


AASFP/BASI Pilates™ Instructor (Mat work) Certification

普拉提教練(墊上運動)證書課程

- Description** : Pilates is an exercise program developed by Joseph H. Pilates in the early 1900's. It aims to wake up the silent component of our body including : balance, flexibility, awareness, coordination and control. With its focus on our core stability, Pilates is clinically used by physiotherapist as a training method for the prevention of low back pain, correcting postural problem and sports – specific training for athletes.
- Participant Suitability** : This course is suitable for Physiotheropists, Personal Trainers, Athletes, Group Fitness Instructors, Dancers and Fitness Professionals as well as fitness enthusiasts
- Course Duration** : A total of 68 hours – 36 hrs theory and practical sessions, 19.5 hrs self directed learning, 10 hrs basic skills training (by BASI™ Pilates certified trainer), 2.5 hrs teaching evaluation, practical and theory exam.
- Course Contents** : Contents :
 - the principles, approach, history, and development of the Pilates method and BASIC™
 - Anatomy and exercise physiology including muscle function and biomechanics relating to the Pilates method
 - The Block System® of exercise sequencing
 - The principles of posture and postural assessment
 -48 movements analysis and muscle recruitment patterns
 - Advanced mat exercise training
 - comprehensive programming and teaching methodology
- Lecturer** : **Ms MICHELLE LAM**
B. Physio (Hons), RPT (HK, Aust.), BASI™ Faculty Member
 Michelle Lam is the Program Manager and lecturer of the AASFP. Michelle has obtained her Bachelor of Physiotherapy (Hons) in the University of Melbourne. She is the AASFP certified Advanced Personal Trainer- Cert. APT (AASFP), a certified Aerobic Instructor – Cert.A&Gp-I. (AASFP-FISAF), Pilates and Fitball Instructor. Besides being a private Physiotherapist specializing in Sports Injuries, Michelle is the part time lecturer in the Chinese University Adult Learning Center, responsible for Sports related courses including Sports Injuries Management and Prevention, Sports Massage, and Weight Management Program. Michelle has a lot of experience in aerobic instruction, currently working as Group fitness, Pilates and Fitball instructor in one of the biggest fitness center chains in Hong Kong. In Year 2005, she has even been invited to be the Pilates and Fitball Presenter in the 2005 AASFP Conference in Beijing. In Year 2006, Michelle was personally instructed by the founder and president of BASI™, Rael Isacowitz and has subsequently been qualified as Faculty Member, to be eligible to instruct BASI™ Pilates Certification worldwide.
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- Course Fee** : AASFP member : HK\$16,200
 Non member : HK\$16,600
 *Early Bird Discount - a HK\$400 discount will be offered to registration received three weeks prior to the course commencement date
- Course Code** : PIL-MAT-0221-43
- Course Date** : 22, 29 May, 12, 19 June 2021 (Saturday, 10am – 5pm), 26 June (Saturday, 9:30am – 5pm), 27 June (Sunday, 1:00pm – 5:00pm), student need to attend the class half hour early for self practice starting from 2nd lesson
 Basic skills training : 12, 19, 26 June, 3, 10, 17, 24, 31 July, 7, 14 August 2021 (Saturday 5pm-6pm) (no attendance need to be counted)
- Exam. Date** : Practical exam. – 10th July 2021 (Saturday starting at 10am)
 Theory exam. – 16th July 2021 (Friday at 7pm – 8:30pm)
 Teaching Evaluation : 23rd October 2021
- Teaching mode** : Face to face / Online teaching
- Venue** : AASFP Lecture Room
- CEU** : AASFP - 1.2, H.K. Physiotherapy Association – 15
- Language** : Bilingual – English and Cantonese
- Enrollment** : For further enquiries, please call AASFP Program Officer at tel. (852) 2578 9877, fax (852) 2508 0601 or e-mail: aasfp@aasfp.com website : www.aasfp.com