BODY CONTROL PILATES®

30 Years of Excellence

Course Guide 2026

The Body Control Pilates Academy is unique in the Pilates world in terms of the number and breadth of the courses that it offers to Body Control Pilates Association members. Its mission is to deliver excellence in Pilates teacher training and further education.

Well over 50 courses are available with new courses being added on a regular basis. As a not for profit organisation, the Academy's aims to provide the highest level of education for Body Control Pilates teachers, both in terms of course content and course tuition.

This Guide provides an easy reference to the courses that we offer. It gives you a description for each course and lets you know whether there is an associated qualification that you can take. You will find more details on those qualifications in Part B of this Guide.

You will know that we also offer a number of workshops each year. Descriptions for these are emailed separately, but remember that you can also access information on upcoming workshops by visiting this link:
Online Workshops – Body Control Pilates

"Our mission remains the same now as it was at the outset 30 years ago – to bring the benefits of Pilates to everyone. To this end, we have created a method that is effective, safe, challenging and rewarding: a method that is taught by teachers with unrivalled skills, knowledge and integrity."

Lynne Robinson
Co-Founder & Director of Body Control Pilates

Contents

PART A: FURTHER EDUCATION FOR BODY CONTROL PILATES TEACHERS

DEVELOPING YOUR MATWORK

Matwork Evolution 4
Intermediate Matwork 5
Advanced Matwork 5
Level 4 Pilates: Movement 6
Level 4 Pilates: Adaptations 7

ENHANCING YOUR TEACHING

Precision of Movement 8
Matwork Certification Update Day 8

ENHANCING YOUR CLASSES

Stretch Band 9
Foam Roller 10
Small Ball and Toning Circle 10
Spine Corrector and Pilates Arc 11
Standing Pilates 11
Pilates on the Ball 12

ADAPTING PILATES FOR SPECIAL POPULATIONS

Pilates and Pregnancy 1 14
Pilates and Pregnancy 2 14
Reformer for Pre- & Postnatal Pilates 15
Exercise Strategies for Diastasis Recti 15
Back4Good® Low Back Pain 16
Pilates for Bone Health 17
Pilates for the Older Person 18
Pilates for Children and Adolescents 19
Pilates and Scoliosis 20
Pilates and Hypermobility 21
Pilates in Breast Cancer Rehabilitation 22
Pilates and Prostate Cancer 23
Pilates for the Menopause 23
Hypopressives for Pilates Teachers 24
Mental Wellbeing and how Pilates can help 25
Understanding Cancer 26
Understanding Medical Conditions 27
Understanding Neurological Conditions 27
Understanding Pain Syndromes 28
Understanding Musculoskeletal Problems 29
Exercise Referral 29

PERFORMANCE AND SPORT

Pilates for Performance 30
Pilates for Runners 30
Pilates for Dancers 31
Pilates for Golfers 32

STUDIO EQUIPMENT

Reformer 1 (Beginners & Intermediate) 34
Reformer Evolution 35
Reformer 2 (Advanced) 35
Reformer Bridging Course 36
Group Reformer Teaching Skills and Certification Course 37
Cadillac 1 (Beginners) 38
Cadillac 2 (Intermediate & Advanced) 39
Cadillac 3 (Advanced) 39
Chair 1 (Beginners to Intermediate) 40
Chair 2 (Advanced) 40
The Ladder Barrel 41

We are very happy to give advice to teachers, whether newly qualified or well established, as to the best education options for them. We strongly recommend that new teachers focus initially on courses that will enhance their matwork offer as they build their business and client base – focussing on one-day courses such as Matwork Evolution and small equipment (such as band, toning circle) along with perhaps the two days of Pilates and Pregnancy courses as this will open a key opportunity.

PART B: QUALIFICATIONS AVAILABLE TO BODY CONTROL PILATES TEACHERS

BODY CONTROL PILATES QUALIFICATIONS

Reformer 42
Comprehensive Studio Teacher 42
Studio Master Teacher 42
Matwork Master Teacher 43
Back4Good® Practitioner 43
Hypermobility Specialist Teacher 44
Mental Wellbeing Specialist Teacher 44
Hypopressives Specialist Teacher 44

EXTERNAL REGULATED QUALIFICATIONS (LEVEL 2 - LEVEL 4: ACTIVE IQ)

Level 3 Award in Designing Pre- and Postnatal Pilates Programmes 45
Level 3 Award in Designing Pilates Programmes for Bone Health 45
Level 3 Award in Physical Activity (Pilates) and Health Considerations for the Older Adult 45
Level 2 Award in Instructing physical activity (Pilates) for Children 46
'Level 4 Pilates' Qualification 46

Key:

Online: this course only runs on Zoom

Face to Face: this course only runs on a face to face (contact) basis

Online and Face to Face: we offer both online and face to face options for this course

Developing your Matwork

Gaining your matwork certification is the launchpad for your future Body Control Pilates teaching career. This is the point where your investment, both from a time and financial perspective, starts to pay off. As our matwork certification course is so comprehensive, we are able to plan the majority of our professional development courses as one or two days in duration.

With more than 50 different courses open to you as a teacher, it is important when planning future courses to balance what you would like to do with what perhaps is best to do to enable you to grow your teaching business successfully. We recommend that you focus initially on matwork courses that will grow your teaching repertoire by adding new content and challenges for your clients. These courses are 'low investment' in terms of time and money, but they offer high returns in terms of value to your teaching business. Matwork Evolution is an excellent starting point in this respect and is a very good bridge towards the more demanding work covered on the Intermediate Matwork course.

Matwork Evolution

FACE TO FACE

PARTICULARLY RECOMMENDED FOR NEWLY-QUALIFIED TEACHERS

Designed particularly with newer teachers in mind, Matwork Evolution is also a great refresher for teachers wanting new ideas for group matwork classes. A perfect first step after starting to teach, it provides new exercises and combinations covering all planes of movement, building on those already covered in the Matwork Certification Course. The exercises will provide a gradual challenge to your clients enabling safe, effective progression. In addition, the course will look at developing your verbal cueing and at how you can become more creative in your teaching using the skills that you have already acquired – skills that will develop the familiar basic exercises to a new level. Matwork Evolution is a highly practical course, giving you the opportunity to fully understand and practise each exercise, so that you can quickly and easily incorporate the material into your own classes.

DURATION
1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A30 (List A 30 points)

ASSESSMENT
No

Intermediate Matwork

FACE TO FACE

A 'must do' course. The Intermediate Matwork course is 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 a few months of teaching experience beforehand.

CONTENT

The course addresses two key elements:

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.

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.

Whilst there is no formal, practical examination on the exercises in this course, a detailed knowledge of the material forms a key part of 'The Matwork Master Teacher Certification' examination that can be taken once the Advanced Matwork Course has also been attendeed.

DURATION

2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT

No

Advanced Matwork

FACE TO FACE

The 'Classical Mat' is viewed by many Pilates enthusiasts as the essence of the Pilates Method. We believe that it forms a vital part in the development of a fully-rounded Pilates teacher. Performing and understanding this work gives a teacher a sense of completeness and enlightenment with regard to the original method.

CONTENT

This course covers the Classical Matwork Repertoire in its entirety, including transitions between exercises. It preserves the integrity of Joseph Pilates' original work by maintaining the highly athletic and dynamic style of flowing movements. Through the way in which Body Control Pilates approaches the advanced work, participants are better able to assimilate this advanced work as they build upon the detailed movement knowledge gained from their previous matwork courses. Emphasis is placed on delivering this material safely, effectively and appropriately, so that it can be used by teachers to further their own personal development as well as that of their clients.

A detailed knowledge of the material forms a key part of 'The Matwork Master Teacher Certification' that can be taken once this course has been attended.

ENTRY REQUIREMENTS

Body Control Pilates Intermediate Matwork Course attendance

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

Master Matwork examination (optional). See Section B for more details

NOTE: ADDITIONAL ASSESSMENT COSTS APPLY

Level 4 Pilates

PLEASE NOTE THAT THE MOVEMENT AND ADAPTATIONS COURSES DETAILED BELOW CAN BE TAKEN ON A STAND-ALONE BASIS WITHOUT THE NEED TO REGISTER FOR THE LEVEL 4 PILATES QUALIFICATION.

As a way of demonstrating their advanced knowledge and teaching skills regarding matwork, Body Control Pilates teachers can now work towards gaining the highest level of regulated Pilates qualification available in the UK – a Level 4 Qualification in Instructing Pilates Matwork. Body Control Pilates helped to create this qualification and were the first training provider to deliver it.

The introduction of a government-accredited 'Level 3' qualification in 2005 represented a sea change in the UK Pilates industry. For the first time, there was a reference point for the minimum level of training needed to teach Pilates. Body Control Pilates became the first specialist training provider to gain Level 3 approval for its teacher training course and has been widely regarded as the benchmark for Pilates education ever since.

It was therefore a natural progression that, when new 'Level 4' qualifications were announced in 2010, Body Control Pilates led the way in gaining approval for its Low Back Pain course, as a result of which the Back4Good® Programme was launched. Level 4 qualifications were all linked to medical conditions, such as diabetes, low back pain, strokes.

A few years later, agreement was given to the principle that that teachers should be able to formally demonstrate a higher level of knowledge and competence in the non-medical sector by also gaining Level 4 status. A condition of this, however, was that that such qualification must incorporate a significant degree of new knowledge and skills when compared to the existing Level 3 standard for that discipline – both in terms of the approach to assessment and movement, as well as to the ability to adapt its application to meet the needs of special population groups.

The Level 4 Pilates qualification is now firmly established as a benchmark that helps to set Pilates teachers apart and give them a competitive edge in the marketplace. Please see Section B for more details.

Movement

ONLINE (ZOOM)

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.

DURATION

2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT AND QUALIFICATION

See Section B for more details

NOTE: ADDITIONAL REGISTRATION AND ASSESSMENT COSTS APPLY

Adaptations

ONLINE
(ZOOM)

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

Content includes: 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.

ENTRY REQUIREMENTS

Prior attendance of the Movement course

DURATION

2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT AND QUALIFICATION

See Section B for more details

NOTE: ADDITIONAL REGISTRATION AND ASSESSMENT COSTS APPLY

Enhancing your Teaching

Precision of Movement for Pilates Teachers

FACE TO FACE

Ideal for teachers of all levels of experience, this mat-based course focuses 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 is to give a deeper understanding of each exercise and to consequently enhance the ability to improve quality of movement.

DURATION
1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A30 (List A 30 points)

ASSESSMENT AND QUALIFICATION
No

Matwork Certification Update Day

ONLINE (ZOOM) FACE TO FACE

As Body Control Pilates teachers, we understand the importance of constantly reviewing how we teach. It is our responsibility to learn by experience and be open to change. We must be able to justify what we teach and why.

This one-day online course will re-focus you on the central aspects of the Body Control Pilates Matwork Course. We will discuss the various changes that have been made over the years. The objective is to inspire you and add to your teaching skills, revisiting our approach and delving deeper into the 'why'. Everyone attending will receive the latest matwork Exercise Manual and also a handout summarising the key changes on the course in the last few years.

DURATION
1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A30 (List A 30 points)

ASSESSMENT AND QUALIFICATION
No

Enhancing your Classes

Many Pilates matwork teachers may not wish to go on and train in the more traditional Pilates studio equipment, whether for reasons of practicality or because of the financial outlay involved in purchasing equipment. Many teachers have built a very successful business based on group classes and have learnt the value of enhancing their classes by offering new challenges to their clients by introducing small equipment or by doing more standing work. Applying the exercises learned in these courses is a very cost-effective way of developing a group teaching business by adding variety for established clients or by bringing in new clients who may prefer may to work with accessories as soon as they have mastered the fundamentals.

With this in mind, we offer a selection of courses that focus on bringing these affordable and easily transportable items into the Pilates matwork format. Whether teaching clients on a one-to-one basis or within a group class format, our small equipment and Standing courses will give teachers a wider choice of exercises to continue to add variety to classes and to and to help clients learn new skills.

