

YMCA Level 3 Diploma in Teaching Pilates (Practitioner) 603/3855/6

Purpose Statement

Overview

Who is this qualification for?

The YMCA Level 3 Diploma in Teaching Pilates (Practitioner) contains the skills, knowledge and behaviours required of an individual to work in an unsupervised capacity to plan, instruct and evaluate a safe and effective Pilates session.

- This qualification is aimed at individuals who want to pursue a career in the health and fitness industry as a Pilates instructor.

What prior qualifications/levels of attainment are needed to take this qualification? Are there any age restrictions?

Learners need to be 16 or above to complete this qualification. YMCA Awards recommend learners have basic understanding of Level 2 anatomy and physiology.

What does this qualification cover?

This qualification is made up of 6 mandatory units and 1 optional unit. To further support learners who don't have any previous Anatomy and physiology knowledge the Level 2 Anatomy and Physiology unit has been introduced as an optional unit.

The YMCA Awards Level 3 Diploma in Teaching Pilates (Practitioner) is regulated by Ofqual and comprises of a total of 37 credits.

37 credits are achieved through completion of the following mandatory units:

- Providing a positive customer experience in the exercise environment
- Lifestyle management and health awareness
- Applied Anatomy and Physiology
- Principles of planning and delivering group exercise
- Principles and fundamentals of Pilates
- Plan and deliver a Pilates session

6 additional credits are achieved through completion of an optional Level 2 Anatomy and Physiology unit

- Anatomy and physiology for exercise and fitness instructors

Key topics/skills/knowledge covered:

- Anatomy and Physiology required when exercise programming and design for a range of clients
- Importance of professionalism, customer service, effective communication and interpersonal skills
- Knowledge and understanding of commonly occurring medically controlled diseases and health conditions
- Understanding the principles and fundamentals of Pilates
- How to programme a Pilates session
- How to instruct a Pilates session

What could this qualification lead to?

Future employment possibilities

This qualification can lead to employment as a Pilates instructor.

Progression to further/higher level learning

This qualification provides progression to other qualifications at the same and higher levels, for example:

- YMCA Level 3 Diploma in Gym Instructing and Personal Training (Practitioner)
- YMCA Level 3 Diploma in Teaching Yoga (Practitioner)
- YMCA Level 3 Diploma in Exercise Referral
- YMCA Level 3 Award in Nutrition to Support Physical Activity

Who supports this qualification?

CIMSPA (Chartered Institute for the Management of Sport and Physical Activity)

This qualification is supported by Chartered institute for the Management of Sport and Physical Activity (CIMSPA). CIMSPA is an independent organisation which recognises the qualifications and expertise of health-enhancing exercise instructors in the UK. One of their key functions is to provide a system of regulation for instructors and trainers to ensure that they meet the Health and Fitness Industry's agreed standards. To gain recognition by CIMSPA, instructors must provide evidence that they meet the standards that underpin the YMCA Awards Level 2 Certificate in Exercise to Music (Freestyle). You can find out more about CIMSPA here:

<https://www.cimspa.co.uk>