Qualification Factsheet

Qualification overview

Qualification title	NCFE Active IQ Level 3 Diploma in Instructing Pilates Matwork		
Qualification number (QN)	610/7753/7		
Total qualification time (TQT)	375	**Guided learning hours (GLH)**	190
Entry requirements	Learners must be aged 16 or over. This qualification is designed for learners wishing to pursue a career in the health and fitness sector wishing to become employed as a Pilates matwork instructor. There are no specific prior skills/knowledge a learner must have for this qualification. However, some experience of Pilates matwork 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 matwork classes.

This qualification has been designed in partnership with employers and covers the knowledge and skills identified in the industry as essential for the Pilates matwork instructor, covering the original principles and fundamentals of the Pilates method, designing one-to-one progressive Pilates matwork programmes as well as planning and delivering group sessions for all abilities.

The qualification also provides the learner with a comprehensive understanding of anatomy and physiology, professionalism and customer care and health and safety needs.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve 6 units from the mandatory units.

This qualification contains 3 optional units. Learners are not required to complete any of the optional units to achieve this qualification.

Mandatory units

Unit 01 Anatomy and physiology for Pilates matwork (T/652/2622)
Unit 02 Professionalism and customer care for Pilates matwork (Y/652/2623)

Unit 03 Health and safety in a Pilates environment (A/652/2624)
Unit 04 Principles of Pilates matwork (D/652/2625)
Unit 05 Consultation, behaviour change and programme planning for one-to-one Pilates matwork (H/652/2627)
Unit 06 Planning and delivering a group Pilates matwork session (T/652/2631)

Optional units

Unit 07 Movement assessment and analysis (Y/652/2632)
Unit 08 Understanding physical activity and its impact on bone health (D/652/2634)
Unit 09 Choreographic adaptations for Pilates matwork (H/652/2636)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- employment:
  - Pilates matwork instructor
- further education:
  - Level 3 Diploma in Personal Training
  - Level 3 Diploma in Sports Massage Therapy.

Endorsement

This qualification is endorsed by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) and is fully mapped to the CIMSPA Pilates Based Matwork Instructor Professional Standard.

Learners successfully completing this qualification will have met the requirements of the CIMSPA Pilates Based Matwork Instructor Professional Standard and can use the qualification as evidence when applying for the relevant CIMSPA professional status.

Contact us

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