

Statement of Declared Purpose

Awarding organisation name	Active IQ
Title of regulated qualification	Active IQ Level 3 Diploma in Instructing Pilates Matwork
Qualification level	3
Qualification accreditation number	501/1778/6
Qualification type	Vocationally Related Qualification

Qualification overview

This qualification is designed to provide learners with the knowledge and skills to be able to plan and instruct Pilates Matwork classes.

Who could do this qualification?

There are no specific entry requirements however learners should be aged 16+ and some experience of attending Pilates classes is highly recommended. The course requires physical exertion, therefore, a degree of physical fitness is necessary and there is an element of communication (discussing, presenting, reading and writing) involved and learners' should have basic skills in communication pitched at Level 2.

The qualification has been designed for:

- Individuals who wish to work and/or seek employment in facilities which offer Pilates classes.
- Individuals considering a career in exercise and fitness instruction, in the discipline of Pilates.
- Individuals already working in the active leisure sector and who wish to enhance their career progression opportunities.

What does the qualification cover?

During the qualification learners will cover the following:

- Anatomy and physiology.
- Principles of exercise, fitness and health.
- Health and safety.
- How to support clients.
- Principles of Pilates Matwork.
- How to programme Pilates Matwork classes.
- How to instruct Pilates Matwork classes.

Qualification structure

To achieve the qualification learners must complete the seven mandatory units (37 credits).

Unit	Unit accreditation number	Level	Credits
1. Anatomy and physiology for exercise and health	A/600/9051	3	6
2. Principles of exercise, fitness and health	A/600/9017	2	4
3. Know how to support clients who take part in physical activity	M/600/9015	2	2
4. Health, safety and welfare in a fitness environment	T/600/9016	2	2
5. Principles of Pilates Matwork	D/602/5324	3	4
6. Programming Pilates Matwork	H/602/5325	3	9
7. Instructing Pilates Matwork	K/602/5326	3	10

What could this qualification lead to?

Successful achievement of this qualification will provide entry to the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as a practitioner (exercise and fitness). Launched in 2011, CIMSPA is the professional development body for the UK's sport and physical activity sector. CIMSPA was awarded chartered status by the Privy Council, which came into effect at the beginning of January 2012. CIMSPA provides leadership, support and empowerment for professionals working in sport and physical activity and a single unified voice for the sector.

To read more about CIMSPA, please visit <https://www.cimspa.co.uk>

This accredited achievement is valued and recognised by employers and can assist learners to increase/enhance their career opportunities, progression and earning potential.

Learners will be able to progress to the following job role:

- Pilates instructor.

Will the qualification support progression to further learning, and, if so, what?

The qualification is designed to offer entry to employment; however, learners can also progress onto the following qualifications:

- Level 3 Diploma in Exercise Referral.
- Level 3 Diploma in Teaching Yoga.
- Level 3 Diploma in Sports Massage Therapy.
- Level 4 Certificate in Instructing Pilates Matwork.

Is this qualification available as an apprenticeship?

No, this qualification does not sit within an apprenticeship framework.

Is this qualification eligible for an Advanced Learner Loan?

Yes, this qualification is available within the Advanced Learner Loan catalogue, information on which can be found by following the link below:

<https://www.gov.uk/government/publications/advanced-learner-loans-qualifications-catalogue>

Similar qualifications

There are no similar qualifications.

Who supports the qualification?

Support for the qualification has been provided by the following professional body:

- The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

To read more about CIMSPA, please visit <http://www.cimspa.co.uk/>