

Wellness Pilates

普拉提教师 培训课程



 wellnesspilatessydney.com

 0451 878 807
0401 118 884



[wellnesspilatessydney](https://www.wellnesspilatessydney.com)



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[wellnesspilates_sydney](https://www.instagram.com/wellnesspilates_sydney)
[wellnesspilates_training](https://www.instagram.com/wellnesspilates_training)

为什么选择Wellness Pilates的课程？

课程亮点

在澳大利亚悉尼的Wellness Pilates提供专业普拉提指导文凭[10838NAT]升级项目。
我们的课程以普通话、粤语、韩语和英语授课，旨在培训专业普拉提教练，
促进普拉提在澳大利亚的普及。

- ◆ 与澳大利亚顶级认证的普拉提教师合作；
- ◆ 提供线下和线上的综合教育；
- ◆ 课程提供普通话、粤语、韩语和英语教学；
- ◆ 工作室免费开放，供额外练习使用；
- ◆ 通过免费观摩课程获得实践经验；
- ◆ 提供导师指导和职业咨询，助您规划职业生涯；
- ◆ 持续教育支持（定期研讨会）；
- ◆ 课程完成后，就业安置率100%；
- ◆ 通过完成指定注册培训机构的升级课程，获得政府认可的普拉提文凭；
- ◆ 毕业生在全球积极担任普拉提教师。



线上学习

课程探索

Wellness Pilates 1级 教练证书

在悉尼Wellness Pilates教练培训的第一阶段，学生将涵盖方法论基础、基本解剖学和生理学，以及跨足所需的工作室教材的12个模块。

项目

高强度核心床培训 3周


核心床培训 6周

垫上+ 核心床培训 3个月

垫上+ 核心床+ CCB（椅、秋千床、梯桶）培训 5个月

CERTIFICATE

Professional Pilates Teacher
职业普拉提教练证书

- ✓ 团体核心床+ 小工具
- ✓ 团体垫上课程 + 小工具
- ✓ 凯迪拉克、椅子和桶式器械 + 小工具
- ✓ 解剖学、生理学
- ✓ 私人课、双人课、半私人课和团体普拉提
- ✓ 通往政府认证的普拉提文凭证书的路径 

课程探索

Wellness Pilates

专业普拉提指导文凭升级项目[10838]

学习如何为垫上课程、核心床课程以及使用全部工作室器械的私人或小团体环境开发创新的、功能性的普拉提体验和项目。此外，专门研究适用于特殊情况的方法，包括孕期和产后、康复以及精英级别的训练。

Be a Pilates Method Teacher (PMT): 成为普拉提方法教师：

- ◆ 规划并提供团体、私人 and 半私人课程
- ◆ 与因治疗医生和/或联合卫生从业者推荐的已管理或稳定状况的客户合作共事
- ◆ 提供个性化的客户评估、方案开发、指导和演示，监督普拉提课程和客户回顾
- ◆ 提供设计用于不同年龄和健身水平的客户群体参与的普拉提锻炼计划
- ◆ 接受培训，能够在所有普拉提器械上提供普拉提动作，包括从基础到高级的原始练习及其修改、进展和退化，符合正式教育和评估的要求。
- ◆ 通常独立工作
(可能是自雇人士或雇员)

DIPLOMA

Professional Pilates Method Teacher 职业普拉提方法教练学位

- ✓ 团体拉伸器 + 小工具
- ✓ 团体垫上课程 + 小工具
- ✓ 凯迪拉克、椅子和桶式器械 + 小工具
- ✓ 解剖学、生理学
- ✓ 私人课、双人课、半私人课和团体普拉提
- ✓ 姿势分析和身体对齐不良姿势
- ✓ 特殊情况（怀孕、产后、低风险脊柱疾病、非急性康复、精英级别的调理）
- ✓ 政府认可的普拉提文凭
- ✓ 持有AUSactive, PAA批准的普拉提方法教师资格



Min Kim

Wellness Pilates Sydney Director
Professional Pilates Method Teacher Level 3
Government-Accredited Pilates Teacher Training Educator

Qualification

- Master of Fine Arts Degree - Dance education
- Bachelor degree in Contemporary dance
- Art high school - Contemporary dance
- Yoga instructor
- Diploma of Professional Pilates Instruction [10838NAT]
- Advanced Diploma of Myotherapy (Myotherapist)
- GYROTONIC® Instructor

Specialty

- Movement analysis and pattern correction
- Anatomy
- Myofascial release
- Pilates for special conditions and Reability

Experience

- Contemporary Dance Instructor at a university
- Director at a dance studio
- Director and founder – Wellness Pilates Sydney
- Teaching GYROTONIC®
- Teaching Yoga



Jinnie Kim

Wellness Pilates Sydney Head Manager
Professional Pilates Method Teacher Level 2

Qualification

- Diploma of professional Pilates Instruction [10838NAT]
- Anatomy & Rehabilitation
- Certificate of International Pilates Instruction
- First Aid & CPR Certification
- Working with Children Check

