

Transcend Level 3
Diploma in Instructing
Pilates Based Matwork
[Qualification Unit Specification](#)

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Welcome!

Welcome to the **Transcend Level 3 Diploma in Instructing Pilates Based Matwork Unit Specification**. Transcend is an Ofqual recognised awarding organisation, and this is a vocational qualification that sits on the Ofqual register of regulated qualifications. This unit specification must be read and complied with conjunction with the *Transcend Centre Recognition Conditions*, the *Qualification Specification* and *Assessment Materials*.

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| Unit 1 | | | | | | |
|-------------------|--|---|--|--|------------|---------------------------------|
| Unit title: | | Duties of an ethical Pilates Based Matwork Instructor | | | Unit Level | 3 |
| Unit aim: | | The aim of this unit is to develop the learners understanding of the Pilates Based Matwork Instructor's role, responsibilities and required duty of care. | | | | |
| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS | Assessment |
| LO1 | Understand the role and scope of a Pilates Based Matwork Instructor | AC1.01 | Justify ability to fulfil the role and scope of a Pilates Based Matwork Instructor | <p>The role of the Pilates Based Matwork Instructor is to engage, facilitate, educate and support clients within the Pilates class. The scope of the instructor includes:</p> <ul style="list-style-type: none"> playing a key role in client experience and client retention, motivating clients to continually engage with exercise and physical activity to support long-term, health-related behaviour change. motivating clients to engage with exercise and physical activity to promote a positive experience. conduct safe and effective pre-exercise screening and when individuals should be referred to other exercise or health professionals. planning safe and effective Pilates Based Matwork classes, providing ongoing supervision, monitoring, and class review. support the client to progress and provide adaptations to meet the individuals needs within the classes. instructing Pilates Based Matwork to include the fundamental principles (breathing, concentration, control flow, centring, precision). ensuing health and safety and cleaning relevant to their role and environment. | ALL | PILATES INSTRUCTOR ROLE: PDP |
| LO2 | Understand the responsibilities associated with professional, ethical, and legal practices as a Pilates Based Matwork Instructor | AC2.01 | Justify professional practice through conduct and professional image as a Pilates Based Matwork Instructor | <p>Evaluate personal conduct and professional image through role model behaviours:</p> <ul style="list-style-type: none"> positive, motivating, empowering honest, trustworthy with personal integrity respectful of clients and other professionals committed, non-judgemental, consistent. | K8.1 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC2.02 | Justify professional practices through ethics as a Pilates Based Matwork Instructor | <p>Evaluate professional ethics related to own role:</p> <ul style="list-style-type: none"> professional memberships professional codes of conduct scope of practice, role boundaries and responsibilities relevant representation of skills, abilities and knowledge interface with other relevant professionals and business practices | K8.2 | PILATES INSTRUCTOR ROLE: PDP |

| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS | Assessment |
|-------------------|---|---------------------|---|--|------|---------------------------------|
| LO2 | Understand the responsibilities associated with professional, ethical and legal practices as a Pilates Based Matwork Instructor [continued] | AC2.03 | Justify professional practice though adherence to current legislation and organisational procedures as a Pilates Based Matwork Instructor | <p>Evaluate current legislation and organisational procedures relevant to own role:</p> <ul style="list-style-type: none"> • conflicts of interest • equality and diversity • data protection and GDPR via client privacy and confidentiality • health and safety at work via personal liability insurance • health and safety at work via safe practice and risk assessment • health and safety at work via injuries via accident and injury reporting • health and safety at work via control of substances hazardous to health • health and safety at work via injuries, diseases and dangerous occurrences regulations • health and safety at work via electricity at work regulations • health and safety at work via first aid regulations • safeguarding children, vulnerable adults, disclosure and barring service [DBS] • individual organisational policies and procedures. | K8.3 | PILATES INSTRUCTOR ROLE: PDP |
| LO3 | Understand the responsibilities associated with professional interaction and communication as a Pilates Based Matwork Instructor | AC3.01 | Justify ability to interact with relevant professionals and clients as a Pilates Based Matwork instructor | <p>Evaluate methods and appropriateness of professional interaction:</p> <ul style="list-style-type: none"> • methods to introduce and build rapport • methods to connect and create a positive experience • methods to adapt communication style to suit client needs • methods to present accurate information in an appropriate manner¹ • methods to adapt communication to suite other professionals [GP's, physiotherapist, osteopaths] | K2.1 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC3.02 | Justify application of timely use of different communication techniques | <p>Evaluate ability to select and apply timely and relevant nonverbal techniques:</p> <ul style="list-style-type: none"> • observation and eye contact • body language and active listening <p>Evaluate ability to select and apply timely and relevant verbal techniques:</p> <ul style="list-style-type: none"> • verbal and hands on cueing • decisional balance sheet techniques • visualisation and imagery techniques • motivational interviewing techniques² • negotiation techniques to deal with resistance to change • questioning techniques [open-ended Vs closed questioning] • reflective statements, paraphrasing and summarising techniques | K2.2 | PILATES INSTRUCTOR ROLE: PDP |