NOTE: IF YOU ARE TAKING THESE COURSES ONLINE, PLEASE MAKE SURE THAT YOU HAVE THE NECESSARY ACCESSORIES ON THE DAY. THESE CAN GENERALLY BE ORDERED FROM SISSEL UK – AS A BODY CONTROL PILATES TEACHER YOU RECEIVE A DISCOUNT ON ITEMS PURCHASED.

Pilates with the Band

ONLINE (ZOOM) FACE TO FACE

Resistance bands (stretch bands) are one of the simplest and most effective accessories available to a Pilates teacher. They can be used to increase or decrease the challenge of many familiar exercises from the Pilates matwork repertoire. They give greater opportunity to work with closed-chain movements, which can provide increased support and feedback as well as being used to increase physical load. The use of bands therefore provides increased levels of progression for clients, as well as expanding movement possibilities. The result is an expansive repertoire of highly effective exercises that will facilitate more effective progression within clients and keep them challenged and inspired.

CONTENT

This course covers more than thirty exercises using different levels of resistance bands, demonstrating the effectiveness of this simple accessory. The exercises covered are aimed at beginner to intermediate level clients. The course also explores in detail the techniques needed to perform and teach these exercises safely and effectively as well as a number of related issues, including resistance choice for each exercise, safety considerations and client progression.

Participants receive three Sissel Fitbands of varying resistance.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT AND QUALIFICATION

No

Pilates with the Foam Roller

ONLINE (ZOOM) FACE TO FACE

Foam Rollers are versatile, affordable and easily transportable, making them an ideal addition to group classes and one-to-one sessions. They can be used to increase or decrease the challenge of many familiar exercises from the regular Pilates repertoire. They also expand the movement possibilities beyond those of normal mat-based exercises, leading to a unique and expansive repertoire of new and exciting exercises.

CONTENT

This course introduces teachers to a broad range of exercises that demonstrate the full potential of this simple piece of equipment, working through material of varying levels from basic low-level movements to intermediate-level exercises. It covers the techniques needed to perform and teach these exercises safely and effectively as well as to a number of related issues, including the appropriate roller type and size for each exercise, safety issues and client progression. Pilates teachers attending this course and are sure to find there is something to suit all the clients they teach, as well as gaining some fresh ideas for their own workouts.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No

Small Ball and Toning Circle

ONLINE (ZOOM) FACE TO FACE

These are very popular items of equipment used by many Pilates teachers to add variation and a new focus to their Pilates classes and sessions. Both offer a wide range of exercise variations taken from across the matwork repertoire. They can be used to add physical challenge and provide support and feedback, as well as facilitating many familiar Pilates exercises by helping the client focus on recruiting key stabilising muscles more effectively. This often makes the exercise feel more physically challenging but, conversely, easier to perform. One of the most important benefits from their application is the help in focussing the connection to your core stability, making them an invaluable aid in enabling clients to understand and tune into this important concept.

CONTENT

This course covers a wide range of exercises using both the small ball (overballs and TriadBalls™) and the Toning Circle (also called the Magic Circle). Exercises are categorised for beginner, intermediate and advanced levels. It demonstrates their usefulness with regard to specific weaknesses as well being used to add challenge and focus.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No

Spine Corrector and Pilates Arc

ONLINE (ZOOM) FACE TO FACE

The lightweight Pilates Arc and the more traditional Spine Corrector (Step Barrel) will both add another dimension to your Pilates matwork 1:1 or group teaching. They can be used to enhance functional strength by challenging the body on all planes, as well as encouraging release of tension with supportive stretches that are ideal for elongating the spine. They can equally be used to increase the demands on core stability and strength by challenging the body's balance and control. Matwork exercises can be modified or, indeed, advanced, increasing ranges of movement and challenging control and balance with a reduced base of support.

CONTENT

This one-day course introduces teachers to a number of exercises with variations across all levels of ability. It looks at how one or both of these pieces of equipment can be integrated into a Pilates matwork session.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No

Standing Pilates

ONLINE (ZOOM) FACE TO FACE

Joseph Pilates included many standing exercises in his original work. They are a great way to add variety and functional challenges within the group matwork environment, especially with regard to balance and proprioception. Other benefits of standing work are the improvement of awareness in gait, effective pelvic floor training and the fact that standing exercises, by their very nature, are weight-bearing.

CONTENT

This course reviews the use and benefits of standing exercises and then looks in detail at the anatomical alignment in standing, considering our relationship with gravity and how we can learn to use it to our maximum advantage. The course also examines the action of the body in walking and considers correct use of the feet. A comprehensive programme of exercises is introduced, ranging from basic functional awareness to advanced challenging movement patterns around the main themes of: balance, core connection and stability; spinal mobility and abdominals; dynamic stability and coordination; and creating sequences and transitions. The course concludes with time spent on combining and choreographing sequences of standing exercises which can easily be integrated into either a group matwork class or one-to-one sessions.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No

Pilates on the Ball

ONLINE
(ZOOM)

The Gym Ball (also known as a Physio Ball) is a fun and highly functional piece of fitness equipment that challenges core stability and proprioception. This course looks at how we can best use the Ball in the Pilates environment, further demonstrating its viability a powerful tool in developing movement skills and physical improvement and in challenging stability. The inclusion of Ball work in Pilates classes or sessions enables teachers to improve a client's range of movement beyond their normal ability. Its application is suited to a wide range of clients, from post-injury clients to the elite athlete. Whatever the goal, the ball is versatile enough to prove an excellent equipment choice for Pilates teachers.

CONTENT

This course takes teachers through more than 30 ball-based Pilates exercises that are aimed primarily at beginner and intermediate level clients. It covers the techniques needed to perform and teach these exercises safely and effectively as well as a number of related issues, including choice of ball size (55cm-75cm), ball safety and client progression.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No

Adapting Pilates for Special Populations

Body Control Pilates has earned a worldwide reputation for the quality and detail of its work with regard to special populations. Our courses are designed to equip teachers with the skills needed to teach Pilates effectively and safely to specific client groups. Each course is aimed at a particular condition or special population group and covers the background information and recommended exercises that enable Pilates exercises to be taught safely and effectively. Teachers who wish to gain the Level 4 Pilates qualification must attend courses, and pass the assessments for, at least one special population category.

All of our Special Populations courses fully meet the requirements, where available, of the UK National Qualifications Framework for each given sector, with the result that, by passing the required course assessments, teachers will gain a nationally recognised qualification for that category of client.

Pilates and Pregnancy 1: Antenatal Pilates

ONLINE (ZOOM)

As Pilates teachers, we have a unique and privileged opportunity to work closely with pregnant women to ensure that, during the pregnancy itself, they remain healthy and comfortable, preparing them for the birth itself and for the demands of early motherhood. It is important that any teacher wanting to work with pregnant clients attends this and the Pregnancy 2 course and gains the Level 3 qualification. .

CONTENT

The aims of this lecture-based course are to:

- discuss the main contraindications to exercise during pregnancy and the risk of miscarriage.
- consider the enrolment of antenatal clients, considering regular clients and new clients and special cases, e.g. IVF
- identify the major stages and characteristics of the three trimesters of pregnancy, focusing on general health issues and the postural and physiological changes which may impact their ability to exercise
- review considerations with regard to Supine Hypotensive Syndrome and Positional Hypotension
- for each trimester, consider the implications of these changes when designing exercise strategies for 1:1 and group sessions
- review a list of exercises that are suitable for Early Pregnancy (0-16 weeks) and Later Pregnancy (16 weeks-Full Term)
- identify the main warning signs for when to stop exercising.
- provide enough information to devise a safe and effective Pilates antenatal programme for clients in a 1:1 and group situation.
- review the main benefits of Pilates exercise for pregnancy
- briefly review where to find guidelines for nutrition advice and cardiovascular activities in pregnancy
- take a brief look at the main postnatal exercise guidelines

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

See Pregnancy 2 assessment

Pilates and Pregnancy 2: Ante- and Postnatal Programmes

ONLINE (ZOOM)

Building on the background given by the Pregnancy 1 course, this course will explore how to work with the pregnant and postnatal client in a matwork setting.

CONTENT

This aims of this practical course are to:

- review guidelines on return to exercise and client enrolment for postnatal clients
- review the musculoskeletal changes which occur during pregnancy and continue into the postnatal period. Focussing in particular on postural changes, ribcage changes, upper body and abdominal integrity (diastasis recti – the 'rec check')
- examine the different methods of delivery and their impact on the pelvic floor
- study safe stretching techniques for ante-and postnatal mothers
- examine common ante- and postnatal conditions, including pubis symphysis dysfunction and sacroiliac pain
- present guidelines on exercise strategies, including suitable exercises for each stage of pregnancy and for the postnatal period
- review contraindications and precautions for ante- and postnatal exercise
- look at further advice regarding supine hypotensive syndrome
- examine how postnatal lifestyle changes affect the body and offer general advice on how to cope with these problems
- review guidelines on antenatal cardiovascular activities

This is essentially a practical course.

ENTRY REQUIREMENTS

Pregnancy 1 attendance

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

You may take the Active IQ Level 3 Award in Designing Pre- and Postnatal Pilates Programmes by passing Workbook and Case Study assessments. Full information and materials are distributed during the course. See Section B.

NOTE: ADDITIONAL REGISTRATION AND ASSESSMENT COSTS APPLY

Reformer for Pre- & Postnatal Pilates

ONLINE (ZOOM) FACE TO FACE

CONTENT

This 4-hour practical course will:

- discuss the benefits of the using the Reformer for the pregnant client
- give a brief review of contraindications and how they must be considered when working on the Reformer
- examine the risks associated with using the Reformer for this client group and what measures can be put in place to control these
- explore what the client needs to work on throughout the pregnancy to prepare for the birth and postnatal period and discuss how the Reformer can help
- cover exercises that will help design a balanced lesson plan on the Reformer for the client in Early Pregnancy and Late Pregnancy

ENTRY REQUIREMENTS

This course is only open to BCPA members who are both Reformer-qualified and Pilates for Pregnancy-qualified.

DURATION

4 hours

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A15 (List A 15 points)

ASSESSMENT

No

Exercise Strategies for Diastasis Recti

ONLINE (ZOOM)

Whilst Diastasis Recti – a separation of the abdominal muscles – is most commonly associated with pregnancy, it can be caused by a variety of reasons. It is also not exclusive to women!

Appropriate exercise is the preferred method for helping to manage a diastasis with surgery only performed as a last resort, so there is a clear role for us as Pilates teachers! For postnatal diastasis, the NHS recommends pelvic floor, "deep stomach muscle", and postural exercises to help reduce the degree of separation.

CONTENT

This 3-hour short course will:

- Discuss the implications of Diastasis Recti in both females and males
- Review the anatomy and functionality of the core
- Explore how breath control can be helpful
- Examine the forces placed on the abdominal wall
- Discuss exercise considerations
- Explore practical exercises that can help

This workshop is open to all BCPA members, though if you are going to be working with clients in the immediate postnatal period please be aware that you must hold our Level 3 Pilates for Pregnancy qualification.

DURATION

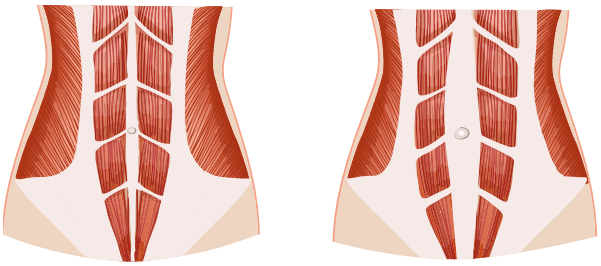
3 hours

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A15 (List A 15 points)

ASSESSMENT

No



Normal abdomen Diastasis recti

Back4Good® Low Back Pain

EXCLUSIVE TO BCPA MEMBERS AND MATWORK BRIDGING COURSE STUDENTS

ONLINE
(ZOOM)

Low Back Pain is estimated to affect over 80% of adults at some stage in their lifetime. Back pain is currently the largest reported reason for sickness-related absence from work in the UK and its treatment is estimated to cost the NHS more than £1.5 billion per annum. Treatment approaches are changing and, in its most recent guidelines, NICE (the National Institute for Health and Care Excellence) has continued to emphasise the role that appropriate exercise should play in the treatment of low back pain. This is supported by independent research studies.

