Advanced Diploma in Pilates Matwork

Accredited at EQF Level 4
Successful completion of this advanced Pilates course will give you the highest level of qualification available in the area of mat-based Pilates in Ireland - guaranteed!

Following successful completion of this course, you will be able to:

- Instruct group classes from beginner through to advanced levels
- Work 1-2-1 with clients and prescribe personal training programmes specific to their needs
- Instruct special populations including pre and post natal and older adults
- Integrate and utilize small equipment to enhance you and your client’s technique and movement experience.
- Modify and adapt movements for clients who suffer from pain and injury and enhance their ability to rehabilitate.
- Establish GP referral and refer to other healthcare specialists

We have amalgamated the special populations and small equipment units into the Advanced Diploma course so that students receive the highest and most comprehensive level of training possible. The Advanced Diploma in Pilates Matwork is the highest level of qualification available in the areas of mat-based Pilates in Ireland.

This course provides the essential knowledge and skills you need to design and instruct effective and motivating group classes and personal training programmes for your clients, from beginners through to advanced levels, and is supported by a comprehensive DVD which each student receives and which is also available to view online.

It takes time, effort and personal practice to become a proficient and effective Pilates Instructor. This programme is designed to run over approximately 6 months to give students the time and support necessary to develop their knowledge and perfect their Pilates technique and movement quality. NTC are experts in providing education and training and have done so for over 30 years. We do not provide classes to the general public as our facilities are exclusively for student use and our primary focus is the learner.

NTC have been actively involved in contributing to the development and implementation of standards in the areas of exercise and health sciences and Pilates education on a national and international level for many years.

Students who choose to study at NTC receive an educational experience above and beyond the agreed minimum standards and this is an important consideration when making your decision.
The Advanced Diploma in Pilates Matwork is accredited by YMCA Awards (formerly CYQ) who are the UK’s leading awarding body for health, fitness and wellbeing qualifications and by REPs Ireland, which independently verifies exercise professional qualifications to the international standards that have been developed and published by the European Health and Fitness Association (EHFA).

Accreditation

Eligibility

The Advanced Diploma in Pilates Matwork is open to all individuals, with or without formal training, who have an interest in human movement studies, anatomy and physiology.

People who hold certain existing qualifications are eligible for Recognition for Prior Learning (RPL) in the anatomy and physiology module and although attendance for these individuals at anatomy and physiology lectures is optional, ALL candidates will be required to sit the Level 3 Theory Examination Paper which is the international standard for certification.

The qualifications which are accepted for RPL are the National Qualification in Pilates Matwork Level 1 (awarded by NTC), National Qualification in Exercise, Health Studies & Personal Training, National Qualification in Neuromuscular and Physical Therapy or any fitness instructor qualification awarded at a minimum of EQF Level 3 which has been accredited by REPS Ireland (copy of qualification required).
Synoptic Syllabus

The Advanced Diploma in Pilates Matwork programme covers all relevant areas including:

**Unit 1**
Exercise & Health Science
Knowledge which includes:

- Skeletal System
- The Muscular System
- Blood and Circulation
- The Respiratory System
- The Nervous System and Endocrine System
- Nutrition and its role in a healthy balanced lifestyle
- Client Appraisal and information gathering
- Business Aspects and Self Promotion
- Principles of Health Related Fitness

**Unit 2**
Health safety and welfare in a fitness environment

**Unit 3**
How to support clients who take part in exercise and physical activity

**Unit 4**
Principles and fundamentals of mat based Pilates

**Unit 5**
Plan and prepare to instruct a progressive mat based Pilates session (group and 1-2-1)

**Unit 6**
Instruct, manage, adapt and evaluate a mat Pilates session (group and 1-2-1)

**Unit 7**
Integration of small equipment into the matwork repertoire to include:

- Foam roller
- Balance boards
- Pilates ball
- Mini ball
- Therabands
- Isotoners

**Unit 8**
Pilates matwork adaptations for special populations to include pre and post natal, older adults and individuals in need of rehabilitative adaptations

This programme is supported by a comprehensive programme manual containing all relevant information and a DVD showing the full repertoire of movements. These video files are also available for online streaming for registered students.
Our Highly Qualified Professional Team
Advanced Diploma Pilates Matwork

Noeleen Gregory
Noeleen holds an MSc in Exercise and Nutrition Science and has recently completed her second Masters in Education. She specialises in Resistance Training, Nutrition and Fitness Assessment and also heads up NTC’s Examinations Department.

Janette Penney
Janette holds a B.B.S. from Trinity College Dublin and is currently completing her Masters there. She tutors Anatomy and Physiology, Group Exercise to Music, Business Aspects, and Exercise Principles. She also tutors our Pilates courses.

