



Matwork Comprehensive Course

This course offers an unparalleled level of content across its 13 day curriculum. You will learn over 100 Pilates exercises, all based on APPI's unique approach to understanding movement and how to teach movement to clients of all levels of abilities. On completion of the course you will be fully equipped to teach group Pilates Matwork classes and 1:1 sessions from beginner exercises to advanced level exercises.

The APPI Matwork Comprehensive course is one of the most in depth teacher training programs in the world. During the course, you will learn over 100 exercises, many exclusive to the APPI and its unique method. Importantly, you will not only learn the vast array of Pilates exercises but you will also learn these key components:

- ✓ Masterclasses by our degree level tutors on each and every day of your course
- ✓ In depth targeted anatomy and physiology lectures by our degree level tutors
- ✓ Exclusive to APPI, our surface anatomy workshops whereby you will learn to see, touch and analyse the anatomy on each other. These surface anatomy workshops are usually taught on Physiotherapy degree courses but are now part of the APPI's Matwork Comprehensive course.

Course Requirements:

- APPI Matwork Comprehensive Course Requirements
- Certification requires completion of the Matwork Comprehensive course, completion of observation hours, self-practice, self-study and practice teaching.
- The APPI expects the recommended additional course work to be completed and documented in this portfolio. The additional course work prescribed is crucial for the development of experienced, analytical and confident instructors.
- You will be required to submit your completed portfolio together with your exam.
- Once you have completed your 13 days of on course tuition and all the requirements of your log book you will be eligible to take your Matwork Comprehensive exam. Your exam is a two part exam that consists of the following:





More details about your exam requirement will be explained to you on the course.

Description	Hours
<p>Pre-course attendance at Pilates classes/or one to one sessions In total we recommend you attend at least 10 Pilates Classes or DVD classes prior to starting the course. In order to be a good Pilates instructor, you will need to attend regular classes or one to one sessions yourself. We recommend you attend classes with an APPI Certified Pilates instructor, if you are unable to find an instructor in your area there are a number of APPI online classes on our website we recommend for this purpose.</p>	10
<p>Contact tutorial hours and supervised teaching This is the total number of attendance hours within the Matwork Comprehensive course. Any contact tutorial hours missed must be made up by the course participant.</p>	104
<p>Observation Includes learning by observing other Pilates Instructors teaching. Contact the APPI for advice on booking times at APPI Centres or other centres if required. Again, we have a number of online classes with our APPI Presenters which are recommended substitutes.</p>	20
<p>Practice teaching Time should be dedicated to practice teaching the Pilates movements. We recommend teaching friends and family throughout your course.</p>	30
<p>Self-practice Time should also be reserved for self-practice. Pilates teaching evolves through self-experience and exploration.</p>	50
<p>Practical & Theory Examination</p> <ul style="list-style-type: none"> ▫ 60 minute online theory exam ▫ 30 minute video-submission practical exam. 	1.5





Payment options:

We realise that the investment in your future Pilates career is a large one. As such, we want to make this as easy as possible for you. Therefore we have created a variety of payment options for you to choose from. Please note that irrespective of your chosen payment plan you must have paid the full amount due before beginning the course you have enrolled onto.

Payment Option 1: Upfront Payment. HKD 28,688 (Save HKD 4,311)

This is the fast track payment option and will lead to the largest saving of all the payment options. The full course cost is HKD 32,999 but if you can pay in full upfront on booking the course we will reduce the course cost to HKD 28,688 incl. of VAT. Giving you a great saving of HKD 4,311 on the full course fee.

Payment Option 2: Pay in 3 instalments of HKD 10,509 (Total cost of HKD 31,522 – saving you HKD 1,462)

If you are not in a position to take full advantage of the large saving for payment option 1 we are happy to offer you a three stage payment plan. Here you pay three equal instalments of HKD 10,509 and still manage to save HKD 1,462 on the full course fee.

Enquiry: (852) 2345 6286

E-mail: info@iptfa.com

Website: www.iptfa.com

