



<b>Course Category</b>	Wellness			
<b>Course Title</b>	IPTFA Pilates Matwork (Level 2) Instructor Certificate Course			
<b>Course Code</b>	BH050			
<b>Medium of Instruction</b>	Cantonese			
<b>Duration</b>	30.0 hour(s)			
<b>Pre-requisites</b>	Holders of valid IPTFA Pilates Matwork (Level 1) Instructor Certificate			
<b>Course Fee</b>	Macao Resident: MOP7,980 Non-Macao Resident: MOP7,980			
<b>Certificate</b>	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
	BH050	2301	2023/09/09	2023/10/14
<b>Objective</b>	This course aims to improve students' Pilates training skills and knowledge on the Pilates principles. Students will be able to understand the emphasis of each matwork exercise and design appropriate training plans.			
<b>Outline</b>	<ul style="list-style-type: none"><li>• Pilates principles and exercises</li><li>• Analysis of 24 intermediate level exercises</li><li>• Taboos of Pilates exercises</li><li>• Cueing skills: verbal, tactile, imagery</li><li>• Improving and analyzing postures</li><li>• Pilates tools practice: Magic circle &amp; elastic band</li></ul>			
<b>Teacher</b>	Please refer to the schedule			
<b>Remarks</b>	Students should bring their own yoga mat & pilates magic circle			