



Course Category	Wellness			
Course Title	IPTFA Pilates Matwork (Level 1) Instructor Certificate Course			
Course Code	BH035			
Medium of Instruction	Cantonese			
Duration	30.0 hour(s)			
Pre-requisites	Age 17 or above			
Course Fee	Macao Resident: MOP6,430 Non-Macao Resident: MOP6,430			
Certificate	Students who have obtained an overall passing grade of the course and met the attendance requirement will be issued a course certificate by UTM and a certificate by International Personal Trainers and Fitness Academy (IPTFA). The passing grade of the course is 70.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BH035	2402	2024/03/22	2024/04/27
Objective	The course is designed for students to master professional knowledge in Pilates Matwork training and to understand the proper teaching techniques including communication skills and lesson planning, so that they can be well prepared for the industry.			
Outline	<ul style="list-style-type: none">• Key elements and targets of training• Muscles movement and sequence• Analyzing movements involved in basic and combination levels• Principles and applications on matwork training• Improve and analyze postures• Postural and body balance evaluation and correction• Effective communication skills and instructing techniques• Exercise planning and programming• Practice assessment			
Teacher	Please refer to the schedule			
Remarks	Students should bring their own yoga mat			