Body Control Pilates has created its Back4Good® Programme with this in mind, based on specially adapted Pilates exercises to be taught in a 'one to one' or small group environment. There are now in the region of 400 qualified Back4Good® Practitioners, who are exclusively able to offer 'Healthy Back' classes geared specifically to the prevention and management of low back pain. Our Low Back Pain course is endorsed by BackCare, the UK national charity for healthy backs, and was approved by three leading independent experts as meeting current best practice in this sector.

CONTENT

The three tuition days cover:

- Epidemiology, causes, consequences and classification of low back pain
- Risk factors
- Illness and pain behaviour
- The bio- psychosocial model
- Red, yellow, orange, blue and black flags
- Review of spinal anatomy, spinal movement, planes of movement
- Common structural spinal conditions
- Movement assessments: key exercises
- The Back4Good® Programme of exercises and the 'Get Active' programme
- Client management skills and the 'enrolment to release' process

ENTRY REQUIREMENTS

This course is only open to Body Control Pilates teachers

DURATION

3 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A90 (List A 90 points)

ASSESSMENT

There is a two-stage certification process, geared to the following qualifications

1. Back4Good® Practitioner

This enables someone to deliver the 'Healthy Back' programme and to be listed on the Body Control Pilates website as a specialist in Low Back Pain. 'Healthy Back' classes are geared to the prevention of low back pain and the management of chronic low back pain with smaller class sizes, adapted exercises and a tailored Enrolment Form. After attending the tuition days, students must pass a Worksheet assessment to gain Back4Good® Practitioner status. This also entitles them to be listed as a 'BackCare Professional' on the BackCare website.

Note: the cost of this is included in your course fees.

2. Level 4 Specialist Instructor in Low Back Pain

This is awarded by Active IQ, the Awarding Body we work with across all of our Level 2 to Level 4 qualifications. After gaining their Back4Good® Practitioner certification, teachers who want to go on and gain the Level 4 need to hold, or to gain, a Level 3 Exercise Referral qualification, after which they must successfully complete a Case Study and pass a practical teaching assessment.

Note: additional registration and assessment costs apply.

Pilates for Bone Health

ONLINE
(ZOOM)

One in three women and one in 12 men over the age of 50 are affected by low bone density. With many Pilates clients falling into the 50 years plus age bracket, this is a condition that we need to consider when designing Pilates programmes for this sector.

Low bone mass (osteopenia) is indicated by a Bone Mineral Density with a Standard Deviation of 1-2.5 below the young adult mean (known as the Target 1 group). Osteoporosis is indicated by a Bone Mineral Density with a Standard Deviation of 2.5 or more below the young adult mean (Target 2 group). Severe osteoporosis is indicated by not only a Bone Mineral Density with a Standard Deviation of more than 2.5 below the mean, but also with one or more osteoporosis-related fractures (Target 3 group).

It is important that any teacher wanting to work with clients with osteopenia or osteoporosis attends this course and gains the related Level 3 qualification. It is part of the BCPA Code of Practice – and a condition of the insurance provided to BCPA members by Balens - that you must hold the qualification to teach clients in this category.

CONTENT

This course (part theory, part practical) will update participants on the latest medical research on the above and will discuss how the latest findings affect the way that we, as Pilates teachers, teach clients from within the Target 1 and 2 groups.

The aims are:

- To briefly examine osteoporosis and osteopenia; fracture sites, risk factors, BMD testing.
- To consider the effectiveness of exercise
- To review the main objectives of Pilates training for these conditions
- To assess the latest US and UK guidelines on contraindicated movements
- To create a programme of recommended matwork exercises for clients in Target 1 and 2 groups, introducing a variety of new exercises, some utilising smaller lighter apparatus such as foam rollers, gym balls, and weights.

DURATION

1 Day

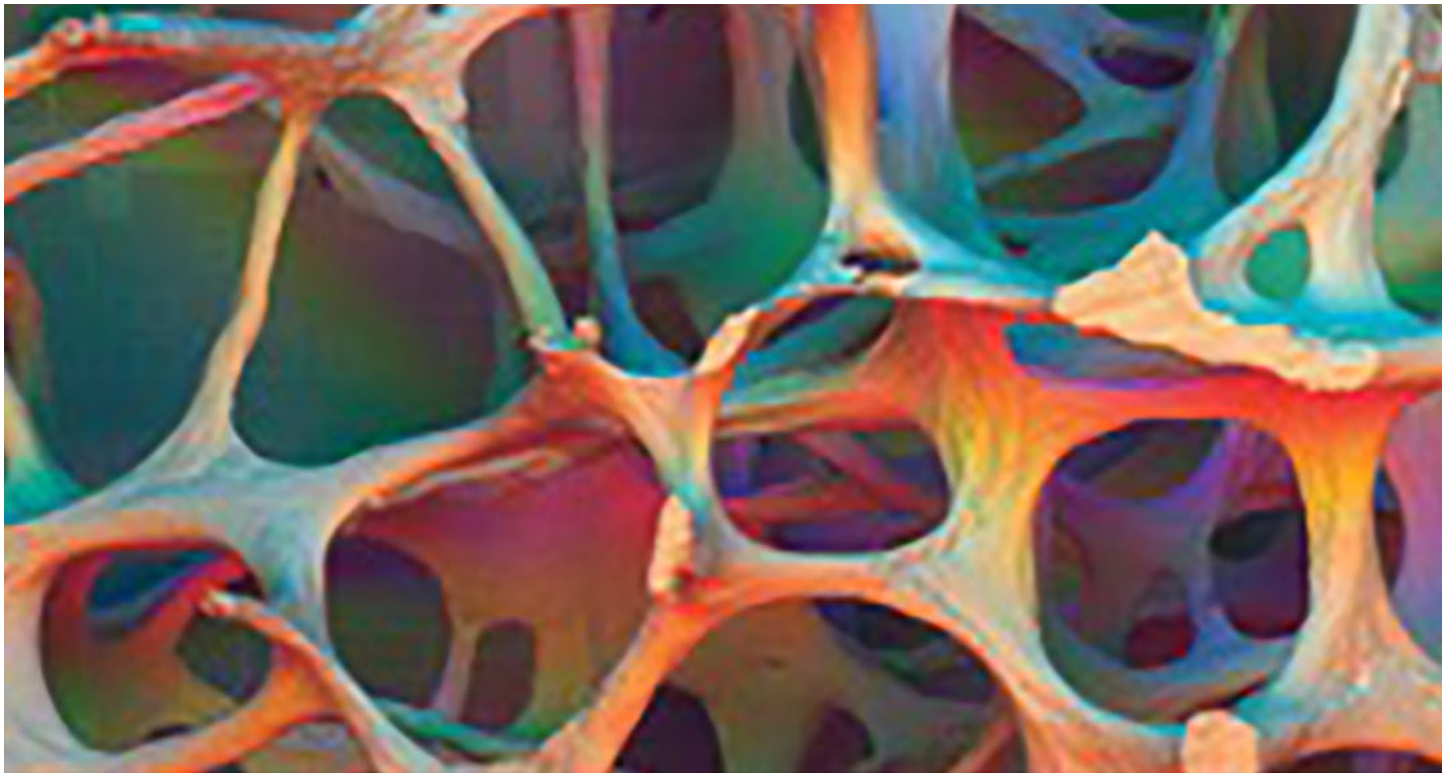
CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

Participants may take the Active IQ Level 3 Award in Understanding Physical Activity (Pilates) and its Impact on Bone Health qualification by passing Workbook and Case Study assessments. Full information and materials are given during the course.

NOTE: ADDITIONAL REGISTRATION AND ASSESSMENT COSTS APPLY



Pilates for the Older Person

ONLINE
(ZOOM)

The proportion of older adults in the population is currently at an all-time high. Over the last 25 years, the number of people in the UK aged 65 years and over has increased by 1.5 million. Approximately one person in every six is now aged 65 or over. This trend will only continue as health care improves and life expectancy grows with the result that, within the next 25 years, the ratio will become almost 1 in 4.

At the same time, this age group is also far more active than their predecessors. Recent research has demonstrated that there are clear benefits if older people can begin to undertake even a small amount of light exercise two or three times a week as it quickly helps to rebuild muscle strength, enabling them to cope more easily with regular household chores and routines.

CONTENT

This course examines how teachers may need to adapt their teaching strategy when working with older clients. It will examine the needs of the older client, the teaching environment, adapting the enrolment and screening process, common medical conditions within the target group, considerations and contraindications to exercise for each condition, and then develop a balanced Pilates matwork programme using accessories where appropriate. This will include stretch bands and small balls and look at the use of chairs for a range of seated exercises.

DURATION

2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT

Participants may take the Active IQ Level 3 Award in Physical Activity (Pilates) and Health Considerations for the Older Adult qualification by passing workbook and Case Study assessments. Full information and materials are given during the course.

NOTE: ADDITIONAL REGISTRATION AND ASSESSMENT COSTS APPLY

Pilates for Children and Adolescents

Our Children's courses were developed in response to a growing demand from schools, children's groups, dance schools and more, underpinned by new government initiatives designed to encourage children to include more physical activity in their daily life. Whilst they can be attended purely for the knowledge, any teacher wanting to work with children and adolescents should attend all three courses and gain the Level 2 qualification before teaching children on a regular basis.

Our Pilates for Children and Adolescents programme comprises two courses:

FOUNDATION COURSE (SELF-STUDY)

Just one hour of exercise a day could transform the health of children not only now, but also well into their adult lives. More and more researchers, educators, and parents are realising that not only is exercise good for kids - it is crucial!

This lecture-based day lays the foundation for teaching children of all ages and is a prerequisite before attending the Children's Programmes course. The day will cover most of the theory element of the qualification and will include such topics as:

Joseph Pilates' observations on children's movement development; benefits of exercise, in particular Pilates, for children/adolescents; development of motor skills and physiology of growth; stages of adolescence; psychological development; psychosocial challenges facing adolescents e.g.: depression; smoking; drugs; alcohol; eating disorders; common medical conditions affecting children, growth-related injuries and special needs including dyspraxia and dyslexia, scoliosis: lumbar spondylosis; Scheurmann's disease; growth plate fractures; pre-screening of children/adolescents, enrolment, liaising with parents; behaviour management; child welfare and protection.

PROGRAMMES

ONLINE (ZOOM)

Building on the background covered in the Foundation Day, this is essentially a practical course that will further explore how to work with children and adolescents in a matwork setting. We will look at how to put together a programme that has the goal of helping child development in a variety of ways, including improving children's movement and coordination skills.

Day 1 of the course focuses on 5-11 year olds and will fully explore and determine the aims of Pilates sessions for children; create fun Pilates matwork programmes using stories, rhymes, games and, of course, Pilates exercises; adapt Pilates exercises to be used appropriately in a child-friendly environment; review our teaching skills and, at the same time, consider how we need to adapt our approach when teaching children in this age group.

Day 2 will move on to consider the teaching of 12-16 year olds. So many of the postural and movement problems that we see in adults start in adolescence. This mainly practical day will focus on how Pilates can help prevent these common problems, as well as considering how we, as Pilates teachers, we can help youngsters cope with the stresses of peer pressure, examinations and simply growing up! We will explore how to adapt our exercises and approach for teenagers, looking at ways to keep them engaged and motivated.

ENTRY REQUIREMENTS

Children's Foundation Course pre-reading (self-study)

DURATION

2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT

After attending the 'Programmes' course, participants may take the Active IQ Level 2 Award in Planning and Instructing health-related exercise and physical activity (Pilates) for Children and Adolescents qualification by passing workbook and teaching assessments.

NOTE: ADDITIONAL REGISTRATION AND ASSESSMENT COSTS APPLY

Pilates and Scoliosis

ONLINE
(ZOOM)

Pilates teachers often have clients coming to them for help with scoliosis. This course is designed to give teachers an understanding of the condition and the knowledge to create a tailored exercise programme.

