

YMCA Diploma in Teaching Pilates (Practitioner) Level 3



In a nutshell

The Level 3 Diploma in Teaching Pilates (Practitioner) will give you the skills, knowledge and behaviours required to work in an unsupervised capacity to plan, instruct and evaluate a safe and effective Pilates session.

This qualification is endorsed by the Chartered Institute for the management of sport and physical activity (CIMSPA).

This course is for...

...those wishing to pursue a career in the health and fitness industry as a Pilates Instructor.

Course content

Modules covered as part of this course include:

Understanding the principles and fundamentals of Pilates.



COURSE INFORMATION LEAFLET

How to plan and programme a Pilates session for groups and individuals.
How to deliver a Pilates session.

Entry Requirements

Learner prerequisites - you need to have completed the following units prior to the course:

Level 3 Applied Anatomy and Physiology (Post 2018).

Level 2 Lifestyle Management and Health Awareness.

Level 2 Providing a Positive Customer Experience in the Exercise Environment.

Additional information

Apply online at www.coleggwent.ac.uk

studentrecruitment@coleggwent.ac.uk | 01495 333777 (Croesawn alwadau yn Gymraeg)

