

COURSE DATES 2009-2010

PILATES MATWORK DIPLOMA (INC. LEVEL 3)

AUTUMN START 2009-2010

MATWORK 1 COURSE		
25 SEPTEMBER 09	Module 1: Introduction	An introduction to the Institute
26-27 SEPTEMBER 09	Module 1: EFK Training	Anatomy and Physiology Training
24-25 OCTOBER 09	Module 2a	EFK exam and Introduction to the Moves
07-08 NOVEMBER 09	Module 2b	Technique and Teaching
21-22 NOVEMBER 09	Module 3: Examination	Preparation Day and Practical Assessment
MATWORK 2 COURSE		
22-24 JANUARY	Module 4	Enhancing Teaching Skills, EFK Knowledge and Posture
30-31 JANUARY	Module 5	Exercise Analysis, Selection and Progression and PT Skills
MATWORK 3 COURSE		
13-14 FEBRUARY	Module 6	Advanced Teaching Skills
06-07 MARCH	Module 7	Preparation Day and Practical Assessment
TECHNICAL LECTURES		
13 MARCH	Healthy Back	
14 MARCH	Knee and Foot	
20 MARCH	Sacroiliac and Hip	
21 MARCH	Shoulder Girdle and Neck	
03 APRIL	Clinical Posture	

WINTER START 2010

MATWORK 1 COURSE		
22 JANUARY	Module 1: Introduction	An introduction to the Institute
23-24 JANUARY	Module 1: EFK Training	Anatomy and Physiology Training
20-21 FEBRUARY	Module 2a	EFK exam and Introduction to the Moves
27-28 FEBRUARY	Module 2b	Technique and Teaching
13-14 MARCH	Module 3: Examination	Preparation Day and Practical Assessment
MATWORK 2 COURSE		
09-11 APRIL	Module 4	Enhancing Teaching Skills, EFK Knowledge and Posture
17-18 APRIL	Module 5	Exercise Analysis, Selection and Progression and PT Skills
MATWORK 3 COURSE		
08-09 MAY	Module 6	Advanced Teaching Skills
05-06 JUNE	Module 7	Preparation Day and Practical Assessment
TECHNICAL LECTURES		
24 APRIL	Knee and Foot	
25 APRIL	Healthy Back	
12 JUNE	Shoulder Girdle and Neck	
13 JUNE	Sacroiliac and Hip	
19 JUNE	Clinical Posture	

COURSE DATES 2009-2010

PILATES MATWORK DIPLOMA (INC. LEVEL 3)

SPRING START 2010

MATWORK 1 COURSE		
05 MARCH	Module 1: Introduction	An introduction to the Institute
06-07 MARCH	Module 1: EFK Training	Anatomy and Physiology Training
27-28 MARCH	Module 2a	EFK exam and Introduction to the Moves
10-11 APRIL	Module 2b	Technique and Teaching
24-25 APRIL	Module 3: Examination	Preparation Day and Practical Assessment
MATWORK 2 COURSE		
14-16 MAY	Module 4	Enhancing Teaching Skills, EFK Knowledge and Posture
22-23 MAY	Module 5	Exercise Analysis, Selection and Progression and PT Skills
MATWORK 3 COURSE		
12-13 JUNE	Module 6	Advanced Teaching Skills
26-27 JUNE	Module 7	Preparation Day and Practical Assessment
TECHNICAL LECTURES		
18 SEPTEMBER	Healthy Back	
19 SEPTEMBER	Knee and Foot	
25 SEPTEMBER	Sacroiliac and Hip	
26 SEPTEMBER	Shoulder Girdle and Neck	
02 OCTOBER	Clinical Posture	

SUMMER START 2010

MATWORK 1 COURSE		
07 MAY	Module 1: Introduction	An introduction to the Institute
08-09 MAY	Module 1: EFK Training	Anatomy and Physiology Training
29 – 30 MAY	Module 2a	EFK exam and Introduction to the Moves
05-06 JUNE	Module 2b	Technique and Teaching
19-20 JUNE	Module 3: Examination	Preparation Day and Practical Assessment
MATWORK 2 COURSE		
10-12 SEPTEMBER	Module 4	Enhancing Teaching Skills, EFK Knowledge and Posture
18-19 SEPTEMBER	Module 5	Exercise Analysis, Selection and Progression and PT Skills
MATWORK 3 COURSE		
23-24 OCTOBER	Module 6	Advanced Teaching Skills
13-14 NOVEMBER	Module 7	Preparation Day and Practical Assessment
TECHNICAL LECTURES		
20 NOVEMBER	Knee and Foot	
21 NOVEMBER	Healthy Back	
27 NOVEMBER	Shoulder Girdle and Neck	
28 NOVEMBER	Sacroiliac and Hip	
04 DECEMBER	Clinical Posture	

COURSE DATES 2009-2010

PILATES MATWORK DIPLOMA (INC. LEVEL 3)

SUMMER INTENSIVE COURSES 2010

MATWORK 2 COURSE WEEK INTENSIVE		
19-23 JULY	Module 4 & 5	Enhancing Teaching Skills, EFK Knowledge and Posture
MATWORK 3 COURSE WEEK INTENSIVE		
26-29 JULY	Module 6 & 7	Advanced Teaching Skills, Preparation Day Practical Assessment

AUTUMN START 2010

MATWORK 1 COURSE		
24 SEPTEMBER	Module 1: Introduction	An introduction to the Institute
25-26 SEPTEMBER	Module 1: EFK Training	Anatomy and Physiology Training
23-24 OCTOBER	Module 2a	EFK exam and Introduction to the Moves
06-07 NOVEMBER	Module 2b	Technique and Teaching
20-21 NOVEMBER	Module 3: Examination	Preparation Day and Practical Assessment

Dates for the 2011 period will be made available mid 2010