¹ Sensitivity, discretion, non-judgemental manner, respect the individuality of the client, language and terms understood by client/simplify technical information

² developing "importance", "confidence" and "readiness"

| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS | Assessment |
|-------------------|--|---------------------|---|---|------|---------------------------------|
| LO4 | Understand the origins, fundamental exercises and class structures as a Pilates Based Matwork Instructor | AC4.01 | Differentiate between the historic and contemporary approaches to instructing Pilates | Evaluate the history of Pilates and developments to the modern day Evaluate the development of reformers in Pilates Evaluate the history of Joseph Pilates and the first generation of teachers. | K1.1 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC4.02 | Evaluate the 6 principles of Pilates considering effective instruction methods | Evaluate the 6 principles of Pilates introduced by Friedman and Eisen (1980): Centring Concentration Control Precision Flow Breath | K1.2 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC4.03 | Evaluate instruction methods for 34 fundamental Pilates Based Matwork exercises | Evaluate instruction methods for adaptations, modifications and progressions of the 34 original Pilates Based Matwork exercises 'Evaluate potential adaptations, modifications and progressions derived from the original repertoire of 34 exercises' | K1.3 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC4.04 | Evaluate the structure of a Pilates class considering the rationale for the preparation, main and closing phases. | Evaluate the structure a Pilates class [preparation, main phase and closing] Evaluate the purpose of class structuring including: Purpose of preparation phase: Postural alignment and neutral spine Activation of the core Mobilisation Balance and concentration Purpose of the main phase which must incorporating the principles of Pilates Whole body movements for strength and mobility All planes of movement Effective transition and flow Purpose of the closing phase: Stretching, Mobilisation, Relaxation Consolidation | K1.4 | PILATES INSTRUCTOR ROLE: PDP |

| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS | Assessment |
|-------------------|--|---------------------|--|--|--------------|---------------------------------|
| LO5 | Understand the responsibilities associated with promotion of holistic health and wellbeing as a Pilates Based Matwork Instructor | AC5.01 | Justify ability to promote holistic health and wellbeing as a Pilates Based Matwork Instructor | <p>Evaluate the WHO definition of health considering: Physiological, Psychological and Sociological health</p> <p>Evaluate factors that affect physiological health UK population health conditions, prevalence and implications UK physical activity guidelines for different ages and the dose-response relationship UK recognised healthy eating recommendations UK sleep guidelines for different ages</p> <p>Evaluate factors that affect psycho-socio health Personal factors that affect psychological and sociological wellbeing and healthy lifestyle Professional factors that affect psychological and sociological wellbeing and healthy lifestyle</p> <p>Evaluate the benefits of Pilates [exercise] on holistic health and wellbeing Evaluate sources of evidence-based, reputable health and wellbeing advice Evaluate methods to communicate health-related benefits of [Pilates] exercise to clients Evaluate ability to tailor advice the components of a healthy lifestyle according to the individual client.</p> <p>Evaluate professional role and scope of practice in relation to other relevant specialists when offering health and wellbeing advice and guidance.</p> <p>Evaluate the range of relevant exercise or health professionals that clients can be signposted or referred onto when clients' needs are beyond own scope of practice or area of qualification.</p> | K4.1 K4.2 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC5.02 | Justify ability to influence health and wellbeing technological advancements | <p>Evaluate technological advancements that can be used to support clients experience and engagement³</p> <p>Evaluate technological methods including apps that can support an individual's engagement with continued, sustained and monitored physical activity.</p> | K4.1 | PILATES INSTRUCTOR ROLE: PDP |

³ Including to increase physical activity levels, motivation, engagement and focus such as wearable technology, pedometers, mobile phone applications.