Whilst Pilates (or any other physical activity) cannot fully 'correct' a scoliosis, it can contribute to alleviating the tension and strain on the body that arise directly from its postural deviations. Pilates can also be beneficial in improving posture, health, physical awareness, fitness and it can facilitate an increase in overall functionality. This two-day course will review the types and mechanics of scoliosis, looking in detail at the anatomy and at the latest research. It will focus on how to identify the plane of the deviations and asymmetry of the body and then look at how to enrol and assess clients and then apply the Body Control Pilates matwork repertoire, adapting exercises where needed to improve areas of weakness and to facilitate improved movement patterns. Small props will be used to help clients work more effectively and we will also explore several new exercises created specifically for this course. Whilst both days will involve a mix of theory and practical, Day 1 will mainly be lecture-based and Day 2 will be a mainly practical day.

DURATION

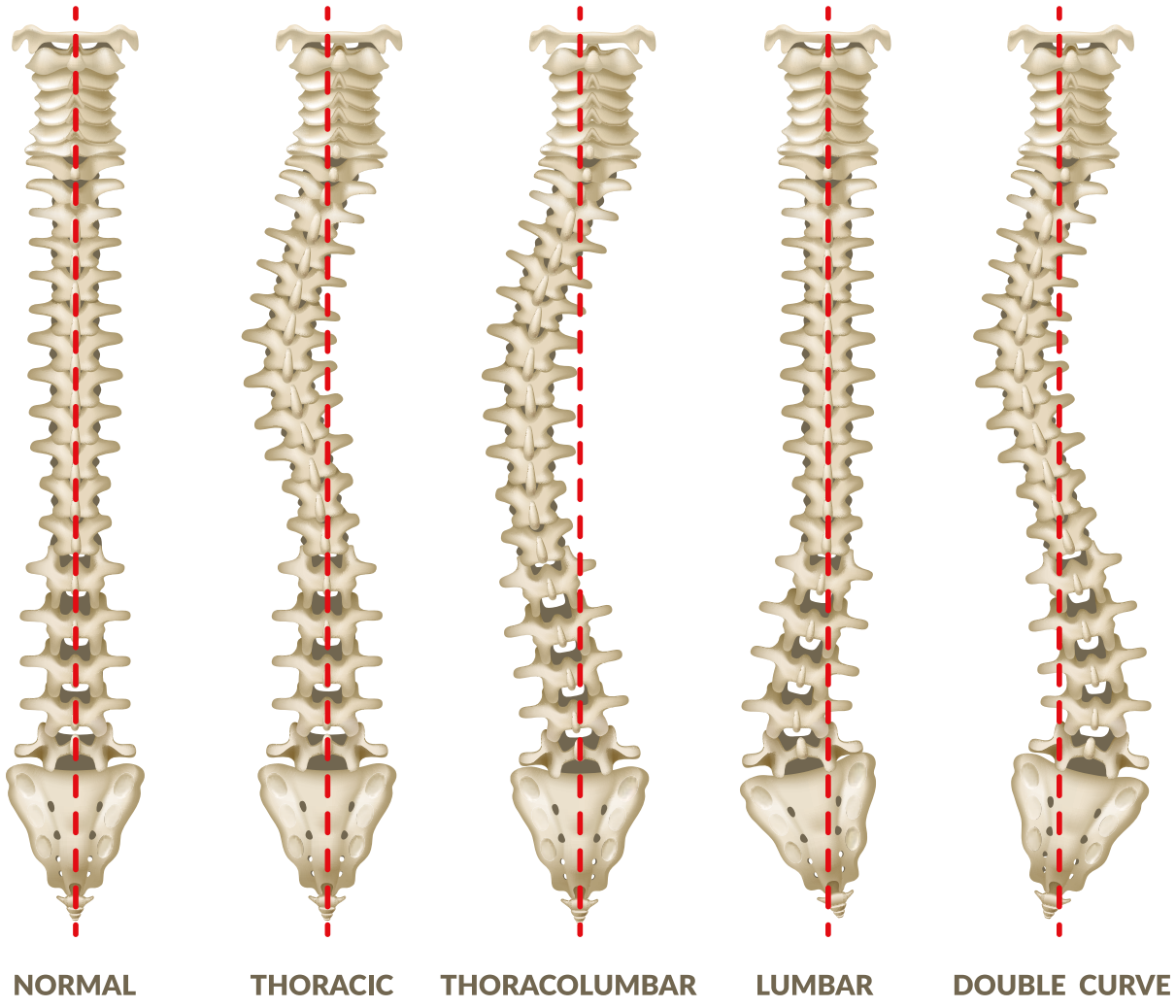
2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT

No



Pilates and Hypermobility

ONLINE
(ZOOM)

Hypermobility is the term used to describe the ability to move joints beyond the normal range of movement. Joint hypermobility is common in the general population. It may be present in just a few joints or it may be widespread. It is most common in childhood and adolescence, in females, and Asian and Afro-Caribbean races. It tends to lessen with age. In many people, joint hypermobility is of no medical consequence and commonly does not give rise to symptoms. For many hypermobility can be considered an advantage, for example gymnasts, dancers, swimmers and musicians might specifically be selected because of their extra range of movement. For a small percentage of the population, instead of being advantageous, hypermobility may be associated with joint and ligament injuries, pain, fatigue and other symptoms. Occasionally hypermobility can also be a sign of a more serious underlying condition, which is often passed down through the generations. These conditions are known as Heritable Disorders of Connective Tissue (HDCT). Chronic fatigue and Postural Tachycardia Syndrome are also known to be associated.

Our overall Pilates and Hypermobility course programme has been written in conjunction with a leading expert in this field. It comprises two days, divided into an initial 'Foundation Day' course, followed later by a day more focussed on Application and Programmes. Both days will provide participants with the latest research about hypermobility and the related conditions and will evaluate the role of Pilates in both the prevention of problems and in the management of the condition. Both days involve theory and practical. Day One (the Foundation Day) will focus more on underlying theory, assessment and principles of treatment whilst in Day Two, which will be more case-based, attendees will have the opportunity to reflect on the learning from the Foundation Day and to then create progressive exercise plans for people with a range of different presentations

The aims of the course include:

- reviewing the prevalence and cause of hypermobility and associated conditions
- learning how to assess hypermobility and associated movement dysfunctions
- exploring the role of Pilates training within the context of the multidisciplinary team in the management and ongoing wellbeing of people with hypermobility syndromes
- creating holistic programmes including the use of mat work, foam rollers, physioballs, stretch bands, and weights and general lifestyle advice aimed to meet the specific needs of the clients
-

ENTRY REQUIREMENTS

You must have attended the 'Foundation' day before the 'Programmes' day

DURATION

2 Days in total. Days can be booked separately

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points) in total for both days

ASSESSMENT

A short Assessment document is emailed out after the course. Teachers who pass this assessment will have their details included in a Hypermobility specialist teacher listing. See Section B

NOTE: A SMALL ASSESSMENT COST IS PAYABLE

Pilates in Breast Cancer Rehabilitation

This important programme was developed by a team including a leading specialist in the area of breast cancer rehabilitation. It is split into two days:

FOUNDATION DAY

ONLINE (ZOOM)

This course outlines the latest situation regarding breast cancer in the UK and focuses on how Pilates can contribute towards an improved quality of life and functioning in breast cancer survivors. We will review the medical management of breast cancer (including diagnosis and treatment) and how the main consequences of treatment can lead to morbidity. We will explore the role of rehabilitation at all stages of the cancer pathway and examine the evidence-based approaches to upper limb dysfunction, whole body deconditioning and symptoms such as pain, fatigue, scarring and lymphoedema. There will be an emphasis throughout on the importance of exercise/physical activity with a firm focus on comprehensive assessment and a holistic approach. Using case studies, we will explore how Pilates instructors can help in a patient's rehabilitation after treatment - particularly, how Pilates can help restore range of movement in the shoulder joint and prevent or address any movement dysfunction. Importantly, we will also discuss the emotional responses to cancer and help you to work productively with this client group and manage your own emotional health.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No

PROGRAMMES

ONLINE (ZOOM)

This builds on the content of the Foundation Day by looking at how Body Control Pilates matwork exercises can be adapted to help those in rehabilitation from breast cancer. We will consider contraindications and other factors when looking at how to create a safe, effective programme for group class or 1:1 teaching in a supportive environment. Some of the exercises will include the use of accessories and small equipment. The final part of the day will look at how teachers can work with their local support organisations to launch classes.

ENTRY REQUIREMENTS

You must have attended the 'Foundation' day before the 'Programmes' day

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No

Pilates and Prostate Cancer

ONLINE
(ZOOM)

This online course provides teachers with knowledge, skills and confidence in supporting men living with and beyond Prostate Cancer, the most common cancer in males in the UK. It provides a contemporary overview of the disease and focuses on how Pilates can contribute towards improved quality of life and functioning in those affected by prostate cancer.

The course will provide an overview of the disease and discuss the varied treatment options, addressing the main consequences of treatment: incontinence, muscle loss, sexual dysfunction, body deconditioning, fatigue and the psychological impact.

The course will then explore the role of rehabilitation at all stages of the cancer pathway and examine the evidence-based approaches to care. There will be an emphasis throughout on the importance of exercise and physical activity with a firm focus on comprehensive assessment and a holistic approach.

Case Studies will be used to explore how Pilates teachers can help in a man's preparation for, and rehabilitation after, treatment - particularly, with regard to how Pilates can help with the short-term side effects and the longer lasting consequences of treatments. They will look at the early adoption of lifestyle changes and how this can help many clients stay healthy both physically and emotionally.

The focus is supporting Pilates Teachers to create a safe, effective matwork programme for group classes or 1:1 teaching in a supportive environment. Some of the exercises will include the use of accessories and small equipment.

Importantly, this course will offer opportunities for discussion and peer learning to help you to work productively with this client group and to manage your own emotional health.

DURATION
1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A30 (List A 30 points)

ASSESSMENT
No

Pilates for the Menopause

MENOPAUSE

ONLINE
(ZOOM)

This two-day online course will start with an overview of the physiological background to the menopause, giving you a clear grounding in the root cause of common symptoms and their treatment.

We will discuss the many symptoms associated with this time of change in a woman's life and the many ways it impacts their lives. Then we will look at treatments, explore recent treatment controversies, and discuss the current evidence-based options.

Day 2 is primarily a practical day where we will focus on how Pilates can help with the menopause. We will study the pelvic floor looking at anatomy, common problems, and helpful treatments. The rest of the session will be spent exploring exercises which may have the potential to not only help alleviate symptoms, but also have positive impact on strength, flexibility, balance and mental wellbeing.

DURATION
2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A60 (List A 60 points)

ASSESSMENT
No

Hypopressives for Pilates Teachers

ONLINE (ZOOM)

This two-day course has been developed by one of the UK's leading experts in this field.

Hypopressives are increasingly recognised as having immense potential to rehabilitate chronic, unspecified low back pain, posture imbalance, breathing and pelvic floor dysfunction, and so much more. The combination of focused breathwork and active lengthening positions lend Hypopressives to many modalities, and the International Hypopressives Council (IHC) therefore actively encourages the combination of Hypopressives with other practices, such as Pilates!

Please note that after attending these two courses, there is an option to take an assessment that shows you have mastered the key foundational aspects. This will be a short online assessment that will be part practical and part theory. It will require you to film a 30-minute video of you coaching a client and also to take a short multiple choice exam. Passing this will enable you to receive certification against the relevant IHC standard. More details will be given during the second course.

FOUNDATION DAY

ONLINE (ZOOM)

By the end of this one-day course participants will have:

A deep understanding of the core principles of the Hypopressive fundamental breath technique, including the unique apnoea breath. And also the role breath plays in the activation of the pelvic floor.

An overview of the connections between the fascia and muscle chains that create a holistic engagement of the whole system and a passive activation of the pelvic organs and pelvic floor.

A knowledge of the fundamental poses (these will need ongoing personal practice) and how posture effects the pelvic floor.

An understanding of the connection between the feet, jaw, palms, eyes, and pelvic floor.

An insight on how to sequence poses for the best possible results for yourself and your clients.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

See below.

MOBILISE YOUR FASCIA (DAY 2)

On this second day of the course we will:

- Recap the fundamentals from the Foundation Day
- Dive into how the nervous system affects our pelvic floor – developing a great breath practice with visualisations to hack into the central nervous system.
- Investigate mobilising the fascia and nerves in the poses through spirals, rocking and active stretching with focused attention to breath.
- Create greater activation in our posterior deep fascia chains through cervical flexion and extension.
- Draw it altogether in a short dynamic flow to tempt you to experiment more.

