

# The Australian Physiotherapy & Pilates Institute

Matwork Certification Series



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[www.unitehealth.com.au](http://www.unitehealth.com.au)

Unite Health Management are the official providers of APPI Pilates Teacher Training courses across Australia.

## APPI Matwork Certification Series

Attaining certification as an APPI Pilates Matwork Instructor requires completion of all three Matwork courses, pre-course requirements, hours of observation, self-practice and practice teaching.

### Using the portfolio

If you are working towards your APPI Matwork Certification, the APPI expects that the recommended additional course work is completed and documented in this portfolio. The additional course work prescribed is crucial for the development of experienced, analytical and confident instructors. Use this portfolio by documenting the additional course work under the prescribed headings. Signatures for attending the Pilates courses and clinics/studios for observation are required. You will be required to submit your completed portfolio at your Matwork Certification Exam.

### Certification requirements

Description	Hours
<b>PRE-COURSE READING</b> A selection of key research articles on segmental stabilisation and pelvic stabilisation form pre-course reading to review the pertinent literature on which Pilates is based upon.	20
<b>PRE-COURSE ATTENDANCE AT PILATES CLASSES/OR ONE TO ONE SESSIONS</b> It is crucial for you to experience Pilates as a client/patient yourself. In order to be a good Pilates instructor, you will need to attend regular classes or one to one sessions yourself. You must complete a minimum of 5 hours of either Pilates classes or one to one sessions yourself prior to attending your first course.	5
<b>CONTACT TUTORIAL HOURS AND SUPERVISED TEACHING</b> This is the total time of the three Matwork courses in the certification series. Any contact tutorial hours missed must be made up by the course participant.	48
<b>OBSERVATION</b> Includes learning by observing other Pilates Instructors teaching. Contact the APPI for advice on booking times at APPI Pilates Centres or other centres if required.	5
<b>PRACTICE TEACHING</b> Time should be dedicated to practice teaching the Pilates movements. This may be incorporated with your current work practices or be additional if necessary.	30
<b>SELF PRACTICE</b> Time should also be reserved for self-practice. Pilates teaching evolves through self-experience and exploration.	50
<b>PRACTICAL &amp; THEORY EXAMINATION</b> Upon completion of Matwork Levels 1-3 you will be required to sit a theory & practical examination to gain full Matwork Certification with the APPI.	1.5

**PRE-COURSE READING (20 HOURS)**

<b>DATE</b>	<b>TITLE OF ARTICLE</b>	<b>YOUR SIGNATURE</b>

**PRE-COURSE ATTENDANCE AT PILATES CLASSES / 1:1 SESSION (5 HOURS)**

Visit <http://www.unitehealth.com.au/pilates-instructor-finder/> to find your nearest instructor. Please note you can attend a class with any accredited Pilates instructor however we do highly recommend to attend at least one session with an APPI Pilates Instructor.

<b>DATE</b>	<b>PILATES VENUE (NAME &amp; LOCATION)</b>	<b>SESSION TYPE (CLASS/1:1)</b>	<b>SIGNATURE OF INSTRUCTOR</b>

<b>COURSE ATTENDANCE (48 HOURS)</b>				
<b>COURSE</b>	<b>DATE</b>	<b>COURSE VENUE (NAME &amp; LOCATION)</b>	<b>APPI PRESENTER/S</b>	<b>SIGNATURE OF PRESENTER</b>
Matwork Level 1				
Matwork Level 2				
Matwork Level 3				

<b>OBSERVATION (5 HOURS)</b>			
Visit <a href="http://www.unitehealth.com.au/pilates-instructor-finder/">http://www.unitehealth.com.au/pilates-instructor-finder/</a> to find your nearest instructor. Please note you can observe a class with any accredited Pilates instructor however we do highly recommend to observe at least one session with an APPI Pilates Instructor.			
<b>DATE</b>	<b>PILATES VENUE (NAME &amp; LOCATION)</b>	<b>SESSION TYPE (CLASS/1:1)</b>	<b>SIGNATURE OF INSTRUCTOR</b>

<b>PRACTICE TEACHING (30 HOURS)</b>			
<b>DATE</b>	<b>AREAS PRACTISED (E.g. 5 Key elements)</b>	<b>DURATION</b>	<b>YOUR SIGNATURE</b>

*Practice teaching continued.*

<b>DATE</b>	<b>AREAS PRACTISED</b> (E.g. 5 Key elements)	<b>DURARTION</b>	<b>YOUR SIGNATURE</b>

**SELF PRACTICE (50 HOURS)**

<b>DATE</b>	<b>AREAS PRACTISED</b> (E.g. Shoulder bridge)	<b>DURATION</b>	<b>YOUR SIGNATURE</b>

*Self-practice continued.*

<b>DATE</b>	<b>AREAS PRACTISED</b> (E.g. 5 Shoulder bridge)	<b>DURATION</b>	<b>YOUR SIGNATURE</b>

## **APPI MATWORK CERTIFICATION EXAM**

Upon completion of Matwork Level 1, 2 and 3 and your certification logbook you are eligible to sit your Matwork Pilates Certification exam. The final Matwork exam consists of 2 components, a practical exam and a theory exam.

The **practical exam** is 30 mins in duration. However, you will be assigned a partner who will act as your client. You will then act as their client. Therefore the entire practical component will take 1 hour. The **theory exam** is a 60-minute online multiple-choice exam. In order to gain certification we recommend that you sit your exam within 6 months of completing Matwork Level Three.

