Qualification Factsheet

Qualification overview

Qualification title	NCFE Active IQ Level 3 Certificate in Instructing Pilates Studio Reformer Sessions		
Qualification number (QN)	610/7750/1		
Total qualification time (TQT)	250	**Guided learning hours (GLH)**	125
Entry requirements	Learners must be aged 16 or over. Learners wishing to undertake this qualification must have achieved a suitable level 3 qualification in instructing Pilates matwork. Some experience of Pilates studio reformer classes is highly recommended. The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary. There is an element of communication (discussing, presenting, reading and writing) involved and learners should have basic skills in communication pitched at level 2.		

About this qualification

This qualification aims to develop learners' professional level of skills and knowledge to enable them to design, plan and deliver safe and effective Pilates studio reformer sessions.

A Pilates studio reformer instructor plays an important role in improving the health of the nation, creating an opportunity to get more people more active, more often.

This qualification has been designed in partnership with employers and covers the knowledge and skills identified in the industry as essential for the Pilates studio reformer instructor, covering the original principles and fundamentals of the Pilates method, designing one-to-one progressive Pilates studio reformer programmes as well as planning and delivering group sessions for all abilities. The qualification also provides the learner with a comprehensive understanding of biomechanics, the original repertoire and health and safety, specific to the reformer.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve 4 units from the mandatory units.

Mandatory units

Unit 01 The fundamentals, principles and origins of the Pilates method and the reformer apparatus (J/652/2592)
Unit 02 Health, safety and risk assessment in the Pilates studio reformer environment (J/652/2619)
Unit 03 Planning a progressive one-to-one Pilates studio reformer programme (M/652/2620)
Unit 04 Plan, deliver and evaluate a small group Pilates studio reformer session (R/652/2621)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- employment:
  - Pilates studio reformer instructor
- further education:
  - level 3 diploma in personal training
  - level 3 diploma in sports massage therapy.

Contact us

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