| Unit 2 | | | | | |
|-------------------|--|---|---|--|---|
| Unit title: | | Driving sustainable client engagement in Pilates Based Matwork through psycho-socio profiling and progress reviews | | | Unit Level 3 |
| Unit aim: | | The aim of this unit is to develop the learner's ability to understand initial screening and ongoing reviews to create the clients psycho-socio profile and achievements. | | | |
| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS Assessment |
| LO1 | Understand psychological theory that can influence client engagement and development | AC1.01 | Evaluate mindset and attitude towards wellbeing that can influence client engagement | Evaluate the importance and impact positive attitudes on holistic health and well-being Evaluate the positive role that Pilates as physical activity can have on psychological health Evaluate the positive role that Pilates as physical activity can have on sociological health Evaluate the positive role that Pilates as physical activity can have on physiological health. Evaluate the positive impact of Pilates on the improvement of daily living. | K4.3 PILATES INSTRUCTOR ROLE: PDP |
| | | AC1.02 | Evaluate psycho-socio factors that can influence client engagement and development in Pilates Based Matwork | Evaluation of psycho-socio factors: <ul style="list-style-type: none"> intrinsic and extrinsic motivation social support and peer pressure barriers to change (perceived and actual) motives to change [self-recognition of own barriers] individual client needs (experienced, inexperienced, active and inactive) | K4.4 PILATES INSTRUCTOR ROLE: PDP |
| | | AC1.03 | Evaluate approaches that can promote engagement and sustainable positive behaviours through Pilates Based Matwork | Evaluate stages of change Evaluate the trans-theoretical model of behaviour change to promote quality change Evaluate a range of approaches to motivate positive lifestyle change and enhance quality of life Evaluate methods to set SMART goals and the importance of supporting the client to achieve these | K4.4 PILATES INSTRUCTOR ROLE: PDP |
| LO2 | Understand psycho-socio profiling methods and the benefits | AC2.01 | Evaluate psycho-socio profiling methods ⁴ to support initial client consultation and monitoring | Evaluate methods to conduct initial screening of client's psychological motives and goals Evaluate methods to conduct initial screening of client's psychological state and readiness Evaluate methods to conduct initial screening of client's sociological state and lifestyle Evaluate methods to monitor and review progress of client's psychological state and motives Evaluate methods to monitor and review progress of client's psychological goal achievements Evaluate methods to monitor and review progress of client's sociological state and lifestyle Evaluate the benefits of psycho-socio profiling of clients | K4.5 K5.1 PILATES INSTRUCTOR ROLE: PDP |

⁴ Including questionnaires, motivational interviewing

| Unit 03 | | | | | | | |
|-------------------|---|---|--|---|--|------------|------------------------------|
| Unit title: | | Driving sustainable client engagement in Pilates Based Matwork through physiological profiling and progress reviews | | | | Unit Level | 3 |
| Unit aim: | | The aim of this unit is to develop the learner’s ability to influence sustainable behaviour change through consideration of anatomical, physiology and kinesiology in client consultation and programme delivery. | | | | | |
| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | | PTIS | Assessment |
| LO1 | Understand the musculoskeletal systems to ensure good practice and prevent injury as a Pilates Based Matwork Instructor | AC1.01 | Evaluate ability to consider the structure and function of the skeletal system when profiling and progress reviews in Pilates Based Matwork | Evaluation of functions of the skeleton Evaluation of structures of the axial skeleton Evaluation of structures of the appendicular skeleton | | K3.1 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC1.02 | Evaluate ability to consider the classification, structure and function of bones and the impact on profiling and progress reviews in Pilates Based Matwork | <p>Evaluation of bone classification and structure:</p> <ul style="list-style-type: none">long, short, flat, sesamoid, irregular bonescompact and spongy/cancellous tissue, articular cartilage, epiphysis, diaphysis, periosteum, epiphyseal plates, bone marrow, the vertebral column (cervical, thoracic, lumbar, sacral and coccygeal), stages of bone growth, remodelling process, ageing process, osteoblasts and osteoclasts <p>Evaluation of bone function:</p> <ul style="list-style-type: none">protection of internal organsmuscle attachments and leversred and white blood cell productionstages of bone growth, remodelling process, ageing process,the role of osteoblasts, osteoclasts, hormonal contribution, body weight, calcium and Vitamin D in bone density <p>Evaluation of the effects of exercise on bones:</p> <ul style="list-style-type: none">weight bearing and non-weight-bearing exerciseacute and chronic effectsstabilisation of the bodyneutral spine alignmentpotential ranges of movement of the spinetransmission of stress caused by impact, body weight, bone density | | K3.1 | PILATES INSTRUCTOR ROLE: PDP |

| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS | Assessment |
|-------------------|---|---------------------|---|---|------|------------------------------|
| LO1 | Understand the musculoskeletal systems to ensure good practice and prevent injury as a Pilates Based Matwork Instructor [continued] | AC1.03 | Evaluate ability to consider the classification, structure and function of joints and the impact on profiling and progress reviews in Pilates Based Matwork | <p>Evaluation of joint classification and structure:</p> <ul style="list-style-type: none"> Fibrous, cartilaginous, synovial Joint capsule, synovial membrane, synovial fluid, ligaments, tendons Cartilage (hyaline and fibrocartilage), curves/regions of the spine <p>Evaluation of joint function:</p> <ul style="list-style-type: none"> Joint movement terminology: flexion and extension, adduction and abduction, circumduction, supination and pronation, plantar flexion and dorsiflexion, lateral flexion and extension, horizontal flexion and extension, elevation and depression, inversion and eversion, tensile strength of ligaments Planes of motion: transverse, frontal and sagittal Joint stability, passive and active structures, shock absorption (e.g. natural curves of the spine) <p>Evaluation of the effects of exercise on joints:</p> <ul style="list-style-type: none"> Effect of muscle contractions and movements (e.g. posture, impact, body weight) active stability of joints: key joints at risk (spine, shoulder joint) Risks: lack of biomechanical efficiency, reduction in transmission of stress, increased risk of injury, increased loading placed on synergists) | K3.2 | PILATES INSTRUCTOR ROLE: PDP |

| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS | Assessment |
|-------------------|---|---------------------|--|---|------|------------------------------|
| LO1 | Understand the musculoskeletal systems to ensure good practice and prevent injury as a Pilates Based Matwork Instructor [continued] | AC1.04 | Evaluate ability to consider the classification, structure and function of muscles and the impact on profiling and progress reviews in Pilates Based Matwork | <p>Evaluation of muscle classification and structure:</p> <ul style="list-style-type: none"> • Cardiac, smooth, skeletal • Connective tissue (epimysium, perimysium, endomysium) • Muscle fibres: slow twitch type i (slow oxidative), fast twitch (type 2a: fast oxidative glycolytic and type 2b: fast glycolytic) • muscles and Muscle attachment sites (origins and insertions), to cover: rotator cuff – sits (s: supraspinatus i: infraspinatus t: teres minor s: subscapularis); shoulder girdle - levator scapulae, pectoralis minor, serratus anterior, trapezius, rhomboids major/minor, teres major; spinal extensors - erector spinae, iliocostalis, longissimus, spinalis, multifidus, quadratus lumborum; hip flexors (iliopsoas) – iliacus, psoas major; adductors – magnus, brevis, longus, pectineus, gracilis, sartorius; abductors - gluteus medius, gluteus minimus, piriformis, tensor fascia latae; abdominals - internal and external obliques, transversus abdominus; intercostals, diaphragm; ‘core’ and pelvic floor muscles; local/deep, global/superficial muscles <p>Evaluation of muscle function:</p> <ul style="list-style-type: none"> • muscle actions: to cover muscles listed above, • roles of major muscles: prime mover (agonist), antagonist, synergist, fixators, muscle contractions: concentric and eccentric (isotonic), isometric and isokinetic, the principles of muscle contraction (e.g. all or none law, sliding filament theory, stretch reflex and reverse stretch reflex, size principle of motor unit recruitment), biomechanics: 1st, 2nd and 3rd class levers, ‘core’ and pelvic floor, local/deep; global/superficial <p>Evaluation of the effects of exercise on muscles:</p> <ul style="list-style-type: none"> • Short and long-term effects, delayed onset of muscles soreness (DOMS), muscle fatigue • Response to overuse, underuse, misuse (shortening/weakening, altered roles/synergists becoming prime movers) | K3.3 | PILATES INSTRUCTOR ROLE: PDP |

| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS | Assessment |
|-------------------|--|---------------------|---|--|------|------------------------------|
| LO2 | Understand the classification, structure and function of biological systems to ensure good practice and prevent injury as a Pilates Based Matwork Instructor | AC2.01 | Evaluate ability to consider the classification, structure and function of biological systems and the impact on profiling and progress reviews in Pilates Based Matwork | <p>Evaluation of the classification and structure of biological systems:</p> <ul style="list-style-type: none"> • Muscular and skeletal, • Cardiovascular: heart; atria and ventricles, arteries, arterioles, veins, venules and capillaries • Respiratory: lungs, pharynx, larynx, trachea, bronchi, bronchioles, alveoli • Nervous: central nervous system and peripheral nervous system, neurons, motor units, proprioceptors (muscle spindles and golgi tendon organs) • Endocrine: hormones and glands <p>Evaluation of the function of biological systems:</p> <ul style="list-style-type: none"> • Cardiovascular: cardiac cycle, stroke volume, cardiac output, blood pressure (systolic and diastolic) • Respiratory: mechanism of breathing, gaseous exchange • Nervous: sensory input, interpretation, motor output • Endocrine: secretion of hormones <p>Evaluation of the effects of exercise on biological systems:</p> <ul style="list-style-type: none"> • Cardiorespiratory: short and long-term effects on blood pressure, aerobic respiration, venous return, the implications of blood pooling • Nervous: motor unit recruitment, inter and intramuscular coordination, neuromuscular coordination • Endocrine: hormonal responses • Signs and symptoms of overtraining | K3.4 | PILATES INSTRUCTOR ROLE: PDP |
| LO3 | Understand the classification, structure and function of energy systems to ensure good practice and prevent injury as a Pilates Based Matwork Instructor | AC3.01 | Evaluate ability to consider the classification, structure and function of energy systems and the impact on profiling and progress reviews in Pilates Based Matwork | <p>Evaluation of energy systems classification and structure:</p> <ul style="list-style-type: none"> • Aerobic • Anaerobic (lactate and creatine phosphate) <p>Evaluation of energy systems function:</p> <ul style="list-style-type: none"> • How the energy systems function independently • How the energy systems interact with one another <p>Evaluation of the effects of exercise on energy systems</p> <ul style="list-style-type: none"> • ATP re-synthesis • aerobic and anaerobic threshold • effects of different training methods/systems | K3.5 | PILATES INSTRUCTOR ROLE: PDP |

| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS | Assessment |
|-------------------|--|---------------------|--|--|-------|------------------------------|
| LO4 | Understand applied biomechanics and kinesiology to ensure good practice and prevent injury as a Pilates Based Matwork Instructor | AC4.01 | Evaluate ability to consider the classification of anatomical planes of movement and the impact on profiling and progress reviews in Pilates Based Matwork | Evaluate the classification of anatomical planes of movement: <ul style="list-style-type: none"> frontal (coronal) sagittal transverse | K3.6 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC4.02 | Evaluate ability to consider the classification of anatomical terms of location and the impact on profiling and progress reviews in Pilates Based Matwork | Evaluate the classification of anatomical terms of location: <ul style="list-style-type: none"> superior and inferior anterior and posterior medial and lateral proximal and distal superficial and deep | K3.7 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC4.03 | Evaluate ability to consider the impact of exercise variables on biomechanics and kinesiology on profiling and progress reviews in Pilates Based Matwork | Evaluate of the effect of exercise variables on biomechanics and kinesiology: <ul style="list-style-type: none"> levers, gravity and centre of gravity momentum, force, planes of motion, length-tension relationships open and closed chain kinetic movements with examples of each and a consideration of their advantages and disadvantages | K3.8 | PILATES INSTRUCTOR ROLE: PDP |
| LO5 | Understand posture to ensure good practice and prevent injury as a Pilates Based Matwork Instructor | AC5.01 | Evaluate ability to consider posture on profiling and progress reviews in Pilates Based Matwork | Evaluate the effects of exercise on posture: core stabilisation exercises, impact on posture, potential for injury/aggravation of problems Evaluate the abnormal degrees of curvature of the spine and their implications [Medical conditions associated with dysfunctional stabilisation, such as common spinal disorders] Evaluate common posture types and the impact these have on musculoskeletal system Evaluate the effects of poor posture on the spine, joints, muscles: <ul style="list-style-type: none"> postural imbalances, potential causes and methods for correction (where appropriate) impact of lifestyle factors on posture. | K3.9 | PILATES INSTRUCTOR ROLE: PDP |
| LO6 | Understand physiological profiling methods and the benefits | AC6.01 | Evaluate ability to conduct physiological profiling methods to support initial client screening and monitoring | Evaluate methods to conduct initial screening of clients physiological state and constraints Evaluate methods to monitor and review progress of clients physiological state and goal achievements Evaluate the benefits of physiological profiling of clients | K5.01 | PILATES INSTRUCTOR ROLE: PDP |

| Unit 04 | | | | | | |
|-------------------|---|--|--|---|--------------|------------------------------|
| Unit title: | | Driving sustainable client development in Pilates Based Matwork through safe instruction of fundamental exercise classes | | | Unit Level | 3 |
| Unit aim: | | The aim of this unit is to develop the learner's understanding of effective instruction techniques in Pilates historically and in the contemporary era. Learners will understand the principles of Pilates and the instruction techniques for adaptations, modifications and progressions derived from the 34 original Pilates exercises. Learners will also understand the structure and flow to ensure effective instruction for a mixed fundamentals ability class. | | | | |
| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS | Assessment |
| LO1 | Understand methods to conduct initial consultation in Pilates Based Matwork | AC1.01 | Evaluate ability to conduct an initial consultation | Know how to select, conduct, and interpret an initial enrolment process and pre-screening. Know the importance of informed consent. | K5.1 | PILATES INSTRUCTOR ROLE: PDP |
| LO2 | Understand methods to plan safe and progressive Pilates Based Matwork and classes | AC2.01 | Evaluate ability to plan safe, progressive Pilates Based Matwork classes | <p>Evaluate methods to plan and tailor safe, effective and progressive Pilates classes for a range of clients within scope of practice considering:</p> <p>Programme and class type [groups and 1-2-1 classes] Programme and class purpose and the benefits of Pilates and the exercises Programme and class numbers and the environment impact upon design, safety and effectiveness Programme and class structures to include preparation, main and closing. Programme and class timings suitable for each phase, including number of repetitions or breaths Methods to embed client learning styles, goals, needs, likes, dislikes, and ability levels Methods to embed National guidelines for physical activity and health for different ages⁵ Methods to ensure safe working environment Methods to prepare and layer main phase exercises Methods to use small equipment for modification [props, accessories, balls, bands] Methods to minimise any risks relevant to the classes and clients Methods to include the principles of Pilates⁶ Methods to order exercises to ensure the class is balanced, structured and flows. Methods to adapt key instructions of fundamentals and principles to meet individual clients' needs to ensure control and precision of movement: progression, regression, adaptation, challenge.</p> <p>Evaluate the importance of planning and tailoring the programme for the class to meet the participants need and offer alternatives where necessary.</p> | K5.2 K5.5 | PILATES INSTRUCTOR ROLE: PDP |

⁵ Guidelines from the UK chief medical officer (CMO).

⁶ Including centering, concentration, control, precision, flow, breath.

