



Sport Massage

Course/workshop	Date/Times	Certification	Price	Info
Sport Massage I Code: MA12	10 -22 Aug	Certificate of Competence	R1850 (students) R2100 (public) <i>Exam fee;R250</i>	Requirements for certificate: 1 Case study 1 Article review 2 Supervised clinical practices 8 Unsupervised clinical practices 1 Hour theoretical assessment 1 Hour practical assessment

Please scroll down for additional courses...



Workshops for Beginner Teachers, or Novice Coaches

Course/workshop	Date/Times	Certification	Price	Info
Workshop: Tennis	28 September: 18:30 to 21:30 30 September: 18:00 to 21:30	Certificate of Attendance	R520 (students) R610 (public)	To enable the novice coach to develop young players in the skill of playing the game
Workshop: Netball	1 Oct: 15:00 to 18:30 2 Oct: 09:00 to 12:30	Certificate of Attendance	R520 (students) R610 (public)	To enable the novice coach to develop young players in the skill of playing the game
Workshop: Hockey	5 Oct: 18:30 to 21:30 6 Oct: 18:00 to 21:30	Certificate of Attendance	R520 (students) R610 (public)	To enable the novice coach to develop young players in the skill of playing the game
Workshop: Teaching beginner Swimmers	16 Oct	Certificate of attendance	R700(students) R820(public)	To enable the novice coach to develop young players in the skill swimming the different strokes.

**PLEASE NOTE: Total cost of workshops: R 2260 (student)
R 2650 (public)**

**If you commit to all four modules: R 2100 (students)
R 2490 (public)**



Pilates Course

Course/workshop	Date	Times	Certification	Price	Info
Module 1 – Basic Mat work Introduction	10;11 April / 2 May	08:30-16:30		R1500(student) R1750(public)	The essence of the Pilates method. Applied basic principles. How to load or de-load the exercises. How to establish the client's weak areas and how to choose suitable exercises to strengthen these areas.
Module 2 – Theme: Balls(Swiss ball; small ball; bosu	1 Aug	08:30-12:30		R390(student) R490(public) (Price include equipment)	Balls (Swiss ball; small ball; bosu) Swiss ball, bosu small ball etc - How to apply the Pilates exercises to the balls and Bosu. The balls and Bosu will be used to support the body, and to enhance and improve ROM and balance. The balls and Bosu can also advance an exercise.
Module 3- Foam Roller/Fitness circle)	22 Aug	08:30-12:30		R550(student) R650(public) (Price include equipment)	Roller. Used for body alignment, stabilization, isolation of movement and balance. Shows up the weak areas, decreases and increases the difficulty of an exercise. FC. Adduction, Abduction ROM,
Module 4– Pilates for Children	19 Sept	08:30-12:30		R350(student) R450(public)	The ADD child. Music and rhythm to facilitate co-ordination, low muscle tone, flow of movement. Also addressing growth spurts and low muscle tone in the developmental process.
Module 5- Pilates for the elderly	9 Oct	08:30-12:30		R350(student) R450(public)	Working to improve the functional lateral lines, spiral lines, superficial front and back lines as well as arm lines in the body. Objectives are improved balance, postural awareness, breathing, confidence and the ageing process, mobilization and stabilization
Module 6 – Theme: Reformer	10 May	09:00-13:00		R800*	Introduction to the Reformer (pilates equipment). How the equipment is used and applied. Very different to the mat exercise program. Essential for rehabilitation, stabilization, postural strengthening, conditioning, strength training and bio feedback and proprioception which is not achieved in mat programs.

Non-Refundable deposit for Module 1: R500 (payable by the 31 March 2010 to ensure place on course)

The difference payable by the 5 April 2010

Register for Module 1,2,3,4,5 Discount: R2983 (student)
R3600 (public)

*Please note: Venue: PLPilates Studio. Southern Cross Drive, Constantia

Requirements: Working knowledge of anatomy
Movement background (Dance/Sport Science qualification/Any Exercise related qualification)

You may spread the course over 2 years.

You may attend individual workshops

PATHWAY TO QUALIFICATION

Attendance of Modules (1;2;3;4;5)

Written examination (open book)

Practical session (Requirements: Postural analysis; prescription of exercise; coaching of said program)

3 Written assignments completed

Attendance/observed/participated = 40 classes

You may spread the course over 2 years.

Enquiries: Annatjie: learning@sun.ac.za
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