ENTRY REQUIREMENTS

You must have attended the Foundation Day first

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

There is an optional short online assessment that is part practical and part theory. It requires you to film a 30-minute video of you coaching a client and also to take a short multiple choice exam. Passing this will enable you to receive certification against the relevant IHC standard. This will be discussed on Day 2.

Mental Wellbeing and how Pilates can help

ONLINE
(ZOOM)

Research has shown that even light physical activity can improve self-esteem, lower stress and anxiety levels, and reduce the likelihood of developing mental health problems in the future. The National Institute for Health and Care Excellence (NICE) also emphasises that "tailored exercise and physical activity programmes" can positively impact mental wellbeing, particularly among older adults.

CONTENT

This one-day course explores mental health and mental illness, including treatment approaches for commonly diagnosed conditions.

We will examine how Pilates can be used as a supportive tool to enhance mental wellbeing. The course begins by exploring the background and overarching concepts of mental illness, before focusing on the presentation and management of depression, anxiety, and stress-related conditions.

In addition, we will explore trauma through the lens of Polyvagal Theory and discuss how to apply a trauma-informed approach to Pilates teaching.

We will also consider the role, responsibilities, and professional boundaries of the teacher, alongside the importance of self-care to help you, as a Pilates teacher, maintain optimal mental health.

On a practical level, we will work through breathing techniques designed to calm the nervous system and spend time exploring how to teach simple Pilates exercises in a mindful and supportive way.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

A short worksheet assessment document is sent out after the course. Teachers who take and pass this assessment will have their details included in a Body Control Pilates Mental Wellbeing Specialist Teacher listing. See Section B.

NOTE: A SMALL ASSESSMENT COST IS PAYABLE

Understanding Medical Conditions

Our 'Understanding…. ' programme comprises a series of one-day courses aimed at giving a detailed insight into specific medical conditions with a particular viewpoint as to how Pilates can help in managing a condition and supporting quality of life from both a physical and mental viewpoint.

Understanding Cancer

ONLINE
(ZOOM)

DISPELLING THE MYTHS AND DISCUSSING THE FACTS

Cancer is a top priority for the NHS with recent statistics indicating that 1 in 2 people will develop some form of cancer during their lifetime. There are 2 million people living with and beyond cancer (LWBC) in the UK and, with survival rates increasing and a population that is ageing, addressing the needs of that population is an ongoing challenge.

Rehabilitation and physical activity interventions are hugely important to help people LWBC maximise quality of life and function. The aim of this course is to provide teachers with an overview of cancer and how it is treated. We will look at a wide range of common cancers and will use Case Studies to give participants a better understanding of the contribution that Pilates can offer as part of the recovery and rehabilitation process.

In so doing, we will explore the wider role that physical activity can play and consider associated evidence underlining the benefits. We will also review exactly what cancer is; consider risk factors and treatment approaches and to try to understand the spectrum of consequences related to particular treatments, whilst dispelling myths and misunderstandings about key issues such as fatigue and pain. This course is strongly recommended for any teachers who has concerns about working with a client who has, or who has had a history of, cancer and is anxious about how to look after them and exercise in a safe way.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No

Understanding Medical Conditions

ONLINE
(ZOOM)

BODY CONTROL PILATES®
Understanding Medical Conditions

This course will review many common conditions that occur amongst our current client population and give both advice and exercise considerations. Conditions covered include Hypertension, Hypercholesterolaemia, Chronic Obstructive Pulmonary Disease (COPD), Asthma, Obesity, Diabetes, Osteoarthritis, Rheumatoid Arthritis, Joint Replacement, Osteoporosis, Depression, Stress and Anxiety.

DURATION
1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A30 (List A 30 points)

ASSESSMENT
No

Understanding Neurological Conditions – and how Pilates can help

ONLINE
(ZOOM)

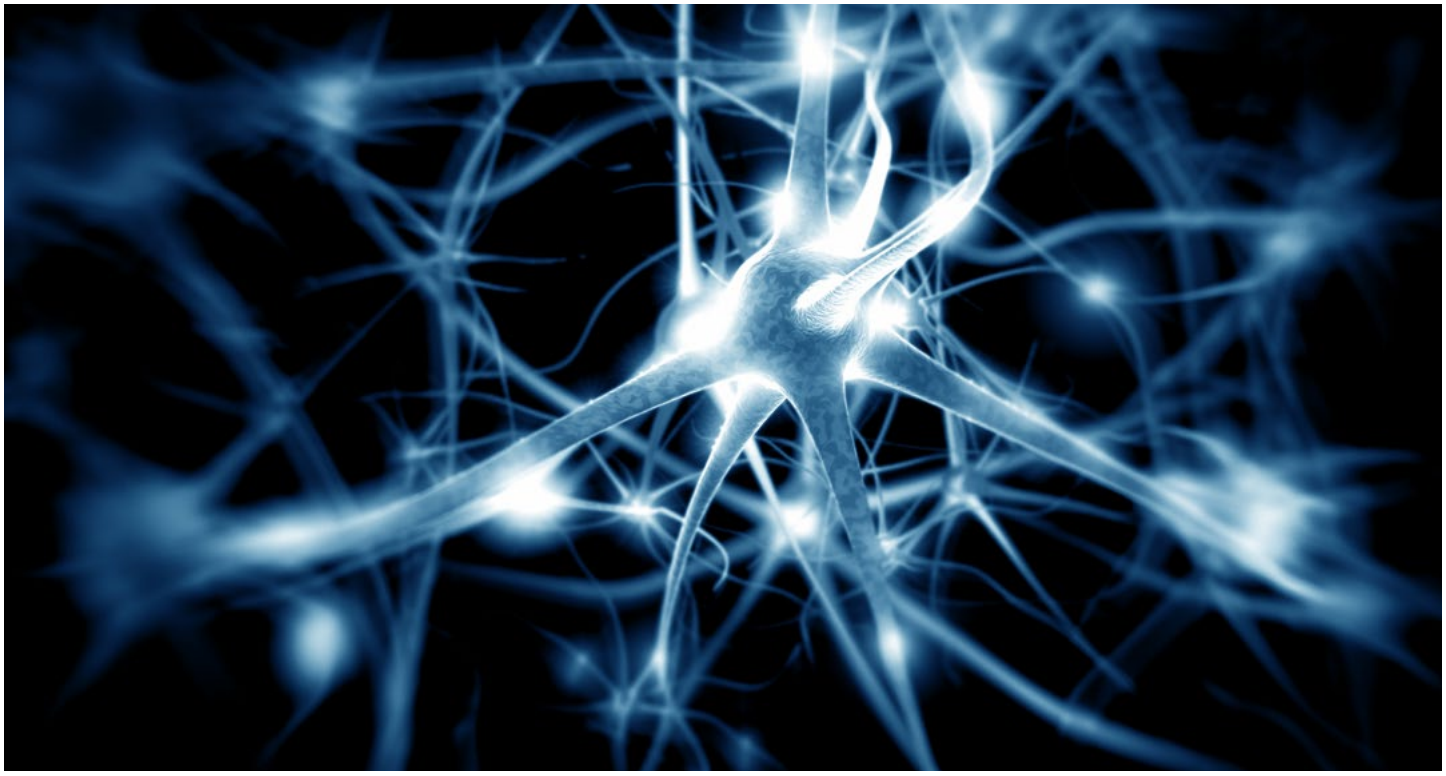
BODY CONTROL PILATES®
Understanding Medical Conditions

This one-day course explores the neurological system and how this affected, specifically by Parkinson's disease, Multiple Sclerosis, and strokes. As Pilates teachers we may work with clients who have been diagnosed with these disorders. The main goals of this course will be to help you develop your understanding of these conditions and for you to gain insight on how to adapt and modify your Pilates exercises when working with this client group.

DURATION
1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A30 (List A 30 points)

ASSESSMENT
No



Understanding Pain Syndromes and how Pilates can help

BODY CONTROL PILATES®
Understanding Medical Conditions

ONLINE (ZOOM)

This workshop created and delivered by Lorna Nicholson runs as part of our 'Understanding' series.

The treatment and management of chronic pain continues to provide a growing challenge for healthcare professionals today. A survey a few years ago by the British Pain Society estimated that over 40% of the UK population are living with pain lasting for three months or longer. Indeed, many of our clients come to Pilates classes as a way of helping to alleviate their discomfort and suffering.

We will explore:

- What is pain? Acute and chronic pain
- NICE (National Institute for Health and Care Excellence) guidelines
- Myths and beliefs about causes of pain
- Medical evidence
- Pain is in the brain – neural circuit pain
- Fight/flight/Freeze/Faint – a polyvagal perspective
- The impact of stress on our bodies
- Neurophysiology
- Neuroplasticity – how pain can be resolved

And then:

- What we can offer as Pilates teachers
- How we can challenge clients' beliefs around the cause of pain
- The benefits of movement
- Addressing movement avoidance by creating a safe environment
- The power of words – how they can help/hinder our clients' progress
- Breathing well

DURATION

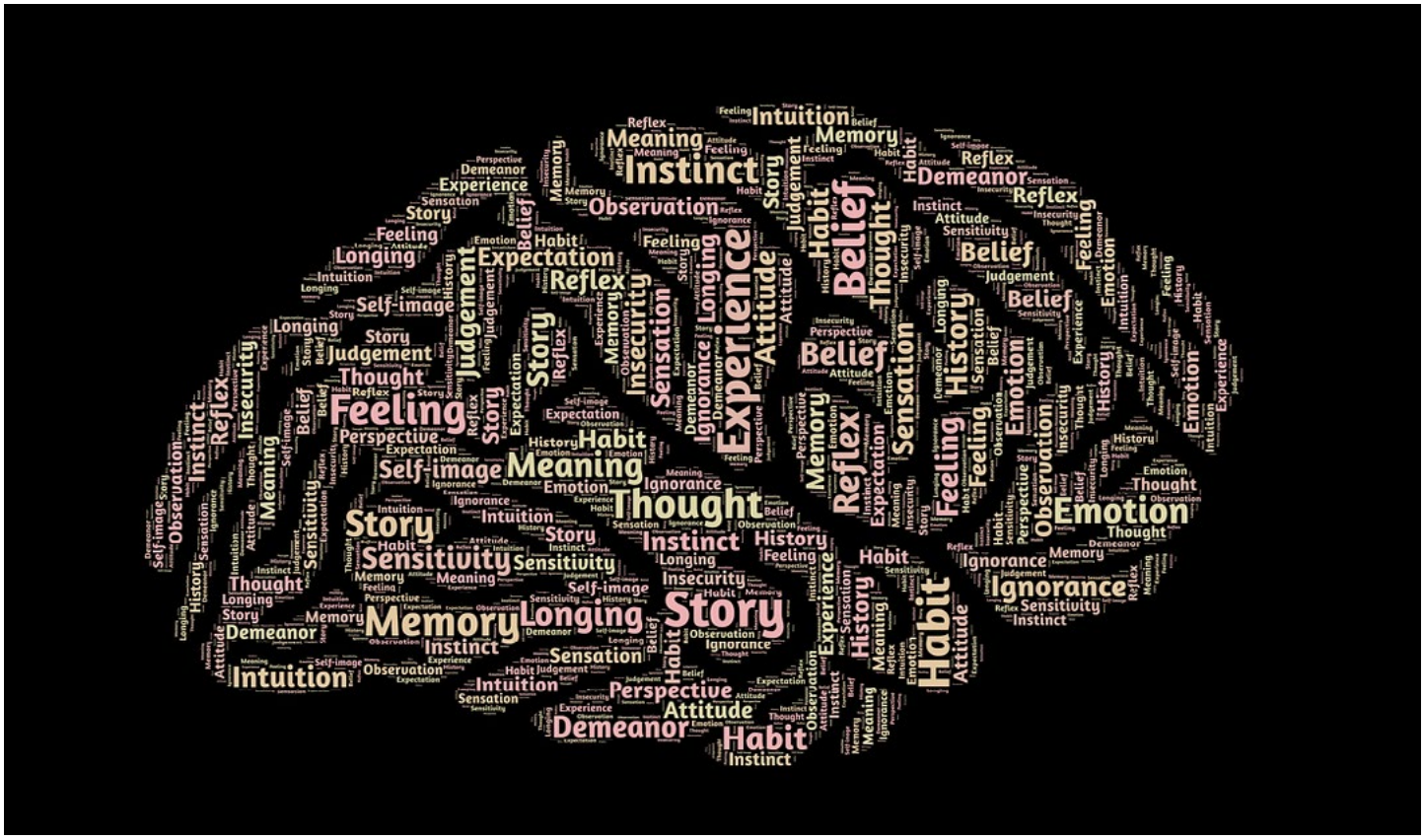
4.5 hours

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No



Musculoskeletal Disorders and how Pilates can help

ONLINE
(ZOOM)

BODY CONTROL PILATES®
Understanding Medical Conditions

Clients often seek advice from their Pilates teacher on what they should and shouldn't do with regard to a variety of musculoskeletal conditions. This course is here to help and gives a brief overview of the following conditions and considers how we might use and adapt some familiar exercises to help manage them:

Osteoarthritis; Osteoarthritis of the Hip; Total Hip Replacement (THR); Osteoarthritis of the Knee; Total Knee Replacement (TKR); Shoulder Problems; Osteoarthritis of the Shoulder; Frozen Shoulder; Supraspinatus Tendinitis; Subacromial Bursitis and Impingement Syndrome; Rotator Cuff Injury; Spinal Stenosis; Rheumatoid Arthritis; Ankylosing Spondylitis; Gout and Calcium Crystal diseases; Osteoporosis of the hip; Shoulder fracture; Sarcopenia.