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| LO3 | Understand methods to instruct and supervise progressive Pilates Based Matwork classes | AC3.01 | Evaluate preparation to instruct Pilates Based Matwork classes | <p>Evaluate methods to safely prepare activity areas for use</p> <p>Evaluate information to provide at the start of a class</p> <p>introductions aims and objectives health and safety permission to correct</p> | K6.1 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC3.02 | Evaluate Instruction of Pilates Based Matwork classes | <p>Evaluate methods to instruct and adapt for group and 1-2-1 Pilates Based Matwork exercises</p> <p>Evaluate methods to instruct safe and effective Pilates exercises [demonstrations and modifications]</p> <p>Evaluate methods to embed key fundamentals to ensure the client is ready to perform the exercise⁷</p> <p>Evaluate methods to reinforce key fundamentals in each phase of the class with a focus on timings</p> | K5.3 K6.1 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC3.03 | Evaluate supervision, observation, and adaptation of Pilates Based Matwork classes | <p>Evaluate suitable teaching positions to allow for correct demonstration, observation whilst maintaining flow of the class</p> <p>Evaluate importance of demonstrations, observations, and correction to support the progression and safety of the individual and class.</p> <p>Evaluate methods to observe and monitor clients to maintain safety and effectiveness at all times:</p> <ul style="list-style-type: none"> • Methods to approach clients in a friendly, non-threatening manner. • Methods to work with clients to effectively improve exercise technique. • Methods to adapt, regress, progress and apply corrective strategies as required. • Methods to modify and adapt exercises for a range of individual needs⁸ <p>Evaluate methods to select alternative exercise options.</p> <p>Awareness of individual client abilities</p> <p>Awareness of health and safety considerations such as manual handling</p> <p>Methods to adopt appropriate positions to observe clients and respond to their needs</p> <p>Methods to monitor the safety of exercise through observation</p> <p>Methods to provide feedback and instructing points which are timely, clear and motivational</p> <p>Methods to cue key fundamentals</p> <p>Methods to apply the principles of Pilates across instruction</p> <p>Methods to convey instructions in a simplistic form such as visualisation</p> | K5.4 K6.2 | PILATES INSTRUCTOR ROLE: PDP |

⁷ Including set up, baseline, central principles, imprinting

⁸ Including alternatives to regress or progress an exercise.

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| LO4 | Understand methods to monitor and review safe and progressive Pilates Based Matwork classes and programmes | AC4.01 | Evaluate effectiveness of monitoring and review of Pilates Based Matwork classes | <p>Evaluate methods to monitor and review safe and effective Pilates Based Matwork classes:</p> <p>Reasons for temporary deferral of exercise Importance of verbal screening and how to conduct it Timings for proactive engagement with clients and when to just supervise Techniques to evaluate how well Pilates Based Matwork classes are meeting the client needs</p> | K5.6 | PILATES INSTRUCTOR ROLE: PDP |
| | | AC4.02 | Evaluate effectiveness monitoring and review of Pilates Based Matwork programmes | <p>Evaluate impact of regular programme reviews to ascertain how well the class is meeting client needs, progress towards goals, any improvements that can be made to the programme plan.</p> <p>Evaluate where relevant signpost clients to other classes or types of physical activity if they show an interest in other areas activities.</p> <p>Evaluate and reflect on planned classes to ensure the psychological, sociological and physiological requirements of the individual are being met.</p> <p>Evaluate ability to effectively interact and support different clients through effective communication skills, rapport building, technique advice and correction .</p> <p>Evaluate ability to appraise own performance in relation to the programmes and classes.</p> <p>Evaluate ability to appraise clients' performance in relation to the programmes and classes.</p> <p>Evaluate ability to assess appropriateness of the class content in light of clients, group and environment.</p> <p>Evaluate ability to propose adaptations to the classes based on the appraisal of own performance, client performance and appropriateness of class content.</p> | K5.6 | PILATES INSTRUCTOR ROLE: PDP |