### **IMPORTANT EXAM PREPARATION INFORMATION**

1. Please visit [www.unitehealth.com.au/pilates-instructor-courses/appi-matwork-certification-exam-pilates-exam-outline/](http://www.unitehealth.com.au/pilates-instructor-courses/appi-matwork-certification-exam-pilates-exam-outline/)
2. On the above web page please view the 2-minute video of APPI Founding Director, Glenn Withers, explaining the exam process and expectations.
3. Please read the above webpage in its entirety including the FAQ's section below the video.
4. Please thoroughly read your exam confirmation letter that you will receive by email upon payment of your exam. Importantly, this letter outlines all the marking criteria you will be marked against in your exam.

To book your exam name visit [www.unitehealth.com.au](http://www.unitehealth.com.au) or call 03 9981 1860.

## APPI RECOMENDED READING ARTICLES

1. Kristen Boren, Cara Conrey, Jennifer Le Coguic Lindsey Paprocki, Michael Voight, and T. Kevin Robinson (2011) Electromyographic analysis of gluteus medius and gluteus maximus during rehabilitation exercises. *Int J Sports Phys Ther.* 2011 Sep;6(3)
2. Grimaldi A. (2011) Assessing lateral stability of the hip and pelvis. *Man Ther.* 2011 Feb;16(1):26-32
3. Grimaldi A, Richardson C, Stanton W, Durbridge G, Donnelly W, Hides J.(2009) The association between degenerative hip joint pathology and size of the gluteus medius, gluteus minimus and piriformis muscles. *Man Ther.* 2009 Dec;14(6):605-10.
4. Hides J, Hughes B, Stanton W (2011) Magnetic resonance imaging assessment of regional abdominal muscle function in elite AFL players with and without low back pain. *Man Ther.* 2011 Jun;16(3):279-84.
5. Mallin G, Murphy S (2013) The effectiveness of a 6-week Pilates Programme on outcome measures in a population of chronic neck pain patients: a pilot study *J Bodyw Mov Ther* 17 (3):376-84 2013
6. Miyamoto GC, Costa LO, Galvanin T, Cabral CM (2012). Efficacy of the Addition of Modified Pilates Exercises to a Minimal Intervention in Patients With Chronic Low Back Pain: A Randomized Controlled Trial. *Phys Ther.* 2012 Dec 13.
7. Notarnicola A, Fischetti F, Maccagnano G, Comes R, Tafuri S, Moretti B(2013) Daily Pilates exercise or inactivity for patients with low back pain: a clinical prospective observational study. *Eur J Phys Rehabilitation Medicine.* Oct, 2013
8. Phrompaet S, Paungmali A, Pirunsan U, Sitolertpisan P(2011) Effects of pilates training on lumbo-pelvic stability and flexibility. *Asian J Sports Med.* 2011 Mar;2(1):16-22.
9. Selkowitz DM, Beneck GJ, Powers CM (2013). Which exercises target the gluteal muscles while minimizing activation of the tensor fascia lata? Electromyographic assessment using fine-wire electrodes. *J Orthop Sports Phys Ther.* 2013;43(2):54-64.
10. Stolze LR, Allison SC, Childs JD (2012) Derivation of a preliminary clinical prediction rule for identifying a subgroup of patients with low back pain likely to benefit from Pilates-based exercise. *J Orthop Sports Phys Ther.* 2012 May;42(5):425-36.
11. Tsao H, Hodges P W, Galea M P (2008) Reorganization of the motor cortex is associated with postural control deficits in recurrent low back pain. *Brain* 131(2008)2161-2171.
12. Vasseljen O, Fladmark M (2010) Abdominal muscle contraction thickness and function after specific and general exercises: a randomized controlled trial in chronic low back pain patient. *Manual Therapy* 15(5)482-9.
13. Wells C, Kolt GS, Marshall P, Bialocerkowski A. (2013) The Definition and Application of Pilates Exercise to Treat People With Chronic Low Back Pain: A Delphi Survey of Australian Physical Therapists *J. Of Phys. Therapy.* 2013 (Oct 31).



## RECOMMENDED LEARNING RESOURCES

### **MATWORK LEVEL 1-THE FOUNDATION**

We highly recommend that all APPI Pilates course participants review the above key research articles on the basic principles of segmental spinal and pelvic stabilisation prior to attending Matwork Level 1. The essential reading articles can either be sourced independently or purchased in a printed and bound pack through our [Pilates Shop](#).

We also recommend viewing the APPI Pilates for Low Back Pain DVD to become familiar with the APPI Pilates teaching style. This DVD includes the five APPI Pilates key elements as well as a 50-minute class. We recommend purchasing our course pack, which consists of the recommended reading articles and Pilates for Low Back Pain DVD. This can be purchased through our [Pilates Shop](#).

### **MATWORK LEVEL 2-CLASS INSTRUCTOR**

We highly recommend viewing the APPI Intermediate Pilates DVD prior to attending the APPI Matwork Level 2-Class Instructor course to familiarise yourself with the sequencing of Pilates movements as well as the warm-ups and cool-downs.

This DVD includes easy to follow sections including; pelvic stability, abdominals, upper body stability, strength, gluteals, stretch & mobility, warm up, cool down and the APPI Pilates 5 Key Elements. This can be purchased through our [Pilates shop](#).

### **MATWORK LEVEL 3 – INTERMEDIATE / ADVANCED**

We recommend viewing the APPI Advanced Pilates DVD to become familiar with the higher-level Pilates exercises. This DVD includes easy to follow sections focusing on; pelvic stability, abdominals, upper body stability, strength, gluteals, mobility, warm up, cool down and the APPI Pilates 5 Key Elements. This can be purchased through [our Pilates shop](#).

### **COURSE PACKS**

The research articles and APPI Low Back Pain DVD can be purchased as a package for \$37 – saving 10%.

The complete APPI Matwork Series DVD's (Low Back Pain, Intermediate, Advanced) can be purchased as a package for \$59 – saving 10%.