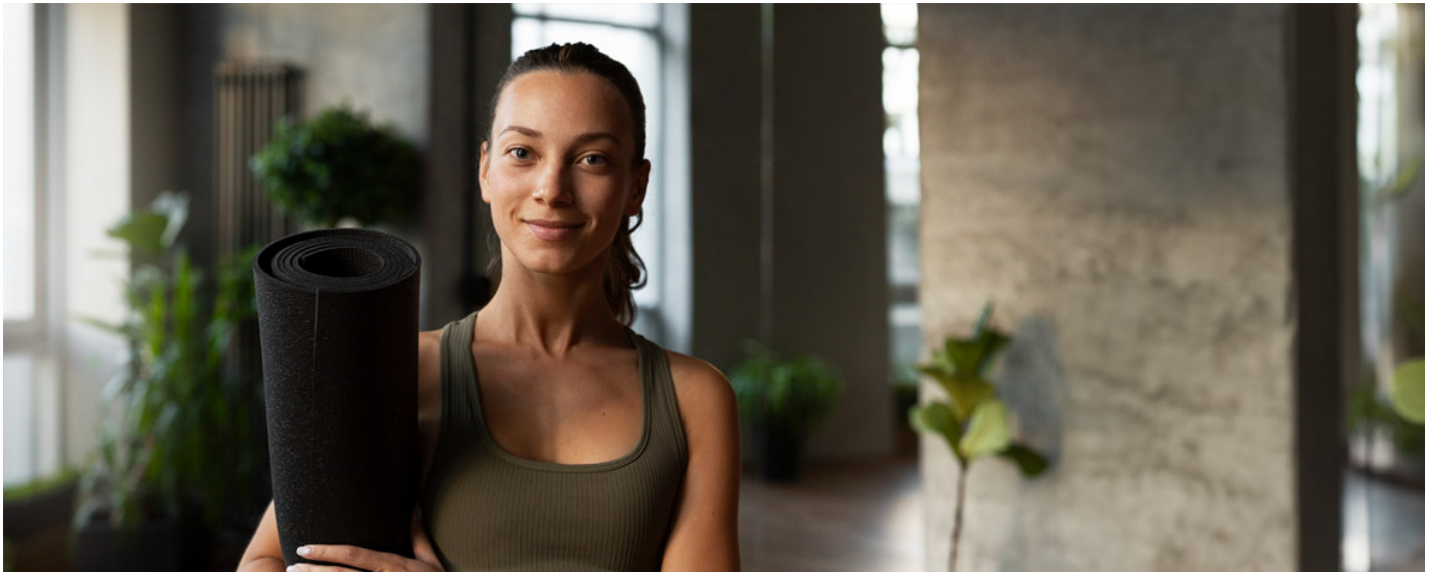


## YMCA Diploma in Teaching Pilates (Practitioner) Level 3



### 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 you if...

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

### What will I be doing?

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.

## What is expected of me?

The YMCA Awards Level 3 Diploma in Teaching Pilates (Practitioner) is assessed through a combination of internal and external assessment:

- Learner Assessment Record
- Assessment Workbook
- Practical examination
- Portfolio of evidence

## What comes next?

Typical jobs the course prepares you for would be working as a Pilates class instructor in private and public fitness facilities.

## Additional information

This course will be delivered as a combination of in person and online learning over a period of 7 weeks.