

Polestar Pilates Gateway Mat Series

COURSE DURATION

Online: 3 hours^[1]_[SEP]

Contact hours: 2 days (16 hours)

Normal Price: \$720 incl. GST – *Early Bird discount may apply*

GATEWAY PILATES TRAINING IS DESIGNED FOR:

- Personal Trainers looking to incorporate Pilates into their training and portfolio^[1]_[SEP]
- Health professionals interested in adding Pilates to their patient work^[1]_[SEP]
- Pilates enthusiasts or prospective students who want to become familiar with the method before taking the professional leap^[1]_[SEP]
- Professionals interested in a basic understanding of the Pilates training to enhance their technical^[1]_[SEP] resources

COURSE OVERVIEW

The Gateway Pilates program is designed to provide an introductory understanding of Pilates and the Polestar approach that encourages successful, result-driven movement experiences. As it is derived from science-based body mechanics, Pilates offers the tools to produce efficient exercise in a way that strengthens, rehabilitates, and prevents injuries. In this program, selected Pilates Mat exercises are taught to provide practical and applicable knowledge of form and sequencing techniques. It serves as a gateway to realising the complete benefits of accurate exercise.

^[1]_[SEP]

Beginning with at-home study preparation, the program progresses into experimental labs for well-rounded and collaborative learning. You will experience a variety of movement sequences throughout the course that can be immediately incorporated into health and fitness programs.^[1]_[SEP]

COURSE STRUCTURE

MODULE 1: GATEWAY PILATES ONLINE

This three-hour online training is a requirement for all who attend any of the Gateway Pilates training courses. The online course fortifies the fundamental principles and history of Pilates, and consists of three lectures. Each of these sections is followed by a brief written exam online.

Part 1: History of Pilates and Evolution^[1]_[SEP]

Part 2: Polestar Movement Concepts^[1]_[SEP]

Part 3: Professional Ethics (Scope of Practice)

MODULE 2: GATEWAY MAT

This two-day Pilates Mat experience examines how to apply Polestar Pilates Mat exercises, and is comprised of a set of four sequences using 18 preparatory and original Pilates Mat exercises. The exercises are explained in a lab format, with time allotted for teaching and demonstration. Online support and practice cards are provided to each participant as a takeaway resource. Gateway educators provide feedback directly to each participant to become proficient with the Gateway Mat work.

COURSE ASSESSMENT

Assessment requirements include online learning and 2 days face-to-face learning with Polestar Education team.

REGISTRATION POLICIES – INCL. TRANSFERS AND CANCELLATIONS

You must read the Polestar Pilates registration and cancellation policies PRIOR to registering. They are available on the Polestar Pilates NZ website: <http://polestarpilates.co.nz/registration/>

STAFF COMPETENCIES

Educators with Polestar Pilates New Zealand are of the highest caliber in the world, holding either a relevant Degree such as Physiotherapy, Osteopathy, or the like. Educators must have at least 5 years teaching experience and go through a dedicated process of mentoring and assisting students before they can become an Educator.

CONTACT DETAILS

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