DURATION
1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A30 (List A 30 points)

ASSESSMENT
No

Exercise Referral (Level 3 Diploma)

DISTANCE LEARNING USING ACTIVE IQ RESOURCES

This course is offered by Active IQ. We offer BCPA members access to this in terms of registration. For more details on the course please go to Active IQ Level 3 Diploma In Exercise Referral

If you have any questions, please contact Lynn Edmonstone in the Body Control Pilates office.

ENTRY REQUIREMENTS
Level 3 Pilates Matwork

Performance and Sport

Many of the clients in Joseph Pilates' New York Studio in the 1920's were athletes and performers. From participants of top-level sport to the those working in the performing arts, many found that regular sessions played an important role in enhancing their performance as well as helping them return to full performance after injury or illness. Almost one hundred years on, Pilates now enjoys an unprecedented popularity at all levels of sport and the performing arts – with athletes and performers as well as with the conditioning specialists, coaches and medical support teams who work with them.

Body Control Pilates is proud to have worked centrally with a wide range of teams and organisations at the highest level of sport and performing arts, including Chelsea FC, West Bromwich Albion FC, the English Football Association Medical Department, the PGA (Professional Golfers Association), the England cricket team, and with leading individuals from the worlds of golf, rugby, cricket and tennis. Many of our teachers work locally with sports teams and with individuals from amateur to world class level.

Through this work, we have amassed a depth of knowledge that has been incorporated into our Performance and Sport curriculum, including a number of practical 'programming courses' where we examine the needs of, and exercise considerations for, specific sports or activities.

Pilates for Performance

ONLINE (ZOOM)

This is a lecture-based day that explores the role that Pilates can play in performance enhancement and maintenance, including injury prevention and rehabilitation. Examples will be drawn from a wide spectrum of mainstream sports and performing arts genres. As well as the specificity of disciplines, considerations will also be discussed in relation to the performance level. From the enthusiastic amateur to the world class elite performer, this day has it covered! Pilates for Performance complements the client-centred approach introduced on the 'Movement' and 'Adaptation', honing the skills developed during these courses to support the ultimate goal for any performer – 'Optimal Performance'.

Pilates can be of particular benefit in reaching and maintaining this optimal performance level by facilitating the development of the physical and neuromuscular components of fitness in relation to each performance and to the environment in which it must be performed. So, the primary focus of this day is the maximisation of the individual's physical and technical performance potential.

Some time will, however, also be given to highlight the influence of the other variable factors that will influence performance, such as nutrition and psychology.

DURATION
1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A30 (List A 30 points)

ASSESSMENT
No

Pilates for Runners

ONLINE (ZOOM)

Running is a natural end product of our body's evolution. Runners come in every shape and size and they run for a host of different reasons - whether as a social or leisure activity; within a sport; as training or preparation for a sport; or performance running for shorter or longer distances. This course is aimed at any Pilates teacher wanting to refine the way they work with clients who run for whatever reason. The material covered will help ensure that the approach and exercises that you employ with 'runner clients' complement and support the clients' objectives rather than work against them. The focus of the course content follows on directly from the Performance course (a prerequisite for attendance) and looks at how we can best modify the work we do to help with the three areas where performance-centred clients may want input – rejuvenation, maintenance and performance enhancement. During the course, we will examine how running techniques and related demands vary by sport, as well as looking at appropriate exercises for a range of clients in this category.

DURATION
1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A30 (List A 30 points)

ASSESSMENT
No

Pilates for Dancers

ONLINE
(ZOOM)

The benefits that Pilates can offer to dancers at all levels have been known for generations by dancers and choreographers – from legendary names such as Martha Graham and George Balanchine through to more modern icons such as Wayne Sleep and Darcey Bussell. Almost all of the major dance companies around the world now incorporate Pilates sessions as a mandatory part of their regular conditioning programme. Indeed, some of Joseph Pilates' earliest clients at his studio were dancers from the New York City Ballet.

Pilates helps to provide the core strength and stability that is needed for the wide range of movements and actions that dancers must perform, yet that strength is also coupled with flexibility and with the development of a long, lean physique that is sought by dancers. It has a role to play whatever age and stage a dancer is in as the demands of the body are constantly changing – a dancer may need more strength or flexibility; might be stuck in a pattern that may become harmful; may just need to find their centre again mentally and physically; or may have an injury where Pilates is the main way for rehabilitating back to top physical condition.

The Pilates for Dancers course will have variations focussed on different categories of dance, such as classical ballet or contemporary dance.

ENTRY REQUIREMENTS

Pilates for Performance course attendance

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No

Pilates for Golfers

ONLINE
(ZOOM)

Body Control Pilates Golf

"The Body Control Pilates for Golfers programme is really effective for improving performance and reducing the risk of injury. It helps to promote quality, range and control of movement and to enhance the golf swing."

Dr. Andrew Murray
(Sports and Exercise Medicine Doctor)

Golf England suggests that a staggering 4 million people are estimated to have played golf at some time in the UK and an equally impressive 1 million people play on average once a week. In fact, close to 1 million people are members of the 2,000 or so golf clubs around the country. Adding in those courses that are 'pay and play' this brings the total number of golf courses in the UK to nearer 3,000. While figures may vary, there is no dispute that golf at all levels is now a huge industry in the UK and Europe. Most importantly, it is an industry that appears to be 'recession proof' with the amateur golfer continually chasing the holy grail of improving their handicap. With this in mind, amateur golfers have a passion for the game that is only matched by their enthusiasm to embrace anything that may potentially help their game. Whilst we cannot stray into the remit of professional golf coaches who work on technique, swing and more, we can help to improve the physical performance and condition of golfers and reduce their risk of injury.

Pilates is now part of the training and conditioning regime of almost every top golfer and, most importantly, part of their rehabilitation process after injury. Yet it also has a role to play in helping the everyday golfer to maximise their performance. This one-day course is endorsed by golf professionals and by leading medical practitioners who work with elite golfers. It is designed to give participants a greater understanding of the movement necessary for a good golf swing. It will explore common movement faults and the types of injuries that these can typically cause in golfers. This course is very practical as we look at how Pilates exercises – with many creative adaptations – can address these issues and help golfers perform to the peak of their potential. The last part of the day will look at how you can best make contact with your local golf clubs and golfing community and then recommend how you can organise and structure one-off clinics, regular classes or 1:1 sessions. We will also look at how you need to adapt your teaching techniques when working with this client base.

DURATION
1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS
A30 (List A 30 points)

ASSESSMENT
No

The Body Control Pilates Studio Equipment Programme

ALL EQUIPMENT COURSES RUN FACE TO FACE

We strongly believe that, in order to become an excellent Pilates teacher and to be able to fully meet the needs of a varied client base, a teacher should initially gain a thorough understanding of, and teaching competence in, Pilates matwork. Once a teacher has gained that valuable 'real world' experience, they are in a much better position to understand and get the most from their future training. We have gained a worldwide reputation for the effectiveness of our method and, by structuring our programme in this way, Body Control Pilates has been able to bring Pilates to a far wider audience and the greater accessibility of our matwork approach has meant that millions of people have been able to enjoy the benefits of exercising 'the Body Control Pilates way'.

This is why we separate matwork and studio equipment training and ask that a student has their matwork qualification before embarking on our equipment training. Quite simply, a student will get much more from their studio equipment courses this way.

As demand for Pilates continues to grow, ever more people are seeking out the benefits of exercising with Pilates studio equipment. We offer training courses that meet these market demands with a fully comprehensive Studio Equipment education programme that remains true to the methodology that underpins our matwork teacher training.

Working with studio equipment allows for a far greater degree of progression and adaptability than matwork alone. Qualified teachers have the skills and knowledge to offer a more complete and varied exercise programme, thereby widening their appeal and increasing their competitive advantage.

Our equipment programme is structured as a modular-based learning system as we believe it is important to divide the training into specific equipment types so that teachers can build their education around their particular areas of focus and to a timescale and financial budget that suits them. This also allows them to gain valuable teaching experience so that they can better understand the full scope that studio equipment offers.

All of our studio equipment courses encompass the following elements:

EQUIPMENT SET-UP AND SAFETY

Set-up and safety are of paramount importance with all studio equipment. Clear, concise guidelines regarding accurate client and equipment set-up along with all relevant safety precautions are therefore given on each course.

EXERCISES AND VARIATIONS

The exercises on each course have been carefully selected to enable teachers to accommodate all client levels. Although each course has an optimal level associated to it, the exercises covered on the Beginners & Intermediate courses still provide adequate challenge and relevance for even the most advanced clients. The exercise repertoire draws its inspiration from Joseph Pilates' original material, building upon his key principles. Each course offers a comprehensive selection of exercises with classical Pilates exercises taught alongside innovative new ones specially designed by Body Control Pilates. The exercises covered over the entire programme provide a complete spectrum of desired objectives, from preparatory movements to highly advanced and athletic combinations.

TEACHING SKILLS

Time on each course is spent enhancing the teacher's observation and analysis skills, and learning how to best use these skills to facilitate positive change in clients' movements. Focus is given to a variety of verbalisation and tactile techniques in order to give teachers the broad range of communication and delivery skills needed for effective and efficient teaching.

PHYSIOLOGICAL KNOWLEDGE

Precision of movement remains at the heart of Body Control Pilates education approach. Movement patterns are therefore explored in detail and clearly defined. Teachers are encouraged to draw from their existing practical experience and understanding of movement, and to build on this knowledge in order to expand their depth of understanding of the material covered in each course.

SESSION PLANNING

With thoughtful planning, the total value of a Pilates session should always be greater than the sum of its component parts. Attention is given on each course to understanding appropriate selection and order of exercises as these are both important factors a teacher needs to consider when planning a client's session.

Reformer 1 (Beginner and Intermediate)

FACE TO FACE

Whether the objectives are general conditioning, rehabilitation or The Reformer is the most popular piece of studio equipment and is usually the first item that teachers choose to train in and purchase. It is not only able to meet the evolving needs of existing clients but can also be instrumental in attracting a new client base.

Whether the objectives are general conditioning, rehabilitation or elite physical performance, the Reformer fits the bill as it enables clients to build strength, increase mobility and so much more. The resistance and framework that it offers gives clients the support and feedback needed to make progressive steps from basic matwork to advanced matwork and beyond. Mind-Body integrity, spinal articulation, precise alignment, muscular endurance and control are just some of the benefits attributed to working with the Reformer.

