

EuropeActive Occupational Standards Summary Document Pilates Teacher (EQF Level 4)

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EQF LEVEL 4 – PILATES TEACHER

Definition

A Pilates matwork teacher's role includes planning, teaching and adapting exercises based on the work and principles of Joseph Pilates. Information will need to be collected and analysed for each client to ensure that programmes are safe, appropriate and effective. A Pilates teacher should be able to apply the principles through specific lesson planning and teaching which should be supportive and delivered in a non-competitive environment. They will need to have the skills to motivate and encourage clients to ensure their adherence to regular sessions.

Scope

The occupation of a Pilates Teacher (matwork) is referenced to the European Qualification Framework level 4.

Specific pre-requisites

All trainers will require both basic core knowledge and specific knowledge related to the context in which they work: Fitness or Group Fitness and must hold an EQF Level 3 certification or equivalent

Level of entry on to EREPS

Level 4

Essential skills

Demonstrate a professional attitude	Demonstrate responsibility and professional duty of care to clients, in conformance with the principles of Joseph Pilates and which will include communication skills and a focus of customer care orientation
Select and maintain a safe exercise environment	Select the correct training environment and assess risks to ensure it provides a safe, clean and friendly fitness environment and that it will be the best use of the environment in which clients are exercising
Motivate clients	Capability to develop rapport in order to motivate individuals to begin, adhere and/or return to exercise
Collect information	Identify client information which is to be collected and advise clients of correct procedures, protocols and risks prior to commencing physical assessment and exercising
Assess and analyse information	Carry out fitness assessments to establish fitness and skill level and analyse information relating to individual clients and how Pilates training exercises can be adapted
Plan and prepare for an exercise session	Plan and prepare the exercise environment to be non-competitive and supportive of the principles of Joseph Pilates
Identify customer motives and goals	Identify individual motives and resulting short, medium and long term fitness goals
Prescribe exercise	Provide a range of exercise programmes in accordance with the needs of the clients by applying principles of exercise programming

Integrate the principles of training	Apply the knowledge of principles of Pilates matwork training and components of health-related fitness to the design of an individual programme to meet client's abilities, needs, and lifestyle and exercise preferences
Adapt exercise	Suggest relevant Pilates matwork exercise adaptations or options to allow for individual client differences or needs and provide participants with advice on intensity and how to progress their individual performance and results
Offer motivation	Positively interact and motivate clients/members using appropriate strategies in order to promote adherence to exercise
Integrate Exercise Science to the design of the programme	Apply the knowledge of the musculoskeletal system, biomechanical concepts as they relate to movement and exercise, the knowledge of related physiological concepts, the knowledge of the cardio-respiratory system and energy systems, to programme design
Inform clients of benefits of a healthy lifestyle	Provide participants with accurate information on principles of nutrition and weight management
Promote a healthy lifestyle	Provide information about the role of physical activity, promote the principles of Pilates, allied modes of exercise and related services, and the importance of healthy activities for daily living to clients
Demonstrate professional conduct	Work within the parameters given at Level 4, recognising the standards and professional limitations that this provides, and ensuring essential personal skills and knowledge to be a Pilates Teacher. To be a positive role model at all times and keep up to date with industry developments and to help protect and promote the principles of Joseph Pilates
Demonstrate professional responsibility	To ensure that other workers and clients are treated with respect and that appropriate civil liability insurance is in place at all times of instructing