

Prana Wellbeing/Totum Fitness and Wellbeing Course Dates 2014-2015

Module 1 – Anatomy and Physiology for exercise and health. Principles of exercise, fitness and health.

DATE	WEEK DAY	HOURS	TOTAL HOURS
Sat sept 20 th 2014	Saturday	10am – 5.45pm	6
Sun sept 21 st 2014	Sunday	10am – 5.45pm	12
Sat oct 4 th 2014	Saturday	10am – 5.45pm	18
Sun oct 5 th 2014	Sunday	10am – 5.45pm	24
Sat oct 25 th 2014	Saturday	10am – 5.45pm	30
Sun oct 26 th 2014	Sunday	10am – 5.45pm	36
Sat nov 8 th 2014	Saturday	10am – 5.45pm	42
Sun nov 9 th 2014	Sunday	10am – 5.45pm	48
TOTAL CLASS ROOM HOURS			48

Module 2 – Health, Safety and welfare in a fitness environment

DATE	WEEK DAY	HOURS	TOTAL HOURS
Sat Nov 22 nd 2014	Saturday	10am – 5.45pm	6
Sun Nov 23 rd 2014	Sunday	10am – 5.45pm	12
Sat Jan 10 th 2015	Saturday	10am – 5.45pm	18
TOTAL CLASS ROOM HOURS			66

Module 3 - Know how to support your clients who take part in exercise and physical activity

DATE	WEEK DAY	HOURS	TOTAL HOURS
Sun Jan 11 th 2015	Sunday	10am – 5.45pm	6
Sat Feb 7 th 2015	Saturday	10am – 5.45pm	12
Sun Feb 8 th 2015	Sunday	10am – 5.45pm	18
TOTAL CLASS ROOM HOURS			84

Module 4 – Programming a Pilates teaching session and Delivering a Pilates teaching session to include the basic principles of Mat Pilates, Joseph Pilates' 34 original Mat exercises, its modifications and progressions.

DATE	WEEK DAY	HOURS	TOTAL HOURS
Sat March 7 th 2015	Saturday	10am – 5.45pm	6
Sun March 8 th 2015	Sunday	10am – 5.45pm	12
Sat March 28 th 2015	Saturday	10am – 5.45pm	18
Sun March 29 th 2015	Sunday	10am – 5.45pm	24
Sat April 25 th 2015	Saturday	10am – 5.45pm	30
Sun April 26 th 2015	Sunday	10am – 5.45pm	36
Sat May 16 th 2015	Saturday	10am – 5.45pm	42
Sun May 17 th 2015	Sunday	10am – 5.45pm	48
Sat June 13 th 2015	Saturday	10am – 5.45pm	54
Sun June 14 th 2015	Sunday	10am – 5.45pm	60
TOTAL CLASS ROOM HOURS			144

Module 5 – Taking your teaching forward

DATE	WEEK DAY	HOURS	TOTAL HOURS
Sat June 27 th 2015	Saturday	10am – 5.45pm	6
Sun June 28 th 2015	Sunday	10am – 5.45pm	12
Sat July 11 th 2015	Saturday	10am – 5.45pm	18
Sun July 12 th 2015	Sunday	10am – 5.45pm	24
TOTAL CLASS ROOM HOURS			168

Session times: 10-11.30/11.45-1.15/2.30-4.00/4.15-5.45pm

Prana Wellbeing and Totum Fitness reserve the right to amend course dates if necessary.