

APMA Education & Training (RTO)

### Dear Applicant,

Thank you for your interest in our Diploma of Pilates Movement Therapy (69802).

### The Clear Choice

The APMA developed this government-recognised Diploma using its well-regarded **Level Two Pilates Instructor Course** (1999 to today) as a template. The result is a product of many years of debate, study and practice from several highly respected voices in the profession, making it the most comprehensive and balanced course in the marketplace.

### UNITS OF COMPETENCY - 69802 DIPLOMA IN PILATES MOVEMENT THERAPY

- **APMAEXS501A** Apply a broad knowledge of exercise science, planning and programming to Pilates Movement Therapy
- **APMAMUS501B** Plan and deliver Pilates Movement Therapy for clients with musculoskeletal needs
- **APMAFLR503A** Design and instruct a Pilates Movement Therapy floor-work session
- **APMAEQU504A** Design and instruct Pilates Movement Therapy using equipment
- **APMAPOS505A** Undertake postural appraisal of low risk clients for Pilates Movement Therapy
- **HLTAP401A** Confirm physical health status
- **HLTCOM406B** Make referrals to other health care professionals when appropriate
- **HLTCOM404B** Communicate effectively with clients
- **HLTAP501A** Analyse health information
- **HLTCOM502B** Develop professional expertise
- **HLTOHS300A** Contribute to OHS processes
- **HLTPOP402B** Assess readiness for and effect behavioural change
- **TAADEL401B** Plan and organise group-based delivery

### DELIVERY METHODS

For more details, including dates and the Course syllabus, please liaise directly with your local Course Deliverer.

A full list of our excellent Course Deliverers and their locations can be found on our website.

Alternatively, you can request for the APMAET to select a Course Deliverer for you. (See Application Form below)

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Please complete the following Application Form and return to the APMAET

### DIPLOMA REGISTRATION FEE (please tick)

- \$300 Due upon application

*This Registration is refundable if your application is unsuccessful. Exempt from GST.*

### PERSONAL DETAILS

Application Date..... Phone Home.....  
 Name..... Mobile.....  
 Mailing Address..... Phone Work.....  
 .....  
 City.....  
 State..... PCode..... Country.....  
 E-mail.....

**I would like to receive my Learner Materials package by:**

Hard Copy (land mail)  
 Digital (email)

### PRE-REQUISITES ATTACHMENT CHECKLIST

**Indicate you have completed requirements and attach copies of all documents to this application**

- 30 hours prior personal practice with Instructors/Practitioners that includes Pilates equipment based work
- Tertiary level or equivalent of anatomy and physiology (knowledge of skeleton, muscle actions, origin/insertion)
- Working with children card; Current Level II Apply First Aid Certificate with CPR
- Other relevant Industry experience/qualifications or references

### CHOOSE YOUR COURSE DELIVERER

#### OPTION 1 CHOSEN BY APMAET (RTO)

- Decision based on applicant's location

#### OPTION 2 CHOSEN BY APPLICANT

- CD Name .....

### PAYMENT OPTIONS

**EFT (Bank Transfer)**

Bank Bendigo  
 BSB 633-000  
 Acct 147530638

Note name and 'DIPLOMA' on reference & attach payment receipt.



**By Cheque**

Make payable to "APMA"



**By Credit Card**

Contact APMA Administrator 03) 9718 1881 (1.5% credit card surcharge)

For Office Use Only

Date Application Received:

Date Approved:

Approved