Maeve Carroll
Maeve is a highly qualified health fitness professional and has gained vast experience not only in Ireland but also in Australia where she ran a very successful personal training and Pilates business. Maeve teaches Group Exercise to Music.

Jane Penney
Jane holds a B.B.S. from Trinity College Dublin and is currently completing her Masters there. She tutors Anatomy and Physiology, Group Exercise to Music, Business Aspects, and Exercise Principles. She also tutors our Pilates courses.

Karen Cosgrave
Karen looks after student registrations and the day to day operation of NTC’s office of administration. Karen is also student liaison for all queries relating to student grant applications for the Department of Social Protection.

Linda Byrne
Linda is responsible for student finances and accounts in the National Training Centre and also looks after the certification process. She is also responsible for the smooth provision of course materials making sure that students have the correct resources.

Fidelma Conlon
Fidelma, a director of NTC, has a long history of involvement in the creation of European standards for fitness. She is the course coordinator with responsibility for content and review, ensuring the highest standards are met.

Greg Merriman
Greg is the head of administration with responsibility for day to day operations at NTC. He is also responsible for the design and production of NTC documentation, ICT procedures and has overall responsibility for our web presence.
YOUR FUTURE

Once the course has been successfully completed you can work as a fully qualified Pilates instructor. The Advanced Diploma in Pilates Matwork is welcomed by all employers in Ireland and is also accepted worldwide. You also have the option of offering your own very lucrative Pilates classes to the general public.

International Recognition

When you have successfully completed the Advanced Diploma in Pilates Matwork you will be awarded certification at European Qualification Framework (EQF) Level 4. This is the highest standard available within the EU for Pilates instructors and personal trainers.

You will also be entitled to join REPs Ireland at their highest level. REPs maintain the independent register of exercise professionals in Ireland, and as the Irish confederation member of the International Confederation of Registers for Exercise Professionals (iCREPS), they have reciprocal recognition with other confederation members.

There are currently confederation members from Ireland, Australia, Belgium, Canada, New Zealand, South Africa, United Arab Emirates, USA and UK. This means that once you hold the Advanced Diploma in Pilates Matwork, and are registered with REPs Ireland you will be recognised as a health fitness professional in all of the above countries. Countries which are not confederation members do not generally have any employment restrictions for fitness professionals so you will also be free to work in those locations.
Why Choose NTC?
Go For The Gold Standard!

There is a multitude of courses available from a variety of training providers, so why should you choose to complete your qualification with us?

1. The National Training Centre, established in 1985, and during the intervening period our staff have been at the cutting edge of development of the fitness industry in Europe. NTC is a founding member of the EHFA and was at the forefront of creating the European minimum standards. NTC have also been core members of many European fitness projects within the European Lifelong Learning Programme (LLP).

2. You would be amazed at the number of tutors on other provider’s programmes who have no formal teaching qualification. All NTC tutors are qualified to teach, with many also holding Masters Degrees. All have been trained to facilitate the delivery of course contents to adults of mixed ability and are extremely supportive of students throughout their time at NTC. We believe that every student deserves the very best opportunities.

3. We deliver our programmes at many locations around the country in excellent modern, fully equipped facilities including our custom built Dublin facility. Our programmes also represent excellent value for money with lesser programmes from some of our competitors costing much more. We have been here for over thirty years so you can be confident that we will be here for you in the future.

The Highest Standard in Ireland. Guaranteed!

Through outstanding education, training and support, we will help you to achieve your goals – whether you’re looking to enter work, improve your career prospects or progress to higher education. Together, we can help you take that important next step towards a better future, giving you the qualifications, skills and confidence you need for success.
REGISTRATION FORM

Please complete all sections using a ballpoint pen and return to our Dublin head office address shown above. If you require any assistance with completing this form please contact us by telephone or email. Please Use CAPITAL Letters.

PERSONAL INFORMATION

First Name

Last Name

Gender

Male

Female

Date of Birth mm/dd/yyyy

Occupation

Nationality

CONTACT INFORMATION

Address

Phone

Email

NEXT OF KIN INFORMATION

Name

Contact Number

Relationship to you, e.g. Mother, Wife, Partner etc.

HEALTH INFORMATION

If you suffer from any illness or injury which could prevent your full participation on the course, or if you have any special needs, please give details here.
All applicants for courses have a responsibility to ensure that they are not suffering from any illness or injury which may prevent their complete participation on the course. Applicants must also ensure that they do not suffer from any communicable disease and furthermore, should they contract such a disease during the term where they are participating on the course, that they will not attend for the duration of the period during which they could infect fellow students.

