Health

Remember, for your Level 4 qualification, you need to have attended (and passed assessments for) **all three Mandatory Courses and at least one Special Populations course**.

ASSESSMENT STRUCTURE

Credits may only be gained towards your qualification when you have passed the relevant assessment for your course. The nature of the assessment will vary by course, but essentially comprises a Case Study (in three parts) for the mandatory courses, and then a worksheet and a Case Study for each of the Special Populations courses, although the Children's qualification includes a teaching assessment.

RECOGNITION OF PRIOR ACHIEVEMENT

The great news with this new qualification is that you don't need to start from scratch! If you have already gained a recognised Awarding Body qualification in any of the Special Populations categories, this gives you credits towards your overall target of 18.

CERTIFICATION

You will receive your Level 4 Pilates certification once you have gained a sufficient number of credits and passed all assessments for your nominated courses, as well as the Case Study covering the mandatory courses. Although we expect most teachers to gain their Level 4 Pilates certification within 12-15 months, you have a nominal period of two years for completion of this qualification. Extensions can be discussed if and when needed.

COURSE FEES

The cost of each of the three Mandatory Courses £325
Precision of Movement £145

Within Special Populations, the course fees are:
Pilates for Bone Health (Osteoporosis) £195
Pregnancy 1 and 2 (per day, two separate days) £195
Pilates for the Older Person £325
Pilates for Children & Adolescents: Foundation Day £195
Pilates for Children & Adolescents: Programmes (two days) £325

In addition, there are Registration Fees (passed on to the Awarding Body) and Assessment Fees (to cover marking costs).

REGISTRATION FEE

A Registration Fee of £100 (including Value Added Tax) is payable when you sign up for this qualification. This covers the cost of registering you with Active IQ for all of the assessments that you will need to take to gain your 18 credits.



ASSESSMENT FEES

There is no overall assessment fee for this qualification as there are too many different combinations of courses to make this feasible. Fees are therefore charged as follows (inclusive of VAT):

Mandatory Course Workbooks & Case Study £100 in total
Pregnancy Workbook £50
Children's Workbook & Observed Assessment £100
Bone Health Workbook £50
Older Person Workbook £60
All retakes £40

This means that you should budget about £200 to cover all of the assessments needed.

Fees shown are valid until further notice and may be amended in the future, although you will only be charged the level of assessment fees quoted at the time you registered. Fees shown are for one assessment and are payable as and when you take the assessment. The £100 overall charge for the Mandatory Courses is payable in full when you take your first assessment.

GETTING STARTED

The first step towards gaining your Level 4 Pilates qualification is to register by completing and sending the Registration Form (available upon request) to the Body Control Pilates office, along with your fee (see below). Please provide all the information requested, especially with

regard to any previous qualifications that you wish to count towards your credits. It's important that we receive this form before you book any of the Mandatory Courses please, so, once you have decided to enrol for the Level 4 Pilates programme, please send this in to the Body Control Pilates office – even if you haven't yet decided on course dates.

Course Descriptions

MOVEMENT

Offering Assessment & Analysis, Prescription & Programming

This course forms the hub of the Body Control Pilates Level 4 Pilates qualification. The knowledge and skills that will be developed can be applied across a wide spectrum of courses, including studio equipment. As an outcome of this course, you will know how to accurately assess the biomechanical capabilities of clients on both a physical and technical level. You will know how to best to combine your assessment findings with client objectives, so that you can accurately set client-specific exercise prescriptions and session plans.

'Movement' also introduces the concepts of exercise adaption, which can be applied to on-going sessions based on a dynamic assessment of client performance. These are then developed further in the 'Adaptations' course.

Course contents include: exploration of the systems employed within the body to control the dynamic relationship between stability and mobility of joints; the biomechanical and physiological processes involved in human movement and how these processes are specifically challenged for any given exercise; categorisation and grading of exercises based on the physical ability and technical skills they require to be performed; creating and implementing movement assessments to accurately assess existing movement strategies

and identify movement impairments; movement assessment analysis and objective utilisation of findings in accordance with a 'client-centred approach'; bespoke exercise prescription and programme design; ongoing progress evaluation and session adaptation.

ADAPTATIONS

Modes of Progression and Regression in a Pilates Environment

Adaptations follows on from the work covered in the Movement course and is focused more on applications for the knowledge gained from that course by developing a further understanding of the modes of progression and regression available in a Pilates exercise environment. Whilst we encourage anyone who has attended this course to work towards their Level 4 Pilates qualification, as with 'Movement', the knowledge and skills learnt can be applied across the spectrum of courses within the Level 4 Pilates structure and beyond to any Pilates application, thereby providing an added value for your Pilates teaching.

This course reviews foundation concepts of exercise adaption, before developing them further to encompass adaptation techniques for every physical and technical aspect of Pilates exercise. Content include: defining form and functionality; understanding the influence Pilates has upon the physical and technical Components of Fitness; analysis of the physiological and technical objectives of Pilates exercises; developing strategies for progression and regression based on client performance and objectives; maintaining an objective approach to the modification of pre-existing exercises and the creation of new ones; application of progression and regression strategies.

INTERMEDIATE MATWORK

The perfect bridging course for teachers working towards the more advanced classical exercises, building on the knowledge and skills

that teachers have gained from the Matwork Certification Course. Whilst this is one of the first courses that a new teacher should take, we do recommend that, in order to get the most from the course, you have several months of teaching experience beforehand.

The course addresses two key elements:

1. DEVELOPMENT OF PILATES MATWORK

We explore variations of key exercises from the Matwork Certification Course as well as introducing many new exercises. This gives a greater depth of understanding of the potential of the work and shows how the Pilates matwork repertoire can continually be adapted to challenge all of your clients.

2. PROGRESSION TO ADVANCED MATWORK

The second, and main, element of this course introduces the Classical Matwork philosophy, providing a preparatory series of exercises and transitions that can be introduced into classes to add progression to clients. More importantly, it paves the way to understanding the structure and integrity of Joseph Pilates' original work, essential in the development of a Pilates teacher.

PRECISION OF MOVEMENT FOR PILATES TEACHERS

This mat-based course will focus on movement at joint level. Analysis of exercises will enable you to gain a clear understanding of the objectives and of the exact movement involved, including range of movement. Emphasis will be placed on the start positions as well as on the movement itself, giving an insight into why things go wrong. The aim of the course is to give a deeper understanding of each exercise and to consequently enhance the ability to improve quality of movement. This workshop is ideal for Body Control Pilates teachers of all levels of experience and is particularly recommended for teachers thinking of working towards a Level 4 Pilates qualification.

BODY CONTROL PILATES®

LEVEL
4
PILATES

Save up to 25% on course and assessment fees!

We offer a 'Level 4 Pilates Pass' that can be purchased when you start on your Level 4 Pilates journey with Body Control Pilates.

This can save you 25% on course fees and assessment fees and includes the 'Precision of Movement' course on a complimentary basis.

The Pass cannot be used for Registration Fees as these are set by the Awarding Body. Your 'Level 4 Pilates Pass' is valid for 18 months for the payment of course fees and 24 months for Assessment Fees. Please contact us for more details.

More information?

Please contact Claire or Amanda in our Qualifications Team on 020 7636 8900 or email:
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