



## (Online) Matwork Bridging Course

APPI's Matwork Bridging course is designed for those of you who already have an existing Pilates certification with another training provider and would like to upgrade your skills to become a fully certified APPI Matwork teacher.

You will learn APPI's interpretation of the 5 key elements, our 5 stage model of program design and most importantly the unique exercise level structure that has seen the APPI method become of the world's most widely used rehabilitation programs. Following the completion of this course and a set number of practice and observation hours, you will be eligible to sit your APPI certification and join our community of instructors.

This four day conversion course will teach you the secrets of the APPI method and how to implement this into your Pilates teaching practice. As a certified Pilates teacher you already know the classical movements and will be well trained in how to teach Pilates programs to your clients. We recognise this great platform of knowledge and teaching experience and use this as the foundation of the course. This allows us to devote our time to truly analysing each and every Pilates movement from the point of the APPI Method and delve further into the world of rehabilitation, pathology and tailor made programs.



All 34 classical Pilates exercises will be reviewed and further broken down into APPI's unique level based system. For each of the classical exercises APPI has four to six different levels that allows us to create a much more targeted, user friendly, safe and effective program for your clients.

In addition to the indepth analysis of each Pilates movement we will cover the following crucial elements of the APPI method:





- Movement dysfunction analysis leading to a clinically reasoned studio and home Pilates programs for your clients.
- Postural and functional assessment techniques used in the world of Physiotherapy for advanced movement analysis.
- Analysis of the concept of 'muscular slings' and how the musculo-fascial connections throughout the body can be used within Pilates exercises to achieve advanced rehabilitation results for your clients.
- Analysis of common pathologies and injuries seen in our client population and what exercises are indicated to help this pathology, and what exercises may make the pathology or injury worse.
- Indications, precautions and contra-indications are given for each and every exercise

### Learning Outcomes

Following this course you will be able to:

- Develop a foundation for APPI Pilates training through a strong understanding of the 5 key elements
- Apply the 5 stage APPI Pilates Rehabilitation Model to generate bespoke home programs for your clients.
- Relate relevant scientific evidence to the APPI Pilates Method
- Apply beginner, intermediate and advanced APPI Pilates Exercises for pathology specific clinical reasoning.
- Apply different forms of Pilates cueing and communication necessary to optimise learning
- Identify how to analyse and assess the deep neck flexor muscles and incorporate this into Pilates teaching
- Describe how motor learning effects teaching skills
- Understand how the use of 'muscle slings' can be integrated inot your Pilates exercises to optimise fascial connection to the programs.

### Course Requirements:

Attaining certification as an APPI Pilates Matwork Instructor requires completion of all three





days of the Pilates Instructor Bridge course, completion of pre-course requirements, hours of observation, self practice and practice teaching.

You will be required to submit your completed portfolio at you Matwork Certification Exam.

| Description   | Hours |
|---|-------|
| <b>Pre-course videos</b><br>It essential that you view all the required pre-course video lectures, you can find these on your course confirmation letter or on your web portal.   | 2     |
| <b>Pre-course reading</b><br>A selection of key research articles on segmental stabilisation and pelvic stabilisation from pre-course reading to review the pertinent literature on which APPI Pilates is based upon.             | 10    |
| <b>Contact tutorial hours and supervised teaching</b><br>This is the total time of the three days of the Matwork bridge course. Any contact tutorial hours missed must be made up by the course participant.                      | 24    |
| <b>APPI Class Practice</b><br>Attendance of at least 5 APPI classes, <a href="#">APPI online classes</a> or self practice of the <a href="#">APPI DVDs</a> at least 5 times.  | 5     |
| <b>Self practice of APPI Specific exercises and exercise levels</b><br>Time should also be reserved for self-practice. You are an experienced Pilates teacher, this is for you to become accustomed to the APPI specific program. | 20    |
| <b>Practical &amp; Theory Examination</b><br>Upon completion of Matwork Levels Bridging Course you will be required to sit a theory & practical examination to gain full Matwork Certification with the APPI.                     | 2     |

**Course fee:** £595.00 inc. VAT

**Enquiry:** (852) 2345 6286      E-mail: [info@iptfa.com](mailto:info@iptfa.com)

**Website:** [www.iptfa.com](http://www.iptfa.com)

**Registration :** <https://appihealthgroup.com/buy/matwork-bridging-course/>

