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# Pilates Matwork (Level I) Instructor Certification
# 普拉提墊上(一級)導師證書課程



## Course Introduction

This course teaches the techniques of Pilates Matwork and helps participants master the relevant training principles and applications. Pilates techniques can help athletes prevent injuries and compensate for the shortcomings of other fitness exercises, enabling participants to achieve their best potential.

The course is suitable for participants with or without experience in Pilates or fitness. It introduces Pilates Matwork in an accessible way, enhances body awareness, and satisfies participants' interest in Pilates.

Pilates training focuses primarily on core muscle control rather than pursuing muscle development through exercise. By training the body's core area—composed of the muscles of the waist and abdomen, including the transversus abdominis, internal oblique, external oblique, rectus abdominis, and erector spinae—the spine becomes supple and resilient. Therefore, Pilates not only helps

## 課程簡介

本課程教授普拉提墊上運動（Pilates Matwork）的技巧，協助學員掌握相關訓練原理與應用。Pilates 技巧能幫助運動員預防受傷，幷補足其他體適能運動的不足，讓學員發揮最佳潛能。

課程適合對普拉提或體適能運動有無經驗的人士參加，以深入淺出的方式帶領學員認識普拉提墊上運動，提升身體覺察性（Body awareness），滿足學員對普拉提運動的興趣。

Pilates 主要訓練著重核心肌群控制，而非追求肌肉經運動後發達。透過鍛煉身體核心部位——由腰部及腹部肌肉組成，包括腹橫肌、腹內斜肌、腹外斜肌、腹直肌及竪脊肌——使脊柱變得柔軟而有韌性。因此，

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improve body lines but also has a positive effect on correcting the neck and spinal cord.

Pilates 運動不但有助改善身體綫條，亦對矯正頸部及脊髓起到良好效果。

## Course Objectives:

- Understand the techniques and training principles of Pilates Matwork
- Enhance body awareness and postural analysis ability
- Learn the analysis and application of beginner and mixed-level movements
- Master training design, variations, and modifications
- Develop effective communication and verbal cueing skills
- Learn to structure warm-ups, class structure, and health and safety records
- Consolidate teaching skills through practical assessment

## 課程目標：

- 認識普拉提墊上運動的技巧及訓練原理
- 提升身體覺察性及姿勢分析能力
- 學習初階及混合程度動作之分析與應用
- 掌握訓練設計、變化及修改方法
- 培養有效溝通及口頭提示技巧
- 學習編排熱身、課程架構及健康安全記錄
- 透過實習評估鞏固教學技巧

## Target Participants:

- Individuals interested in Pilates
- Individuals intending to become Pilates Matwork instructors
- Participants with or without experience in fitness exercise are welcome

## 適合對象：

- 對普拉提運動有興趣的人士
- 有意成為普拉提墊上導師的人士
- 對體適能運動有無經驗均可參加

## Course Structure:

1. Exercise components and training objectives
2. Muscle initiation and sequencing
3. Analysis of beginner and mixed-level movements
4. Principles and applications of matwork training
5. Improving body posture and analyzing the posture and body alignment at the time
6. Visual skills and selecting the best method of implementing training
7. Training design, training variations, and modifications

## 課程結構：

1. 運動要素及訓練目標
2. 肌肉的起動及次序
3. 初階及混合程度動作之分析
4. 席上訓練之原理及其應用
5. 改善身體姿勢及分析當時的姿勢體態
6. 視覺技巧，選取訓練之最佳實行方法
7. 訓練設計、訓練之變化及修改
8. 有效溝通及口頭提示
9. 熱身及課程形式／架構
10. 編制包括健康與安全、上課地點統計及課程編排之記錄

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8. Effective communication and verbal cueing
9. Warm-up and class format/structure
10. Compiling records including health and safety, class location statistics, and course scheduling
11. Practical assessment

11. 實習評估

**International Certificate Recognition**

Participants who meet the following two requirements will be awarded the "**Pilates Matwork (Level 1) Instructor Certificate**" issued by IPTFA:

- Course attendance rate reaches 75% or above
- Both the theoretical examination and practical assessment obtain a passing score of 70% or above

