

NCEF Pilates Corrective Exercise Specialist Module University of Limerick Timetable 2018 Tallaght Leisure Centre



Weekend 1

| Date | 9.00-10.30 | Break | 10.45-12.15 | Lunch | 1.00-2.15 | Break | 2.30-4.00 |
|----------------------|---|-------|--|-------|---|-------|--|
| 27 th Jan | Introduction/course outline Grace Germaine | | Basic Principles & communication Skills Grace Germaine | | Anatomy & Physiology John Heffernan | | Anatomy & Physiology John Heffernan |
| Room | Class room | | Class room | | Class room | | Class room |
| 28 th Jan | History ,Function principles & placement Lifetime benefits John Heffernan | | Warm –up Exercises John Heffernan | | Basic Mat Exercises John Heffernan | | Basic Mat Exercises John Heffernan |
| Room | Class room | | Studio | | Studio | | Studio |

Weekend 2

| Date | 9.00-10.30 | Break | 10.45-12.15 | Lunch | 1.00-2.15 | Break | 2.30-4.00 |
|------------------------------|--|-------|--|-------|---|-------|---|
| 17 th February | Guidelines for corrective exercise for special population Grace Germaine | | Core Muscles Grace Germaine | | Basic mat exercises Grace Germaine | | Basic mat exercises Grace Germaine |
| Room | Class room | | Class room | | Studio | | Studio |
| 18 th February | Programme Development John Heffernan | | Programme Development John Heffernan | | Intermediate Mat exercises John Heffernan | | Intermediate Mat exercises John Heffernan |
| Room | Class room | | Classroom | | Studio | | Studio |

Weekend 3

| Date | 9.00-10.30 | Break | 10.45-12.15 | Lunch | 1.00-2.15 | Break | 2.30-4.00 |
|-----------------------|--|-------|--|-------|---|-------|--|
| 3 rd March | Referral Guidelines Bridget Lawlor | | Posture Analysis Bridget Lawlor | | Posture Analysis Bridget Lawlor | | Posture Analysis Bridget Lawlor |
| Room | Class room | | Class room | | Studio | | Studio |
| 4 th March | Intermediate Mat /advanced mat/ball John Heffernan | | Intermediate Mat /advanced mat/ball John Heffernan | | Programme Development John Heffernan | | Programme Development John Heffernan |
| Room | Studio | | Studio | | Studio | | Studio |

Weekend 4

| Date | 9.00-10.30 | Break | 10.45-12.15 | Lunch | 1.00-2.15 | Break | 2.30-4.00 |
|------------------------|--|-------|--|-------|--|-------|--|
| 24 th March | Intermediate Mat /advanced mat/ball John Heffernan | | Intermediate Mat /advanced mat/ball John Heffernan | | Intermediate Mat /advanced mat/ball John Heffernan | | Intermediate Mat /advanced mat/ball John Heffernan |
| Room | Studio | | Studio | | Studio | | Studio |
| 25 th March | Instructional skills Grace Germaine | | Instructional skills Grace Germaine | | Exam Prep Grace Germaine | | Exam Prep Grace Germaine |
| Room | Studio | | Studio | | Class room | | Class room |

| | Subject | Tutor |
|--|--|---|
| SS3131 SS3141 SS3141 SS3131 | History, Function, principles & placement Anatomy & Physiology relevant to Pilates & corrective exercise Core muscles and Referral Guidelines Lifetime Benefits | John Heffernan John Heffernan Bridget Lawlor/Grace Germaine John Heffernan |
| SS3151 SS3151 SS3141 SS3171 SS3161 SS3171 | Basic Principles Posture Analysis Guidelines for Corrective Exercise/Special Population Programme Development Instructional Skills – Communication Skills/Mat Pilates Exercises Instructional Skills – Stability Ball Exercises | Grace Germaine Bridget Lawlor Grace Germaine/John Heffernan John Heffernan/Grace Germaine/ |
| | Assessment | |
| SS3131 | Introduction to Pilates Theory Introduction to Pilates Practical | Online Assessment 25% Video Assessment demo of exercises 75% |
| SS3141 | Anatomical & Physiological Aspects of Pilates Corrective Exercise Theory | On line assessment 100% |
| SS3151 | Methodology and Application of Pilates & Corrective Exercise | Case Study 100% |
| SS3161 | Programme Development in Pilates and Corrective Exercise 1 practical assessment of warm-up and basic exercise Programme Development in Pilates and Corrective Exercise 1 Written self- evaluation | Video assessment of instructional skills 95% Self-evaluation of instruction 5% |
| SS3171 | Programme Development in Pilates and Corrective Exercise 2 Practical assessment of Intermediate & Stability ball exercise Programme Development in Pilates and Corrective Exercise 2 Written self- evaluation | Video assessment of Instruction skills 95% Self-evaluation of instruction 5% |