

2012 TRAINING DATES

PILATES MATWORK DIPLOMA (INCL. LEVEL 3)



| <i>Continuation for Sept 2011 Mat 1</i> | | |
|---|--------------------------|--|
| Matwork 2 Modules | | |
| 13 – 15 January | Module 4 | Enhancing Teaching Skills, EFK Knowledge & Posture |
| 28 – 29 January | Module 5 | Exercise Analysis, Selection and Progression & PT Skills |
| Matwork 3 Modules | | |
| 11 – 12 February | Module 6 | Advanced Teaching Skills |
| 25 – 26 February | Module 7 | Preparation Day & Practical Assessment |
| Technical Lectures | | |
| 10 March | Healthy Back | |
| 11 March | Knee and Foot | |
| 17 March | Sacroiliac and Hip | |
| 18 March | Shoulder Girdle and Neck | |
| 31 March | Clinical Posture | |

| WINTER START 2012 | | |
|---------------------------|--------------------------|--|
| Matwork 1 Modules | | |
| 21 – 22 January | Module 1 | Introduction to the Moves |
| 17 – 19 February | Module 2a | Anatomy & Physiology |
| 3 – 4 March | Module 2b | Technique and Teaching / EFK Theory Exam |
| 24 – 25 March | Module 3 | Preparation Day & Practical Assessment |
| Matwork 2 Modules | | |
| 13 – 15 April | Module 4 | Enhancing Teaching Skills, EFK Knowledge & Posture |
| 21 - 22 April | Module 5 | Exercise Analysis, Selection and Progression & PT Skills |
| Matwork 3 Modules | | |
| 5 – 6 May | Module 6 | Advanced Teaching Skills |
| 26 – 27 May | Module 7 | Preparation Day & Practical Assessment |
| Technical Lectures | | |
| 2 June | Healthy Back | |
| 3 June | Knee and Foot | |
| 16 June | Sacroiliac and Hip | |
| 17 June | Shoulder Girdle and Neck | |
| 23 June | Clinical Posture | |

2012 TRAINING DATES

PILATES MATWORK DIPLOMA (INCL. LEVEL 3)



| SPRING START 2012 | | |
|---------------------------|--------------------------|--|
| Matwork 1 Modules | | |
| 31 March – 1 April | Module 1 | Introduction to the Moves |
| 27 – 29 April | Module 2a | Anatomy & Physiology |
| 12 – 13 May | Module 2b | Technique and Teaching / EFK Theory Exam |
| 2 – 3 June | Module 3 | Preparation Day & Practical Assessment |
| Matwork 2 Modules | | |
| 22 – 24 June | Module 4 | Enhancing Teaching Skills, EFK Knowledge & Posture |
| 14 – 15 July | Module 5 | Exercise Analysis, Selection and Progression & PT Skills |
| Matwork 3 Modules | | |
| 8 - 9 September | Module 6 | Advanced Teaching Skills |
| 22 – 23 September | Module 7 | Preparation Day & Practical Assessment |
| Technical Lectures | | |
| 6 October | Healthy Back | |
| 7 October | Knee and Foot | |
| 13 October | Sacroiliac and Hip | |
| 14 October | Shoulder Girdle and Neck | |
| 20 October | Clinical Posture | |

| SUMMER INTENSIVE 2012 | | |
|------------------------------|------------|--|
| Matwork 2 Modules | | |
| 9 – 13 July | Module 4/5 | Enhancing Teaching Skills, EFK Knowledge & Posture, Exercise Analysis, Selection and Progression & PT Skills |
| Matwork 3 Modules | | |
| 16 -19 July | Module 6/7 | Advanced Teaching Skills, Preparation Day & Practical Assessment |

| AUTUMN START 2012 | | |
|--------------------------|-----------|--|
| Matwork 1 Modules | | |
| 8 – 9 September | Module 1 | Introduction to the Moves |
| 28 – 30 September | Module 2a | Anatomy & Physiology |
| 13 – 14 October | Module 2b | Technique and Teaching / EFK Theory Exam |
| 27 – 28 October | Module 3 | Preparation Day & Practical Assessment |

Dates for Matwork 2, Matwork 3 and Technical Lectures for the autumn start will follow in 2013.