Specialty

- Posture analysis
- Exercise for injury Rehab
- Rehabilitation of Swimming & Golf for Pilates
- Flexibility, Stability & Mobility
- Pilates for Pregnancy

Experience

- Correcting faulty posture and Movement pattern
- Design a specific program comprising 3-4 semi-private lessons based on a posture & muscle assessment
- Customise a program to help clients achieve their goals, prevent injuries, and correct posture issues



Winkie Chu
朱忠敏

Physiotherapist & Pilates Teacher

- Bachelor of Applied Science (Physiotherapy) at University of Sydney
- Qualified APPI (Australian Physiotherapy & Pilates Institution) Pilates Instructor
- Work Experience in hospital, private clinic and aged care settings



Matthew Tam
譚天盛

Professional Pilates Method Teacher

Qualification

- Diploma of professional Pilates Instruction [10838NAT]
- Certificate of International Pilates Instruction
- Certificate III & IIII in Fitness [On going]
- First Aid & CPR Certification
- Anatomy & Rehabilitation

Specialty

- Posture analysis
- Exercise for injury Rehab
- Pilates for Pregnancy & Post natal
- Mandarin ,Cantonese & English

Experience

- Faulty Posture & Posture Analysis
- Muscle Recruitment Training
- Correcting Body Alignment
- Design a specific program comprising 3-4 semi-private lessons based on a Posture

Sally Goh

Physiotherapist & Pilates Teacher

- Bachelor of Applied Science (Physiotherapy) at University of Sydney
- Qualified APPI (Australian Physiotherapy & Pilates Institution) Pilates Instructor
- Level 1 Women's health and pelvic floor conditions
- Senior physiotherapist and clinical educator at Better Life Physio

Pilates Anatomy



Meet Our Faculty

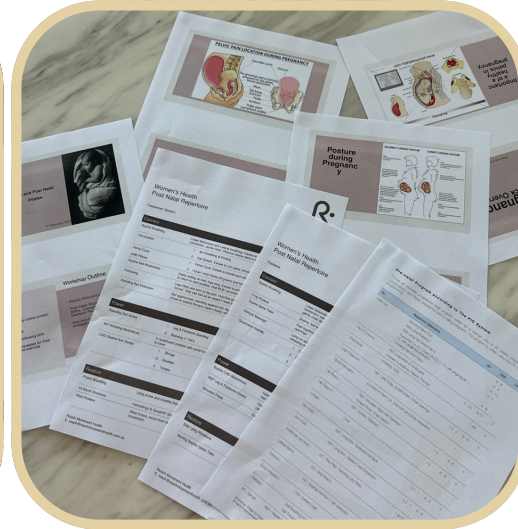
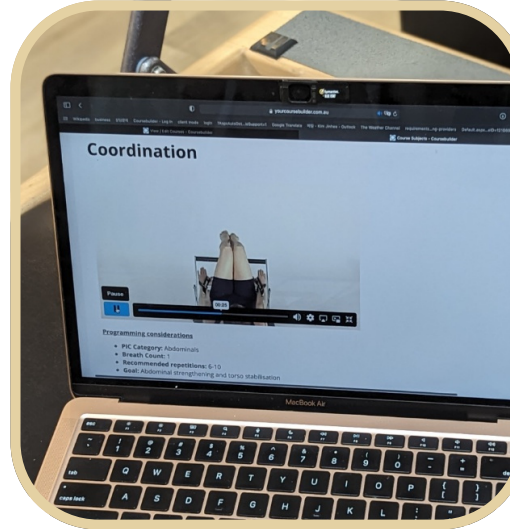
Sally Anderson

- PROFESSIONAL BENCHMARKS
- Founded Pilates International in 2000
- Founding President of the Pilates Alliance Australasia 2001 (10 year term)
- Accredited first ever Australian government registered Pilates courses in May 2004
- Registered PilatesITC as the first ever Australia government RTO - "Registered Training Organisation" in May 2004
- Accredited course articulation to University Bachelor Degrees June 2013
- Founded Reach Movement Health 2020
- AUSactive Board member from October 2022-current

Andrew Aroustian

- Principal expert: Reach Movement Health
- Presenter and Teacher: Pilates Anytime
- Presenter: Pilates on Tour for Balanced Body
- Teacher: Government Accredited Diploma Courses and Advanced Diploma Courses.
- Bachelor's degree in Physiotherapist
- Specialty in Human Anatomy

WPS教师培训课程 快照





请随时联系我们!



WELLNESS PILATES ZETLAND

Shop 3, 2 Fuse St, Zetland,
0450 980 778

WELLNESS PILATES CHATSWOOD

6B, 29-30 Anderson Street, Chatswood,
0451 878 807

WELLNESS PILATES CASTLE HILL

Suite 11/261 Old Northern Rd, Castle Hill,
0426 987 885

WELLNESS PILATES EASTWOOD

103, Level1/2 Rowe St, Eastwood,
0451 878 773

RENUE PILATES BRISBANE (WPS AFFILIATE TRAINING CENTRE)

Shop 14I/218 Padstow Rd,
Eight Mile Plains, Brisbane
0451 878 807



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