| Unit 05 | | | | | | |
|-------------------|--|--|--|--|------------|--|
| Unit title: | | Deployment skills of a Pilates Based Matwork Instructor | | | Unit Level | 3 |
| Unit aim: | | The aim of this unit is to evidence the learner's ability to fulfil the role of a Pilates Based Matwork Instructor in the live environment. This includes the planning, instruction, adaptation and evaluation of fundamental classes. | | | | |
| Learning outcomes | | Assessment criteria | | | PTIS | Assessment |
| LO1 | Be able to behave professionally, ethically and legally | AC1.01 | Demonstrate ethical practice and professional conduct | | S8.1 | PILATES INSTRUCTOR ROLE PILATES INSTRUCTOR CLASS PILATES INSTRUCTOR SKILLS |
| | | AC1.02 | Demonstrate compliance with legal responsibilities ⁹ | | S8.1 | |
| | | AC1.03 | Demonstrate client safety and wellbeing at all times | | S8.1 | |
| | | AC1.04 | Demonstrate ability to offer credible advice appropriate to level of expertise to promote positive healthy lifestyle choices | | S4.3 | |
| | | AC1.05 | Demonstrate ability to be an ambassador for the sector leading by example and displaying positive health behaviours | | S4.3 | |
| LO2 | Be able to interact professionally | AC2.01 | Demonstrate ability to use a range of communication techniques to introduce oneself and build rapport | | S2.1 | PILATES INSTRUCTOR ROLE PILATES INSTRUCTOR CLASS PILATES INSTRUCTOR SKILLS |
| | | AC2.02 | Demonstrate ability to present clear and accurate information | | S2.1 | |
| | | AC2.03 | Demonstrate ability to create a positive client experience | | S2.1 | |
| | | AC2.04 | Demonstrate ability to suit client needs considering their stage of change | | S2.1 | |
| | | AC2.05 | Demonstrate ability to convey information with the use of visualisation where appropriate | | S2.1 | |
| LO3 | Be able to engage clients through a positive environment, initial screening and goal setting | AC3.01 | Demonstrate ability to educate client about own role, responsibilities and scope [limitations in providing assistance] | | S8.2 | PILATES INSTRUCTOR ROLE PILATES INSTRUCTOR CLASS PILATES INSTRUCTOR SKILLS |
| | | AC3.02 | Demonstrate ability to create a positive, motivating and empowering environment ¹⁰ | | S4.1 | |
| | | AC3.03 | Demonstrate ability to support clients to recognise and develop their intrinsic and extrinsic motivation to exercise | | S4.2 | |
| | | AC3.04 | Demonstrate ability to conduct initial screening to evaluate psycho-socio and physiological needs | | S4.2 | |
| | | AC3.05 | Demonstrate ability to set SMART goals linked to individual needs, wants and motivators where appropriate. | | S4.2 | |

⁹ Including health and safety at work, safe working practices, hazard identification, equality and diversity, safeguarding, data protection

¹⁰ Including an environment that supports clients to participate in and adhere to exercise.

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|-----|---|--------|--|------|--|
| LO4 | Be able to plan and prepare safe and progressive Pilates Based Matwork programmes and classes | AC4.01 | Demonstrate ability to plan a safe, progressive mat-based Pilates classes that meets the needs of individuals and groups | S5.1 | PILATES INSTRUCTOR ROLE PILATES INSTRUCTOR CLASS PILATES INSTRUCTOR SKILLS |
| | | AC4.02 | Demonstrate ability to organise own work duties alongside colleagues + clients to ensure activity areas are ready for use | S6.2 | |
| | | AC4.03 | Demonstrate ability to carry out relevant risk assessments showing appropriate safety considerations for the environment | S6.2 | |
| LO5 | Be able to deliver progressive Pilates Based Matwork classes | AC5.01 | Demonstrate ability to conduct verbal screening prior to exercise and acting on feedback in an appropriate manner | S6.2 | PILATES INSTRUCTOR ROLE PILATES INSTRUCTOR CLASS PILATES INSTRUCTOR SKILLS |
| | | AC5.02 | Demonstrate ability to be available to participants immediately before the allotted session time. | S6.2 | |
| | | AC5.03 | Demonstrate ability to select and instruct safe, effective and technically correct preparation and main exercises | S6.1 | |
| | | AC5.04 | Demonstrate ability to apply and reinforce the principles of Pilates through the classes | S6.2 | |
| | | AC5.05 | Demonstrate ability to interact with and support participants effectively whilst monitoring the safety of the exercise ¹¹ | S6.2 | |
| | | AC5.06 | Demonstrate ability to provide explanations and demonstrations that are safe and technically correct | S6.2 | |
| | | AC5.07 | Demonstrate ability to provide explanations and demonstrations that are appropriate to individual clients and the groups | S6.2 | |
| | | AC5.08 | Demonstrate ability to tailor instruction methods and styles to cater for different learning styles ¹² | S6.2 | |
| | | AC5.09 | Demonstrate ability to provide client-specific instructing points, feedback and encouragement | S6.2 | |
| | | AC5.10 | Demonstrate ability to provide client-specific reinforcement in a friendly, professional manner | S6.2 | |
| | | AC5.11 | Demonstrate ability to adopt appropriate positions to observe participants and respond to their needs | S6.2 | |
| | | AC5.12 | Demonstrate ability to check client understanding and correct exercise technique to ensure safe and effective alignment | S6.2 | |
| | | AC5.13 | Demonstrate ability to offer adaptations and alternatives that meet a client's individual needs and circumstances ¹³ | S6.2 | |
| | | AC5.14 | Demonstrate ability to apply appropriate methods and techniques to facilitate clients' desired psycho-socio goals | S4.2 | |
| | | AC5.15 | Demonstrate ability to apply appropriate methods and techniques to facilitate clients' desired physiological goals | S3.1 | |
| | | AC5.16 | Demonstrate ability to ensure realistic timings and sequences during the class and managing overall class timings | S6.2 | |
| | | AC5.17 | Demonstrate ability to select and instruct safe, effective and technically correct closing exercises | S6.1 | |
| | | AC5.18 | Demonstrate ability to be available to participants immediately before and after the allotted session time. | S6.2 | |

¹¹ Including use of effective verbal and non-verbal communication skills, rapport building skills, technique advice or correction; including cueing and visualisation.

