

Matwork Teacher Training:

The 10 most-asked questions – answered!



Thank you for considering Body Control Pilates for your Pilates teacher training course

You are thinking about a potential new career teaching Pilates, so we recognise that it's a big decision – perhaps one of the biggest that you will take as it could be life-changing in terms of creating a new way of life. That's why we have put together this very concise set of answers to the questions that we are asked the most.

Everything you need to know about the course and the qualification that we offer can be found in the **Information Pack** (bodycontrolpilates.com/become-a-pilates-teacher/matwork-teacher-training/course-information-pack), but I hope that these answers help fill in the last gaps and give you the necessary information to understand why the Body Control Pilates matwork teacher training course is widely seen as the international benchmark for teacher training.

Please don't hesitate to get in touch if we can help further. Just give us a call on **020 7636 8900** or drop an email to **Ella Porter**, our Education Manager, at ella.porter@bodycontrolpilates.com

I do my utmost to start and finish the tuition on every teacher training course, so I hope to meet you then!

Best wishes,

Lynne

Lynne Robinson
Founder and Director



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QUESTION 1:

How long will it take me to qualify?

You should assume that it will take you between 6-12 months, but it totally depends on your availability in the supervised teaching (practice teaching) period and on the progress you make. We work on the basis that “you’re ready when you’re ready” – some qualify in a few months, some need longer. Either way, we’re there to support you right through your journey.

QUESTION 2:

Why does it take 6-12 months when I can qualify in a couple of weeks on some other courses?

We go into much more detail in terms of knowledge and teaching than almost any other course. We are also unique in giving you an opportunity to build your skills and confidence as a teacher through our supervised teaching programme. We believe you need all of this to build a successful career as a Pilates teacher and know that you are 100% ready to teach when you qualify from our course.

QUESTION 3:

Am I the right level to join the course?

All we ask is that you have been attending enough Pilates sessions to have familiarity with the key exercises and to enable you to take an informed decision about becoming a teacher. You don’t need to be superfit, you don’t need to be able to do the advanced exercises, and if you have an injury or physical limitation that’s absolutely fine – remember that the Body Control Pilates method was created by Lynne Robinson because she had herniated a disc in her back and needed to adapt the challenging ‘classical’ exercises. Body Control Pilates is for everyone and we want our teachers to reflect that.

QUESTION 4:

Am I too old?

Age is not an issue. Most of our students are in their late 20’s to 50’s, and our oldest student started the course at the age of 74. If you have the right mindset and passion, your age is irrelevant.

QUESTION 5:

Are there any extra costs that I need to be aware of?

Essentially no, in that your course fees cover tuition, course materials, assessments and supervised teaching when you are working with one of our network of teachers around the country. We do encourage you to attend some additional online and face to face student workshops in London and there is a small charge for these (typically up to £30). We do, however, give you a credit of £150 to use for these. All in all, there should be no nasty surprises on the financial front!

QUESTION 6:

When are the Contact Days?

We ask you to attend five Contact Days in London. We run these after your online tuition modules and they cover content that can only justifiably be covered face to face. The fifth Contact Day focuses on 1:1 teaching. There are no set dates for Contact Days for each course – we give you a range of date options and it is totally your call as to when you book in. You may want to attend the first four on consecutive days or spread them across weekends. Whatever works best for you is fine with us!

QUESTION 7:

When it comes to supervised teaching, do I have to find my own teachers to work with and also have to pay them?

No and no. we give you the contact details for all supervising teachers so that you can contact your nearest teachers direct. We update our contact list on a monthly basis. Should you not have an existing

Supervising Teacher near you, we'll do our best to find a solution by training up a nearby teacher or by giving you some complimentary workshops online and in London. As mentioned, there is no additional charge when you work with your local supervising teachers.

QUESTION 8:

How often will I need to come to London?

At a minimum, you need to come for London for Contact Days and for your final teaching assessment (Final Sign-Off). That Final Sign-Off takes place during a full day 'Student Day' workshop, so it makes best sense that you also plan to attend one of these to understand how they work. You should also ideally plan to attend a couple of Supervised Teaching Workshops along the way as these are invaluable to see how you are progressing. So, all in all, you should be thinking of at least seven or eight visits. If you are coming long-distance, Ella and her team will help you plan your visit to get maximum benefit. If you are based outside the UK, it may be that we can offer you a more local option for taking the Contact Days if we have an experienced Body Control Pilates teacher near you. We'll always do our best to find the optimum solution. Many of our teacher training students come from outside the UK and with the initial 13 tuition modules being online the course is now more accessible than ever, wherever you are based in the world.

QUESTION 9:

I may be moving abroad. Will the qualification allow me to teach internationally?

Essentially, yes. We are one of the most-internationally recognised Pilates training providers and have teachers working in more than 50 countries. There is no global standard for Pilates teacher training but, where standards do exist (such as in the UK and the EU) we

meet them – we, in fact, were asked to help create the European Union standard! If you're thinking of joining our course and have a specific country or region in mind as to where you may move, just give us a call and we can go into more detail with you.

A small handful of countries have local requirements that you may need to fulfil before teaching – France is one of these.

QUESTION 10:

Does this course give me a 'Level 3 Pilates' qualification?

Yes, although the chances are that you will never need it. 'Level 3 Pilates' (L3P) is a standard for matwork teacher training that has been in place since 2005. It has been very much 'watered down' since then with many L3P courses offering only very limited teaching practice - or none at all! This is why Body Control Pilates has adopted the new SPM (Society for the Pilates Method) standard. Over 95% of our course graduates don't request or need a 'Level 3 Pilates' certificate and you will generally only be asked for it if you want to teach in some gyms or health clubs. If you do want a L3P certificate, you can request this later in your course and we will be pleased to organise this for you through our Awarding Organisation, Active IQ. You may need to take a short additional theory paper set by Active IQ. There is an additional charge of £125 to cover registration and certification charges.



You can find latest course dates and availability on our website at:

bodycontrolpilates.com/become-a-pilates-teacher/uk-course-dates-availability

More information?

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