



## Matwork Rehab Level One Course

The foundation level. During this course you will develop a solid foundation for Pilates teaching using the five key Pilates elements of the APPI Pilates approach and learn a variety of beginner level movements addressing lumbo-pelvic stability, postural education, correct movement patterning and body awareness. You will also review recent research on spinal stabilisation and pelvic stability and apply this to the APPI beginner series of Pilates movements.

You will be taught sixteen movements for training lumbo-pelvic, scapulo-thoracic and cervical stabilisation through a mixture of observation, self-participation and practice teaching. Either as a group or in your own time you will assess the clinical application of the Pilates movements at the time of their teaching to greater understand how these can be applied to patients and clients after the course, whilst reviewing case studies and treatment plans.

### During the course you will:

- Develop a solid foundation for Pilates teaching using the five key Pilates elements of the APPI Pilates approach.
- Learn a variety of beginner level movements addressing lumbo-pelvic stability, postural education, correct movement patterning and body awareness.
- Review recent research on spinal stabilisation and pelvic stability and apply this to the APPI beginner series of Pilates movements.
- Be taught sixteen movements for training lumbo-pelvic, scapulo-thoracic and cervical stabilisation through a mixture of observation, self-participation and practice teaching.
- Discuss the clinical application of the Pilates movements at the time of their teaching to greater understand how these can be applied to patients and clients after the course.
- Review case studies and design and discuss your own treatment plans

### Part 1

- Describe the history of Pilates.
- Develop a foundation for APPI Pilates training through a strong understanding of the 5





key elements.

- Relate relevant scientific evidence to the APPI Pilates Method.
- Apply beginner level static and dynamic APPI Pilates exercises for lumbopelvic, scapulothoracic stabilisation and sports rehabilitation training.
- Use visual imagery to improve their Pilates teaching.
- Apply different forms of Pilates cueing and communication necessary to optimise learning.

## Part 2

- Identify how to analyse and assess the deep neck flexor muscles and incorporate this into Pilates teaching.
- Use beginner level Pilates rotary stability and mobility exercises.
- Learn further Pilates Matwork exercises in prone and sidelying position.
- Apply the 5 stage APPI Pilates Rehabilitation Model to treatment plans.
- Identify specific areas requiring improvement for their own Pilates self-practice.
- Design a clinically reasoned and appropriate Pilates programs for clients.

## Assessment :

- There is no assessment on the Matwork Level 1 course.
- Attaining certification as an APPI Pilates for Rehabilitation Matwork Instructor requires completion of all three Matwork courses, pre-course requirements, hours of observation, self practice, practice teaching and the certification exam (to be completed after Matwork level three).

**Course fee:** HKD 4499

**Course Duration:** 14 hours

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