



<b>PILATES INSTRUCTOR</b>	An Exercise Professional qualified to instruct Pilates mat-based and/or Pilates equipment-based exercise sessions to apparently-healthy populations.	
<b>Competency and scope of practice</b>		
<b>A. Choreograph Classes/exercise sessions:</b>		
1. Apply knowledge of anatomy and biomechanics to exercise	<a href="#">10213</a> : Apply Anatomical & Biomechanical Principles to Physical Activity; NQF level 5, 15 credits	
2. Apply knowledge of physiology to exercise	<a href="#">10210</a> : Apply principles of Sport and Exercise Physiology NQF level 5, 15 credits	
3. Lead mat and/or equipment-based Pilates exercise session according to plan	<a href="#">258725</a> : Instruct exercise to individuals and groups, NQF level 4; 10 credits	
4. Provide safe and effective warm up and cool down		
5. Regress and progress exercises and sessions		
6. Plan mat and/or equipment-based Pilates exercise sessions based on clients’ abilities, needs and goals		
<b>B. Leadership and Communication:</b>		
1. Instruct exercise with the use of effective motivation and leadership skills		
2. Lead and instruct exercise with the use of effective visual and verbal communication skills		
3. Conduct oneself in a confident and professional manner		
<b>C. Risk Screening:</b>		
1. Conduct client screening	<a href="#">243294</a> : Recommend an exercise programme or activity, NQF level 4: 5 credits	
2. Interpret a PAR-Q	<a href="#">10216</a> Test and evaluate health related fitness, NQF level 5, 4 credits	
3. Conduct health evaluation and postural assessment		
4. Identify clients that are outside of scope of practice and refer accordingly		
5. Work only with apparently-healthy clients, within scope of practice	<a href="#">10214</a> : Promote an awareness of nutritional principles, NQF level 5, 6 credits	
6. Provide generic nutritional guidelines		
<b>D. Health &amp; Safety:</b>		
1. Provide safe and effective exercises according to Pilates exercise modality	<i>This is covered with US <a href="#">258725</a>,</i>	
2. Ensure health & safety of the exercise environment	<i>This is covered with US <a href="#">258725</a>,</i>	
<b>E. Business management and administration:</b>		



1. Maintain confidentiality of clients' records	US <a href="#">10216</a> , SO 4 and AC 2. "Confidentiality and integrity of information is maintained"
2. Ensure systematic records management	US <a href="#">10216</a> , SO 4 and AC 1. Information is accurately recorded and stored systematically
<b>Outside scope of practice</b>	<b>Total credits: 55</b>
<ul style="list-style-type: none"> <li>Working with special populations; pregnant clients, children and adolescents, athletes and/or clients who fall within moderate and high-risk factors based on ACSM guidelines</li> </ul>	
<ul style="list-style-type: none"> <li>Working in rehabilitation, providing therapeutic exercises and providing exercise for the correction of faulty motor patterns</li> </ul>	
<ul style="list-style-type: none"> <li>Working with acutely injured clients or members</li> </ul>	
<ul style="list-style-type: none"> <li>Working with clients that experience chronic pain</li> </ul>	