This course develops the skills needed to work with the Reformer effectively and safely and forms the foundation for all studio equipment training courses in the Body Control Pilates Academy Programme. Attendance on this course is therefore a prerequisite for all other Body Control Pilates Studio Equipment Courses.

COURSE OVERVIEW

TUITION DAYS

The course is run over six days, usually over alternate weekends but we do offer 'intensive' courses several times a year for teachers who may be travelling a long distance. Modules comprise both theory and practical work. Over 75 exercises and variations are covered, delivered with the detail and clarity needed to work with the specific needs of individual clients. The teaching skills developed provide the adeptness and flow needed to teach multiple clients in a dynamic studio environment as well as clients on a one-to-one basis. The course notes include exercise photographs.

SUPERVISED TEACHING

After your tuition days we offer a mix of online and face to face workshops to help you progress as you work towards your assessment, if you want to take this (please note that for insurance purposes you must have passed your Reformer examination if you want to teach paid clients). You will receive information on this on the last tuition day and regular updates thereafter.

There is limited access to supervised teaching in a studio setting as this can only take place in larger studios with several clients – 1:1 sessions are not suitable for supervised teaching as it may intrude on the client's session. We will give you details of supervising teachers.

We cannot emphasise strongly enough the value of self-practice if you have your own Reformer or have good access to one. You are welcome to contact our team with a view to coming in and using one of the Reformers at the Body Control Pilates Centre when there is studio availability. This must be pre-booked.

We leave it to you to decide when you feel ready to apply for your Reformer examination. Please note that there is typically a leadtime of up to two months for dates.

After completing the six tuition days, you will then have access to videos of all the exercises covered on the course.

ENTRY REQUIREMENTS

Body Control Pilates Matwork Certification or recognised equivalent.

DURATION

6 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A120 (List A 120 points)

ASSESSMENT

Yes. You are not qualified (and therefore not insured) to teach clients on the Reformer until you have gained your certification. Please see Section B.

PLEASE NOTE THAT THE FINAL EXAMINATION COST IS NOT INCLUDED IN THE COURSE FEES AND MUST BE PAID IN FULL WHEN IT IS BOOKED. THE CURRENT COST IS £190 (NO ACADEMY DISCOUNT).

Reformer Evolution

FACE TO FACE

This one-day course is designed to act as a 'bridge' between Reformer 1 (Beginners & Intermediate) and Reformer 2 (Advanced). We will expand on the repertoire covered in Reformer 1 by exploring a range of exercise variations that will challenge the body in a number of different ways. A very practical, highly interactive day awaits with content that you can immediately add in to your own teaching and practice! You will be given a list of exercises covered on the day and you will then have access to videos of these.

ENTRY REQUIREMENTS

You should hold the Body Control Pilates Reformer certification to attend this course.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No

Reformer 2 (Advanced)

FACE TO FACE

This course builds on the skills and exercise repertoire learned on the Body Control Pilates Reformer 1 course. It covers advanced-level exercises, along with the enhanced teaching and delivery techniques needed to teach the material effectively and appropriately. This course is geared to helping teachers fulfil the needs of their more advanced clients by introducing new, challenging exercises.

The complete classical Reformer repertoire orders are also clarified and consolidated with the introduction of transitions giving teachers the skill set needed to present effective group Reformer classes, as well as enhancing the effectiveness of their one-to-one sessions. The course notes include exercise photographs.

ENTRY REQUIREMENTS

Body Control Pilates Reformer 1 Certification.

DURATION

4 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A100 (List A 100 points)

ASSESSMENT

No. There is no formal examination for this course. However, a detailed knowledge of the material covered in this course does form a key part of 'The Studio Master Teacher Certification' examination.

Reformer Bridging Course

FACE TO FACE

If you have already trained in studio equipment with another training provider but would like to learn more about the Body Control Pilates approach, then this course is designed specifically for you!

Body Control Pilates offers ten different courses across the range of Pilates studio equipment, at levels from beginners to advanced. Each is specific to a piece of equipment: Reformer, Cadillac, Chair, Barrel. Our equipment training programme can therefore be varied to meet your needs, but the gateway to every course that we offer is our 'Reformer 1' course. This provides the foundation on which all other courses build and it is a mandatory starting point for all equipment training.

We recognise, however, that if you are already a Pilates teacher with a Reformer certification from another training provider, you may not want to take our full six-day 'Reformer 1' course in order to then join our other Body Control Pilates equipment courses.

This is why we have created our two-day Reformer Bridging Course. While focusing on the 'Reformer 1: Beginners & Intermediate' repertoire this course will help you develop the fundamental skills and knowledge we apply across the board in all our studio equipment training courses.

COURSE CONTENT

This two-day course focuses on the key content of our full Reformer course, with particular attention to the principles and knowledge that set our equipment training apart from other Pilates training organisations. These include understanding spring resistance and load; equipment set-up; lesson planning; client adaptation and progression; communication and teaching skills.

The course is a highly practical introduction to the Body Control Pilates approach to using studio equipment and it covers a wide range of exercises drawn from the 70 exercises that make up the Reformer 1 course. Whilst not all of the Reformer 1 exercises are covered in this Bridging Course, knowledge of the full range of exercises will be required for the examination. It is therefore expected that you will work through ALL the exercises as you prepare to take the exam – we offer separate Reformer Review workshops to help you in this process (additional charge applies). You will receive the full 'Reformer 1' course notes (with exercise photographs) when attending this course

ENTRY REQUIREMENTS

This course is open to any Pilates teacher holding a Reformer Certification from a recognised training provider. Please note that a Certificate of Attendance is not acceptable for entry to this course. When submitting your Enrolment Form for this course, we ask you to provide a copy of your certification.

DURATION

2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT

As you will already hold a Reformer teaching qualification, you do not need to take the Body Control Pilates assessment if you are not planning to work towards our Comprehensive Studio qualification.

However, if you do intend to gain your Comprehensive Studio certification with Body Control Pilates, you will need to take our Reformer assessment as this is part of that qualification. You can find more details on the Reformer assessment in Section B and you will also be given information at the end of your Bridging Course.

Please note that gaining the Reformer or Comprehensive Studio certification does not provide access to membership of the Body Control Pilates Association.

Group Reformer Teaching Skills and Certification Course

FACE TO FACE

This highly-interactive and practical course is focussed on giving you the skills and confidence to teach safe and effective Reformer Group Classes with four or more participants. It is the first of its kind in offering certification for the delivery of Group Reformer classes that are fully based on the principles of the Pilates Method, as opposed to the 'Fitness Pilates' classes that are widely available.

Designed to build on your existing skills as a Reformer teacher and to develop your confidence teaching a group of between 5 to 10 clients in a Reformer Class, it will:

- explore ways of employing creative verbal cueing to assist your clients in working safely and efficiently.
- discuss and explore how to build clients confidence in movement with the help of the Reformer
- look at sequencing and transitions between exercises with different levels being taken into account. All exercises are drawn from the Reformer 1 course.

The ultimate aim is to enhance your skills as a Reformer Teacher ensuring that you feel confident to teach a fun and dynamic group Reformer class whilst still working to the all-important Body Control Pilates principles – and making sure everyone stays safe on the Reformer!

The course fees include a separate teaching assessment, taken on another date (see 'Assessment').

The resulting **Body Control Pilates Group Reformer Teaching Certificate** will meet the requirements of the 'Pilates Method Group Reformer' Scope of Practice being drawn up by the Society for the Pilates Method (SPM).

ENTRY REQUIREMENTS

Body Control Pilates Reformer certification

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (30 List A Points)

ASSESSMENT

Yes. The assessment is taken separately and requires you to teach part of a Beginner/Intermediate Group Reformer class with four or more participants, demonstrating the skills outlined above.

Cadillac 1 (Beginner)

FACE TO FACE

The Cadillac (Trapeze Table) is an extremely versatile piece of studio equipment, offering an extensive repertoire of exercises and the capability to suit the individual needs of any client. This versatility makes the Cadillac an invaluable addition to any Pilates studio. Much of the Cadillac repertoire can also be performed with a Tower (half-Cadillac) fitted to a Reformer, with the addition of a drop-in mat. This means that many of the benefits of exercising on the Cadillac can also be enjoyed with a smaller, more compact studio or in-home set-up.

COURSE CONTENT

This course focuses on perfecting the performance of a selection of basic, but highly usable, Cadillac exercises, along with the skills required to teach them effectively to clients. The physical and technical skills acquired equip teachers with a substantial base on which to progress to the Cadillac 2 Course.

The tuition days cover an introduction to over 30 exercises and variations, exercises having been carefully selected to suit to all levels of clients. All of the Cadillac repertoire covered on this course can also be performed on a Reformer with half Tower. The course notes include exercise photographs.

ENTRY REQUIREMENTS

Body Control Pilates Reformer 1 or Reformer Bridging course attendance (certification not required).

DURATION

2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT

No. Body Control Pilates teachers may only instruct clients on the Cadillac if they have the Reformer certification. Whilst there is no formal examination for this course, a detailed knowledge of the material covered in this course does form a key part of 'The Comprehensive Studio Teacher Certification' examination – see Section B.

Cadillac 2 (Intermediate)

FACE TO FACE

This course builds on the Cadillac 1 course and introduces teachers to exercises that really start to explore the full potential of the Cadillac, offering greater technical challenge and being designed to increase the physical demands on the client. Exercises covered in this course can be carried out on the Reformer/Tower combination or, in some cases, using the canopy of the traditional Cadillac. The course notes include exercise photographs.

ENTRY REQUIREMENTS

Body Control Pilates Cadillac 1 attendance

DURATION

2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT

No. Whilst there is no formal examination for this course, a detailed knowledge of the material covered in this course does form a key part of 'The Comprehensive Studio Teacher Certification' examination – see Section B.

Cadillac 3 (Advanced)

FACE TO FACE

This completes the series of Body Control Pilates Cadillac courses, offering an advanced exercise repertoire that exploits the full potential of the Cadillac and all of its features. The exercises and various techniques covered are suited mainly to experienced and athletic clients, giving teachers the opportunity to offer continuous progression options to such clients. Exercises require use of the full Cadillac canopy. More than 20 exercises are covered. The course notes include exercise photographs.

ENTRY REQUIREMENTS

Body Control Pilates Cadillac 2 attendance

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No. Whilst there is no formal examination for this course, a detailed knowledge of the material covered in this course does form a key part of 'The Studio Master Teacher Certification' examination – see Section B.

Chair 1 (Beginner to Intermediate)

FACE TO FACE

The Wunda Chair is a versatile and space-efficient piece of equipment that benefits any Pilates Studio. As with most pieces of studio equipment, the Chair offers support, feedback and challenge with adjustable-spring resistance. What makes it unique is its small footprint, which of course makes it incredibly space-efficient - always an important consideration when setting up a studio space or when working at home. More importantly, the Chair's small size significantly narrows the base of support for many the exercises performed on or around it, which considerably increases the physical and technical challenge of the exercises performed.

All clients, irrespective of their experience, can be challenged on many levels by utilising their core strength and body awareness. Basic functional exercises focus on posture, stability and alignment, while more experienced Pilates bodies can also benefit from a range of demanding exercises challenging balance, strength and coordination. All work on the Chair requires total mind-body focus, patience and concentration, all of which are vital to get the most out of this simple but highly effective piece of equipment. The course notes include exercise photographs.

ENTRY REQUIREMENTS

Body Control Pilates Reformer 1 attendance. If you would like to attend this course without having taken a Reformer course, please contact us.

DURATION

2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT

No. Whilst there is no formal examination for this course, a detailed knowledge of the material covered in this course does form a key part of 'The Comprehensive Studio Teacher Certification' examination – see Section B.

Chair 2 (Advanced)

FACE TO FACE

The material covered on this course enables teachers to meet the needs of their more advanced and athletic clients, with the introduction of new and demanding exercises to challenge balance, strength and coordination. This course also introduces split-pedal, handle and high chair exercises and variations that add even more diversity to the teaching repertoire. The course notes include exercise photographs.

ENTRY REQUIREMENTS

Body Control Pilates Chair 1 attendance.

DURATION

2 Days

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A60 (List A 60 points)

ASSESSMENT

No. Whilst there is no formal examination for this course, a detailed knowledge of the material covered in this course does form a key part of 'The Studio Master Teacher Certification' examination – see Section B.