**國際證書認可**

符合以下兩項要求的學員，可獲 IPTFA 頒發「**普拉提墊上（一級）導師證書**」:

- 課程出席率達 75%或以上
- 理論考試+實習考核均取得 70%或以上的合格成績

**Course fee:** HKD 5,200
**Course Duration:** 30hours
**Continuing Education Units：** 5 CEUs
**Enquiry**: (852) 2345 6286
**WhatsApp:** 9768 3881 (message only)
**E-mail:** info@iptfa.com
**Website:** www.iptfa.com

**課程費用：**HKD 5,200
**課時：**30 小時
**延續學份：**5 學分
**查詢：** (852) 2345 6286
**WhatsApp：**9768 3881 (僅限訊息)
**電郵：** info@iptfa.com
**網站：** www.iptfa.com

**Admission Requirements:**
**Entry Requirements:** Aged 17 or above.
**Instructor Qualifications:** Registered Senior Course Instructor

**申請資格：**
**入學資格：**凡年滿十七歲或以上
**導師資歷：** GFTA / IPTFA 註冊資深課程導師教授

**Re-examination Fee:** HK$300 for retaking the written exam, practical exam, or supplementary exam (those scoring below 60 must retake the course).

**重考費用：**筆試、實習試重考或補考費 HK$ 300 (60 分以下者需重新修讀課程)

**Deadline:** Three working days before course commencement (IPTFA reserves the right to

**截止日期：**開課前三個工作天(IPTFA 保留取消課程或更改課程時間之權利)

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cancel courses or change course times).

**Venue:** IPTFA Education Centre, Room C, 2/F, Wan Tai Building, 21–27 Mong Kok Stadium Path, Mong Kok, **International Personal Trainers & Fitness Academy.**

上課地點：IPTFA Education Centre
旺角運動場道 21-27 號運泰大廈 2 樓 C 室，**國際康體專才培訓學院。**

**Payment Methods:** Pay in person at the Academy in cash, mail a cheque (payable to: International Personal Trainers & Fitness Academy), or deposit into the Academy's account:

**Shanghai Commercial Bank** | Account Name: INTL PERSONAL TRAINERS & FIT A (HK) LTD
Account No.: 33782-05697-8
FPS: 164613515

**Bank of China** | Account Name: INTL P T & F A (HK) LTD T/A INTL Personal Trainer & Fitness Academy
Account No.: 012-698-0-000764-4
FPS: 164613515

**Hang Seng Bank** | Account Name: INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY (HONG KONG) LIMITED
Account No.: 369-488143-883
FPS: 107214223

繳費方法：可親臨學院繳交現金、郵寄支票 (抬頭：國際康體專才培訓學院) 或

存入學院戶口：
**上海商業銀行** | 戶口名 INTL PERSONAL TRAINERS & FIT A (HK) LTD
銀行戶口：33782-05697-8
FPS 轉數快：164613515

**中國銀行** | 戶口名 INTL P T & F A (HK) LTD T/A INTL Personal Trainer & Fitness Academy
銀行戶口：012-698-0-000764-4；
轉數快：164613515

**恆生銀行** | 戶口名：INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY (HONG KONG) LIMITED
銀行戶口：:369-488143-883
轉數快：107214223

**Class Arrangements:**

1. When the Observatory issues Typhoon Signal No. 1 or No. 3, or a Yellow or Red Rainstorm Warning, classes will be held as usual.
2. When the Observatory issues Typhoon Signal No. 8 or above, or a Black Rainstorm Warning, that day's classes will be cancelled. The Academy will separately notify students of the make-up class date, time, and venue.

上課情況：

1. 當天文台發出一號或三號颱風訊號、黃色或紅色暴雨警報，將照常上課。
2. 當天文台發出八號或以上颱風訊號、或黑色暴雨警報，該日之課程將取消，學院將另行通知補課之日期、時間及地點。

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**Refund Policy:** Except when the Academy cancels a course, tuition fees paid will not be refunded under any other circumstances.

**退款政策：**除了本學院取消課程外，其他情況概不退回已繳學費

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