¹² Including tailored communication techniques relevant to the individuals needs

¹³ Including progression, regression, corrective strategies and alternative exercises as required.

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|-----|--|--------|---|------|--|
| LO6 | Be able to supervise Pilates Based Matwork programmes | AC6.01 | Demonstrate ability to use explanations and demonstrations that are technically correct and safe | S6.3 | PILATES INSTRUCTOR ROLE PILATES INSTRUCTOR CLASS PILATES INSTRUCTOR SKILLS |
| | | AC6.02 | Demonstrate ability to use explanations and demonstrations that are appropriate to the individual client | S6.3 | |
| | | AC6.03 | Demonstrate ability to adopt appropriate positions to observe clients and respond to their needs | S6.3 | |
| | | AC6.04 | Demonstrate ability to observe client's movement + correct technique to ensure safe + effective alignment and execution | S6.3 | |
| | | AC6.05 | Demonstrate ability to provide client specific instructing points, feedback and encouragement | S6.3 | |
| | | AC6.06 | Demonstrate ability to provide client specific reinforcement in a friendly, professional manner | S6.3 | |
| | | AC6.07 | Demonstrate ability to offer adaptations or alternatives that meet a client's unique needs whilst improving performance ¹⁴ | S6.3 | |
| | | AC6.08 | Demonstrate ability to monitor the safety and intensity of exercise and offer advice for safety and effectiveness | S6.3 | |
| | | AC6.09 | Demonstrate ability to monitor progress against SMART targets, review, evaluate and adapt accordingly | S6.3 | |
| LO7 | Be able to monitor and evaluate Pilates Based Matwork programmes | AC7.01 | Demonstrate ability to monitor and adapt interaction and support to all clients to ensure sustained engagement | S5.2 | PILATES INSTRUCTOR ROLE PILATES INSTRUCTOR CLASS PILATES INSTRUCTOR SKILLS |
| | | AC7.02 | Demonstrate ability to carry out regular programme reviews to ascertain how well the class is meeting client need | S5.2 | |
| | | AC7.03 | Demonstrate ability to carry out regular programme reviews to evaluate each client's progress towards goals | S5.2 | |
| | | AC7.04 | Demonstrate ability to carry out regular programme reviews to enable improvements to the programme plan | S5.2 | |
| | | AC7.05 | Demonstrate ability to evaluate and reflect on planned classes to ensure the psycho-socio needs of clients are met | S5.2 | |
| | | AC7.06 | Demonstrate ability to evaluate and reflect on planned classes to ensure the physiological needs of clients are met | S5.2 | |
| | | AC7.07 | Demonstrate ability to appraise own performance in relation to the programme and classes | S5.2 | |
| | | AC7.08 | Demonstrate ability to appraise participants' performance in relation to the programme and classes | S5.2 | |
| | | AC7.09 | Demonstrate ability to signpost clients to other classes or physical activity if they show an interest | S5.2 | |

¹⁴ Including progression, regression, corrective strategies and alternative exercises as required.

| Unit 06 | | | | | | |
|-------------------|------------------------------|--|-------------------------------|--|------------|-------------------------------|
| Unit title: | | Development of a Pilates Based Matwork Instruction enterprise | | | Unit Level | 3 |
| Unit aim: | | The aim of this unit is to develop the learner's awareness of business, finance, sales, marketing and information technology in the context of a Pilates based enterprise. | | | | |
| Learning outcomes | | Assessment criteria | | Delivery content and assessment attainment indicators | PTIS | Assessment |
| LO1 | Understand business planning | AC1.01 | Develop a strategic direction | Confirm organisational and individual goals, targets and KPIs Confirm range of activities to support business objectives and growth | K7.2 | PILATES INSTRUCTOR ENTERPRISE |
| | | AC1.02 | Develop a client service plan | Develop a service plan: Confirm the range of client-facing services Confirm methods to grow client base and achieve sales | K7.2 | PILATES INSTRUCTOR ENTERPRISE |
| | | AC1.03 | Develop a financial plan | Develop a financial management plan: Consider budget to include overheads, sales forecast targets, profit and loss ¹⁵ balance sheets Consider legislation, tax, insurance, self-employed and employed UK requirements Consider financial reporting processes | K7.3 | PILATES INSTRUCTOR ENTERPRISE |
| | | AC1.04 | Develop a marketing plan | Develop a marketing plan: Consider of market research and planning (SWOT/PEST analysis) Consider brand awareness and self-promotion Consider of marketing strategies and techniques Consider of traditional and modern marketing platforms and social media | K7.1 | PILATES INSTRUCTOR ENTERPRISE |

¹⁵ Including gross profit and net gain.

Appendix: Version Control

This document is subject to version control. We will request feedback from centres in advance of any change. We will then inform centres of the changes made in advance and will re-publish the specification via our website. All changes will be tracked here and confirmed as an updated version.

| Version | Publication date | Details |
|------------|------------------|----------------|
| Version 01 | 18.03.2019 | Publication 01 |