

## TIMETABLE FOR THE COURSE STARTING JANUARY – JULY 2019



DAY	MORNING 3.5 hrs	AFTERNOON 3.5 hrs	INDEPENDENT STUDY
<b>SAT</b> <b>19/01/19</b> <b>9.00 –</b> <b>17.00</b>	Intro to course Origins of Pilates Principles of Pilates Role of a Matwork Teacher LAP Tutorials/Lecture	Understand how to cue Participate in a warm-up Participate in a cool Down Participate planes and positions of exercise	Observe assigned class Attend a Pilates class weekly Prepare a warm-up and cool down to teach Answer questions in Lab Manuals for units 2,3 & 5
<b>FRI</b> <b>25/01/19</b> <b>19.00 –</b> <b>22.00</b>	Anatomy and Philosophy lecture 1 (Hand in lab manuals)		Revise for Unit 1,4
<b>FRI</b> <b>07/02/19</b> <b>19.00 –</b> <b>22.00</b>	Anatomy and Philosophy lecture 2 (3hrs) (Hand in lab manuals)		Revise for Unit 1,4
<b>SAT</b> <b>08/02/19</b> <b>9.00 –</b> <b>17.00</b>	Participant practises teaching warm-up and cool down Participate beginners Mat class Talking the Pilates Principles	Postural Types Write up beginners exercises Practise teaching exercises	Observe assigned class Attend a Pilates class weekly Prepare a warm-up and cool down to teach Answer questions in Lab Manuals for units 2,3 & 5
<b>LAB MANUAL TUTORIALS OVER LUNCH</b>			
<b>FRI</b> <b>08/03/19</b> <b>19.00 –</b> <b>22.00</b>	Anatomy and Philosophy lecture 3 (Hand in lab manuals)		Revise for Unit 1,4
<b>SAT</b>	Participant practises teaching warm-	Write up intermediate exercises	Observe assigned class

<b>09/03/18</b> <b>9.00 – 17.00</b>	up and cool down Participate intermediate mat class (Talking the Pilates Principles Muscle Tutorial	Practise teaching exercises (30mins) How to write a session plan (60 mins)	Attend a Pilates class weekly Prepare a session plan Answer questions in Lab Manuals for units 2,3 & 5
<b>LAB MANUAL TUTORIALS OVER LUNCH</b>			
<b>FRI</b> <b>29/03/19</b> <b>19.00 – 22.00</b>	Anatomy and Philosophy lecture 4		Revise for Unit 1,4
<b>SAT</b> <b>13/04/19</b> <b>9.00 – 17.00</b>	Teach your session plan How to write a SOW Complete client interview Write a SOW for your client	Participate in an Advanced Matwork class Write up the advanced exercises in your lab manuals	Observe assigned class Attend a Pilates class weekly Revamp your session plan Answer questions in Lab Manuals for units 2,3 & 5
<b>LAB MANUAL TUTORIALS OVER LUNCH</b>			
<b>FRI</b> <b>10/05/19</b> <b>19.00 – 22.00</b>	<a href="#">Unit 4 Exam (120 mins)</a>		
<b>SAT</b> <b>11/05/19</b> <b>9.00 – 17.00</b>	Practise teaching session plans, highlighting any floors	Contraindications Lecture Complete Unit 6 paperwork	Observe assigned class Attend a Pilates class weekly Teach your session plan in assigned class Answer questions in Lab Manuals for units 2,3 & 5
<b>SUN</b> <b>09/06/19</b> <b>9.00 – 17.00</b>	<a href="#">GROUP MOCK MATWORK EXAMS</a>	<a href="#">Exam unit 1 (120 mins)</a>	Observe assigned class Attend a Pilates class weekly Teach your session plan in assigned class Answer questions in Lab Manuals for units 2,3, 5 & 6
<b>SUN</b>	<a href="#">GROUP MATWORK EXAMS</a>	<a href="#">Retake of Unit 1 &amp; 2</a>	

<b>23/06/19</b> <b>9.00 –</b> <b>17.00</b>		Complete Unit 6 paperwork	
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