



Course Category	Wellness			
Course Title	APPI Matwork Rehab (Level 1) Certificate Course			
Course Code	BW010			
Medium of Instruction	Chinese			
Duration	24.0 hour(s)			
Pre-requisites	Has obtained "IPTFA International Certificate in Pilates Matwork (Level 1) Instructor Certificate" or a foundation Pilates Matwork instructor certificate from other training academies			
Course Fee	Macao Resident: MOP6,430 Non-Macao Resident: MOP6,430			
Certificate	Students who have attended no less than 70% of the class sessions in each subject and passed all the assessments will be issued a course certificate by UTM and a certificate co-issued by The Australian Physiotherapy & Pilates Institute (APPI) and International Personal Trainers & Fitness Academy (IPTFA). The passing grade of each examination is 70.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BW010	2301	2023/09/26	2023/11/03
Objective	Upon completion of the course, students will be able to <ul style="list-style-type: none">• build a solid foundation for Pilates training through the understanding of the five key Pilates elements• demonstrate a variety of beginner level movements addressing stability, postural education, correct movement patterning and body awareness• incorporate analysis and assessment of deep neck flexor muscles and visual imagery into Pilates training• apply 5-stage Pilates Rehabilitation Model to different training options			
Outline	<ul style="list-style-type: none">• 5 key elements of Pilates training• 16 movements for lumbo-pelvic, scapula-thoracic and cervical stabilisation training• Deep neck flexor muscles• Visual imagery• Pilates cueing and communication• Pilates rotary stability and mobility exercises• 5-stage Pilates Rehabilitation Model			
Teacher	Please refer to the schedule			