Course specific information
Before paying any deposit or course fees you must ensure that you have read all the information available regarding each course, including all published data on the National Training Centre website at www.ntc.ie and any downloadable literature which may be available for individual courses. If you would prefer to print a copy of this literature please contact our office of administration and we will arrange a copy for you. Having read all available information please ask any additional questions you may have by telephone or at any open days or interviews. We want you to make the right choice.

Eligibility
The eligibility requirements for courses vary. Please check that you meet the eligibility requirements outlined for each course before enrolling. It is each student’s individual responsibility to ensure that they meet any and all eligibility requirements prior to enrolment.

Withdrawal and non-completion
Students who fail to complete any course will receive no refund of course fees paid and course fees which are owing will still have to be paid. For courses which allow booking through the payment of a deposit, any deposits paid are non-refundable in all circumstances and any balance of course fees which have been paid, either separately or as part of a single payment which includes the deposit and/or balance payment, may only be refunded in line with the advertised refund policy. Places on programmes of education are non-transferable in all instances. Where there is a medical reason why a student is unable to commence or complete a course where fees have already been paid, they may apply to the Educational Committee of the National Training Centre to defer their participation to a later date. All submissions to the Educational Committee of the National Training Centre must be made in writing and sent to our Dublin Head Office postal address or education@ntc.ie. The decision of the Educational Committee in all such matters is final. Requests for deferral must be accompanied by medical certification.

Refund policy
Where written notice of nonparticipation is received, fees (less the advertised deposit amount) will be refunded on the following scale:
- five weeks before the course start date - 100% refund
- four weeks before the course start date - 70% refund
- less than four weeks before the course start date - 0% refund

Refunds will not be considered in any circumstances once a course has started. All course fees must be paid once the course has started. If you must drop out of a course due to illness or other reason, remaining course fees must be paid in full. For courses which have provision for the payment of fees by instalment students must complete and return an instalment payment plan form at the time of enrolment. Non-payment of fees due by instalment may result in a student being refused permission to continue with their participation on the course, to sit examinations, to receive examination results and awarding of certificates. If students fail any unforeseen circumstances which have a negative impact on their ability to pay instalments due, they should contact the NTC office of administration as soon as possible. Advanced certification programmes which do not have an option for payment of deposit and balance, are not eligible for the refund policy and all fees paid will be forfeited in the event of a student cancellation or non-attendance.

Examination fees
Students wishing to sit final examination for the National Qualification in Exercise, Health Studies and Personal Training must pay examination fees at approximately 12% of the programme. The cost for assessment for the National Qualification in Exercise, Health Studies and Personal Training Upgrade Course must be paid when registering for assessment. The cost of examination and assessment for all other programmes is included in the course fee.

General conditions of enrolment
Course start dates, class schedules and tutors may be subject to change. If a course start date changes you will be offered the opportunity to transfer your enrolment to the new date or to receive a full refund of any fees paid. Should a course be cancelled or postponed the National Training Centre will not be held responsible for any additional costs incurred by the student, including, but not limited to, transport or accommodation.

Once a course commences, although extremely unlikely, class dates and times may be subject to change. Tutors for individual classes on courses, venues for courses and individual classes, and course fees may be subject to change. Fees for multi-year programmes may be subject to change from year to year. Any and all special offers and/or promotions offered in relation to enrolment for any course are always subject to availability. Although the National Training Centre will always endeavour to meet all demands in relation to such offers, should there be no availability for any offer an alternative or cash amount will not be offered.

Use of all study facilities is at the discretion of staff and tutors of the NTC and its agents. Certificates and other qualifications will only be awarded once a student has successfully completed all assessments associated with their course and once all fees have been paid and any evidence required for proof of eligibility has been submitted. It is important for potential students to understand that places on all courses are available on a first come first served basis. If you feel quite certain that this is the course for you we would advise that you pay a deposit as soon as possible in order to avoid potential disappointment.
Programme Fees
Your investment in your future!

Standard Cost
The fee for the Advanced Diploma in Pilates Matwork course is €2,195.00

Places may be booked by payment of a deposit of €695.00 with the balance of €1,500.00 due on the Friday before the course start date.

A discount of €295.00 is available when total fees of €1,900.00 (either in a single payment or by payment of a deposit and balance) are paid at least one calendar month prior to the course start date.

Location
The National Training Centre's Pilates Matwork Diploma takes place in Dublin.

Dublin
National Training Centre,
15 - 16 Saint Joseph’s Parade
Dorset Street
Dublin 7

Schedule
The National Training Centre’s Pilates Matwork Diploma runs at various time schedules.

See www.ntc.ie for exact start dates and schedules.