

# Bachelor of Science in Exercise & Health Fitness (B.Sc.)

## Stage 2: Pilates & Corrective Exercise



National Council  
for Exercise & Fitness



UNIVERSITY of LIMERICK  
OILESCOIL LUIMNIGH



This is a Specialist Module in Stage 2 of the B.Sc. in Exercise & Health Fitness. Applicants who choose the B.Sc. programme may take this module as one of their options.

**RECOGNITION:** 30 European Credit Transfer System (ECTS) credits towards the Diploma/B.Sc. in Exercise & Health Fitness. The Diploma/B.Sc. are awarded by the University of Limerick and are placed at Level 7/8 on the National Qualifications Framework (NQF) and Level 6 on the European Qualifications Framework (EQF).

### Aim:

The aim of this specialist module is to provide Exercise & Health Fitness Professionals with skills, knowledge and competencies to provide safe and effective professional instruction in Pilates & Corrective Exercise. These specialists are prepared to work on a freelance basis either on a one to one or in a group setting.

### Module Details:

- The module will take place over four weekends (48 hrs contact) combined with assigned work experience, project work and private study.
- Assessment will involve a practical assessment, which may include submission of a DVD and an online written assessment.

### Entry Requirements:

**(A) For Certificate in Exercise & Health Fitness (CEHF) Graduates and Recertified NCEF Level 1 holders:**

- Completed NCEF/UL Application Form
- Curriculum Vitae outlining your work experience in the industry
- Copy of your CEHF/PEAI NCEF Level 1 Certificate

**(B) For Expired NCEF Level 1 holders (1987-2006) and for those with equivalent qualifications:**

- Completed NCEF/UL Application Form
- Applications for entry on to this module is through the NCEF/UL Recognition of Prior Learning (RPL) Scheme\*. Applicants will be assessed on an individual basis and in accordance with NCEF/UL RPL criteria. RPL applicants are required to complete a pro-form Portfolio of Learning (POL). This form is available from NCEF Head Office or online at [www.ncefinfo.com](http://www.ncefinfo.com)

OFA Occupational First Aid (OFA) is an NCEF & industry requirement. All candidates must provide a current OFA Certificate on application.

\* Please note an RPL fee applies to all applicants required to submit a POL Form. On successful acceptance the fee is deducted from the overall programme fee.

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# Module Content

## 1. Introduction to Pilates & Corrective Exercise

- History & benefits
- Roles and functions of the pilates & corrective exercise specialist
- Placement of pilates in exercise and health fitness

## 2. Applied Anatomy & Physiology

- Specific location and function of muscle groups affecting posture
- Importance of use of core muscles and pelvic floor in pilates exercises

## 3. Client Screening & Assessment

- Health & lifestyle screening
- Posture & functional movement analysis
- Guidelines for referral

## 4. Programming

- Principles of core stability, breathing & alignment
- Personal technique
- Advanced instructional skills
- Class planning & programme design

## 5. Pilates and Corrective Exercise: Applications:

- Work experience
- Preparation for assessment

## Final Summative Assessments

- Practical Assessment
- Online Written Assessment

## Tutors

All Tutors hold qualifications in the area of Exercise & Health Fitness or related area. Many of these tutors are teaching and/or conducting research in the areas of Education, Physical Education, Sport & Exercise Science and Recreation Management.

## Continuing Professional Development (CPD)/ Lifelong Learning

**Continuing Education Credits (CEC's):** This module will earn PEAI/ NCEF holders 850 Continuing Education Credits (CEC's). An extra 150 CEC's are available on successful completion of assessment requirements.

30 ECTS Credits towards the Diploma/Bachelor of Science in Exercise & Health Fitness.