The Ladder Barrel

FACE TO FACE

The Ladder Barrel is a practical and highly creative piece of equipment which adds another dimension to Pilates studio work. It can be used to enhance functional strength by challenging the body on all planes as well as being used to encourage release of tension with supportive stretches that are ideal for elongating the spine. Matwork exercises can be modified or indeed advanced, increasing ranges of movement and challenging control and balance with a reduced base of support. This one-day course introduces teachers to a selection of exercises that can be integrated effectively into a Pilates session.

ENTRY REQUIREMENTS

Body Control Pilates Reformer 1 attendance.

DURATION

1 Day

CONTINUED PROFESSIONAL DEVELOPMENT POINTS

A30 (List A 30 points)

ASSESSMENT

No. Whilst there is no formal examination for this course, a detailed knowledge of the material covered in this course does form a key part of both the 'Comprehensive Studio Teacher Certification' and 'Studio Master Teacher Certification' examinations – see Section B.

Part B: Qualifications available to Body Control Pilates Teachers

More details of each of these qualifications will be given on the relevant course. Alternatively, please feel free to contact the Body Control Pilates office – we will be happy to answer any questions.

Reformer

FORMAT:

Face to face practical exam, teaching a 60-minute session to a Beginner body and a 60-minute session to an Intermediate body

REQUIREMENT:

Reformer 1 or Reformer Bridging attendance. See chart below.

COST:

£190

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A30 (List A 30 points)

Comprehensive Studio Teacher

Candidates must take a two-hour examination encompassing all the practical and teaching skills learned from these courses. The Comprehensive Studio Certification represents a formal demonstration of a teacher's ability to teach basic- and intermediate-level exercises utilising all the key pieces of Pilates studio equipment.

FORMAT:

Face to face practical exam.

REQUIREMENT:

Recognised matwork certification (Body Control Pilates or equivalent) and attendance of Reformer 1 or Reformer Bridging; Cadillac 1; Cadillac 2; Chair 1; Ladder Barrel. See chart overleaf.

COST:

£150

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A30 (List A 30 points)

Studio Master Teacher

EXCLUSIVE TO BCPA MEMBERS

This is only open to those holding a Comprehensive Studio Teacher certification. Candidates must take a two-hour examination encompassing all the practical and teaching skills learned from these courses. The Studio Master Teacher Certification represents the summit of our education programme. It is the ultimate demonstration of a teacher's ability to teach advanced-level exercises utilising all the key pieces of Pilates studio equipment.

FORMAT:

Face to face practical exam.

REQUIREMENT:

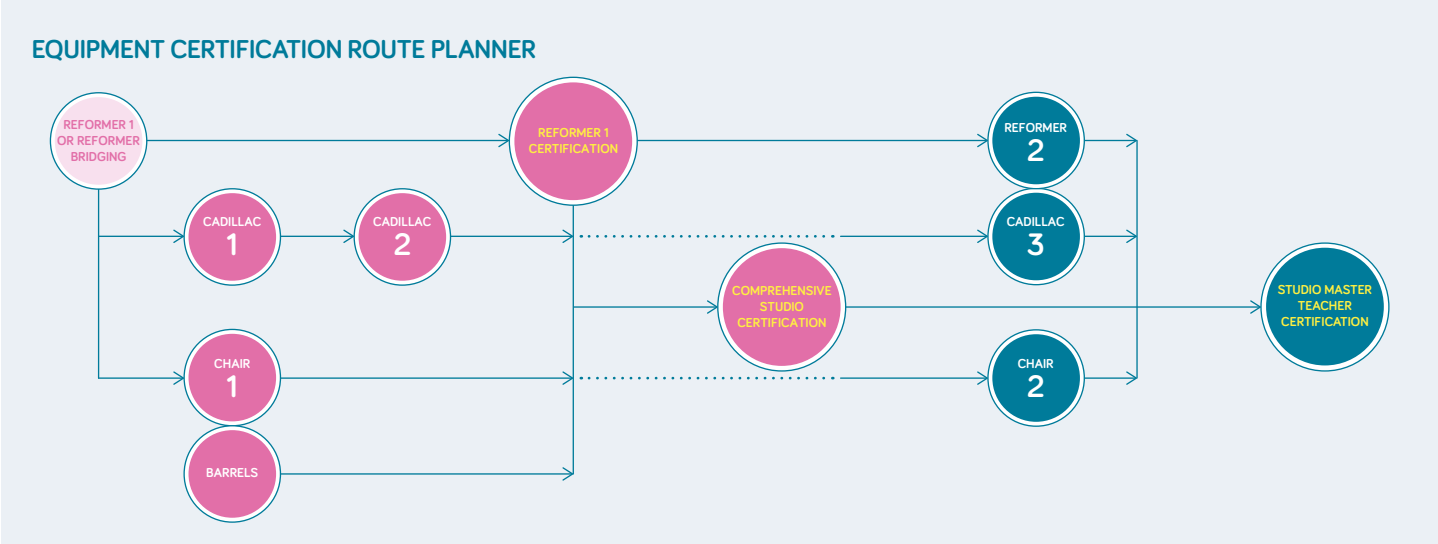
Body Control Pilates Matwork certification, Comprehensive Studio Certification and attendance of Reformer 2 and Cadillac 3. See chart overleaf.

COST:

£150

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A30 (List A 30 points)



Matwork Master Teacher

Candidates must take a 90-minute examination encompassing all the practical and teaching skills learned from these courses. The Matwork Master Teacher Certification represents a formal demonstration of a teacher's ability to utilise the full scope of Pilates Matwork for both themselves and their clients. There are two elements:

- Movement technique and demonstration: candidates must perform a demonstration of the full 'Classical Mat' with transitions as taught on the Advanced Matwork course, adapting the exercises only where necessary to accommodate any physical limitations.
- Teaching Skills: candidates must take a client through various stages of progression for an exercise from its origins in the 'basic matwork' through to its fruition in the 'Classical Mat' repertoire.

FORMAT:

Face to face practical exam.

REQUIREMENT:

Body Control Pilates Matwork certification. Intermediate Matwork and Advanced Matwork attendance.

COST:

£100

CONTINUED PROFESSIONAL DEVELOPMENT POINTS::

A20 (List A 20 points)

Back4Good® Practitioner

FORMAT:

Worksheet exam.

REQUIREMENT:

Low Back Pain course attendance.

COST:

Covered in course fees. Re-mark fee £40

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A30 (List A 30 points)

Hypermobility Specialist Teacher

FORMAT:

Worksheet exam.

REQUIREMENT:

Hypermobility Foundation Day and Programmes Day attendance.

COST:

£40

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A10 (List A 10 points)

Mental Wellbeing Specialist Teacher

FORMAT:

Worksheet exam.

REQUIREMENT:

Mental Wellbeing course attendance.

COST:

£40

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A10 (List A 10 points)

Hypopressives Specialist Teacher

FORMAT:

Part practical (30 minute client coaching assessment – video submission), part theory multiple choice exam.

REQUIREMENT:

Hypopressives for Pilates Teachers course attendance (both days).

COST:

£135

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A10 (List A 10 points)

External Regulated Qualifications
(Level 2 - Level 4: Active IQ)

SUPPORTING NATIONAL STANDARDS AND QUALIFICATIONS

Whilst Body Control Pilates has its own 'in-house' qualifications (in areas such as studio equipment, for example), where a relevant external qualification is available, our policy is to offer courses that meet the requirements of these qualifications and to then encourage our members to take the necessary assessments. These external qualifications include:

- Level 4 Pilates
- Level 4 Low Back Pain Specialist Practitioner
- Level 3 Pilates Matwork
- Level 3 Exercise Referral
- Level 3 Pregnancy (pre- and postnatal)
- Level 3 Pilates for Bone Health
- Level 3 Pilates for the Older Adult
- Level 2 Pilates for Children and Adolescents

The Awarding Body for all of the above is Active IQ.

The 'Level' shown is related to the UK National Qualifications Framework.

Our matwork course is also accredited against the Society for the Pilates Method's Matwork Standard and our Master Studio qualification is accredited against the SPM Comprehensive Teacher qualification.

Level 3 Pilates for Pregnancy

FORMAT:

Case Study/Worksheet.

REQUIREMENT:

Pregnancy 1 and 2 attendance.
You must hold a Body Control Pilates matwork qualification or a Level 3 Pilates certification.

COST:

Registration Fee: £30 (we forward this on to Active IQ)
Assessment Fee: £50 (payable when you submit your Case Study)

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A30 (List A 30 points)

Level 3 Pilates for Bone Health

FORMAT:

Case Study/Worksheet.

REQUIREMENT:

Pilates for Bone Health attendance.
You must hold a Body Control Pilates matwork qualification or a Level 3 Pilates certification.

COST:

Registration Fee: £15 (we forward this on to Active IQ)
Assessment Fee: £50 (payable when you submit your Case Study)

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A30 (List A 30 points)

Level 3 Pilates for the Older Adult

FORMAT:

Case Study/Worksheet.

REQUIREMENT:

Pilates for the Older Person attendance.
You must hold a Body Control Pilates matwork qualification or a Level 3 Pilates certification.

COST:

Registration Fee: £30 (we forward this on to Active IQ)
Assessment Fee: £60 (payable when you submit your Case Study)

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A30 (List A 30 points)

Level 2 Pilates for Children

FORMAT:

Case Study/Worksheet/Teaching Assessment (video).

REQUIREMENT:

Pilates for Children Foundation Day and Programmes Days attendance.
You must hold a Body Control Pilates matwork qualification or a Level 3 Pilates certification.

COST:

Registration Fee: £30 (we forward this on to Active IQ)
Assessment Fee: £100 (payable when you submit your written work and the recording of your teaching)

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A30 (List A 30 points)

Level 4

LEVEL 4 PILATES

FORMAT:

Case Study/Worksheet.

REQUIREMENT:

Movement, Adaptations, Intermediate Matwork attendance.

COST:

Registration Fee: £100 (we forward this on to Active IQ)
Assessment Fee: £100 (payable when you submit your Case Study)

CONTINUED PROFESSIONAL DEVELOPMENT POINTS:

A40 (List A 40 points)

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'.** Alongside your Body Control Pilates certificate, you will receive an Active IQ Certificate as the Awarding Body for this course.

A Level 4 certificate represents the highest level of achievement within the health and fitness industry. It demonstrates that you have the advanced knowledge and skills to teach Pilates across a very broad spectrum of clients, including special population groups. 'Movement' and 'Adaptations', the two 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 Body Control Pilates matwork repertoire and to adapt these based on a dynamic assessment of client performance.

QUALIFICATION STRUCTURE

In order to gain the Level 4 Pilates certification, you must gain a minimum of 18 credits through course attendance and by passing the assessments related to the three mandatory courses and the special populations courses. This qualification only covers Pilates matwork and allows you to select from a range of courses, so that you can focus on your main areas of interest.

LEVEL 4 PILATES MANDATORY COURSES
TOTAL CREDITS: 11

	NUMBER OF CREDITS	ASSESSMENT
Movement	6	Workbook
Adaptations	3	Workbook
Intermediate Matwork	2	Workbook
		and Case Study covering all three courses

GROUP A: SPECIAL POPULATIONS
YOU MUST GAIN AT LEAST 7 CREDITS FROM THIS GROUP

	NUMBER OF CREDITS	ASSESSMENT
Pregnancy 1 and 2	5	Workbook
Pilates for the Older Person	6	Workbook
Pilates for Children – Foundation Day and Programmes	9	Workbook Session Plans Teaching Assessment
Pilates for Bone Health	3	Workbook

BODY CONTROL
PILATES®

The Body Control Pilates Academy
Body Control Pilates Centre
35 Little Russell Street
London, WC1A 2HH England

T +44 (0)20 7636 8900
E info@bodycontrolpilates.com

www.bodycontrolpilates.com

FOLLOW US ON

x.com/**bodycontrol**

facebook.com/**BodyControlPilates**

instagram.com/**BodyControlPilates**

youtube.com/BodyControlPilatesOfficial

© 2023 Body Control Pilates Education Limited
Body Control Pilates is a registered trade mark used under licence