

CLINICAL PILATES MATWORK LEVEL 1

Date & Time	23-24 August 2026 9:00am - 5:00pm
Location	133 New Bridge Rd, Chinatown Point, #20-06

COURSE CURRICULUM - DAY 1

Time	Topic	Activity
0900 - 0915	Introduction	Lecture
PART 1: Spinal Flexion & Anterior Core Work		
0915 - 1045	Learning & practising exercises	Practicum
1045 - 1100	Tea Break	
1100 - 1200	Teaching the exercises: progressions & regressions	Practicum + Teaching
1200 - 1245	Discussion on applications of exercises	Discussion
1245 - 1345	Lunch Break	
PART 2: Spinal Extension & Back Extensor Work		
1345 - 1500	Learning & practising exercises	Practicum
1500 - 1545	Teaching the exercises: progressions & regressions	Practicum + Teaching
1545 - 1600	Tea Break	
1600 - 1700	Discussion on applications of exercises	Discussion

Disclaimer: The course curriculum outlined above is intended as a guide only. Actual content, sequence and timing may vary depending on the learning needs and progress of participants. Allied Health Academy reserves the right to adjust the curriculum accordingly to best support student outcomes.

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COURSE CURRICULUM - DAY 2

Time	Topic	Activity
0900 - 0915	Day 2 introduction & recap of Day 1	Discussion
PART 3: Spinal Rotation & Obliques Work		
0915 - 1030	Learning & practising exercises	Practicum
1030 - 1115	Teaching the exercises: progressions & regressions	Practicum + Teaching
1115 - 1130	Tea Break	
1130 - 1230	Discussion on applications of exercises	Discussion
1230 - 1330	Lunch Break	
PART 4: Spinal Lateral Flexion & Lateral Core Work		
1330 - 1445	Learning & practising exercises	Practicum
1445 - 1530	Teaching the exercises: progressions & regressions	Practicum + Teaching
1530 - 1545	Tea Break	
1545 - 1645	Discussion on applications of exercises	Discussion
1645 - 1700	Course review & closing	Discussion

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