
Qualification Specification

iSP3D29 - VTCT Skills (ITEC) Level 3 Diploma in Pilates Teaching

603/4485/4

About VTCT Skills

VTCT Skills is a market-leading specialist vocational and technical Awarding Organisation.

We offer a comprehensive range of qualifications, assessments and services in 17 sectors, including Hairdressing, Beauty, Logistics and Early Years. Working closely with employers and training providers, our ranges are backed by industry and trusted around the world.

With over 3,000 training locations, we help over 120,000 learners achieve professional skills that transform their lives, every year.

For more information, please visit our website or contact our dedicated Customer Support Team via email; customersupport@vtctskills.org.uk or call +44 (0)23 8068 4500.

www.vtctskills.org.uk

Qualification at a glance

Qualification title	VTCT Skills (ITEC) Level 3 Diploma in Pilates Teaching
Qualification number	603/4485/4
Product code	iSP3D29
First registration date	01/10/2019
Age range	16-18, 19+
Credit value	37
Total Qualification Time (TQT)	370
Guided Learning (GL) hours	210
Assessment	To be awarded this qualification, learners must successfully achieve the following assessments: • External practical examination • External theory examination • Portfolio of evidence containing - Assignments - Case studies
Grading	Pass/Merit/Distinction
Entry requirements	It is the responsibility of the centre to ensure that learners have the required knowledge, understanding and skills to enrol and successfully achieve this qualification.

About this qualification

Aims and objectives

The main aim of the VTCT Skills (ITEC) Level 3 Diploma in Pilates Teaching is to enable learners to gain the necessary practical and theoretical skills in order to plan and instruct Pilates and provide Pilates teaching to the general public and to gain employment in the fitness industry. This qualification is suitable for learners aged 16 and over and is designed to provide occupational competence at level 3. It also provides a sound platform into further training at level 3 and 4.

Content

This qualification is for learners who want to work within the fitness industry. The qualification consists of 6 mandatory units with a total of 210 hours of Guided Learning (GL) to achieve the full qualification.

The main skills the learner will perform are:

- Programming Pilates teaching sessions – to include preparing the environment and range of resources required to plan a Pilates teaching session, consultation, how and when to refer participants to other professionals, communicating effectively, using participant information to plan a Pilates teaching session, understanding the concept and vital elements of the principles of Pilates within each exercise, demonstrating the breathing engagement concept, techniques, explaining the original Pilates exercises and their goals, adapting and modifying each exercise to suit the client's needs and completing a physical activity readiness questionnaire (PARQ)
- Delivering Pilates teaching sessions – to include adapting communication to suit the participant's needs, assisting and adjusting participant's technique, evaluating different methods of maintaining client's motivation, using different methods of monitoring student progress, adapting exercises to meet the client's needs during a Pilates teaching session, demonstrating how to instruct a Pilates class through each phase, using effective methods of voice projection and music choice, reflecting and evaluating on the Pilates teaching session and offering home care advice

The learner will also develop knowledge about client care and communication, health, safety and welfare in a fitness environment, relevant legislation and professional standards which are essential to work and be successful in the industry.

This qualification also provides:

- The related knowledge and understanding required to perform the Pilates programming and teaching sessions listed above effectively, in particular knowledge of anatomy and physiology for exercise and health, the principles of exercise, fitness and health and how to support clients who take part in exercise and physical activity. Opportunities for learners to focus on the development of their wider skills in an exercise and fitness setting, such as communicating with clients, working with others and problem solving
- Opportunities for learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a Pilates teacher

Opportunities for progression

Once learners have achieved the VTCT Skills (ITEC) Level 3 Diploma in Pilates Teaching they may progress on to other VTCT Skills or equivalent qualifications at level 3 and 4 for example:

- Level 3 Diploma in Personal Training (Gym-based Exercise)
- Level 3 Diploma in Yoga Teaching
- Level 3 Award in Nutrition for Physical Activity
- Level 3 Diploma in Sports Massage
- Level 4 Certificate in Sports Massage
- Level 4 Diploma in Spa and Salon Management

Opportunities for employment

There are opportunities for a Pilates teacher to find employment in a variety of areas:

- Gym
- Health and fitness clubs
- Self employed

Relationship to National Occupational Standards

This qualification has mapped to National Occupational Standards where they exist and has ensured that best practice in the workplace has been reflected in the qualification. This qualification is linked to the relative job roles as well as ensuring that the qualification reflects the required level of knowledge and ability for the Pilates teacher at level 3.

Qualification structure

To be awarded the VTCT Skills (ITEC) Level 3 Diploma in Pilates Teaching, learners must achieve all mandatory units.

The minimum GLH required to achieve this qualification is 210

The minimum TQT required to achieve this qualification is 370

Table 1

Unit code	Mandatory units	Guided Learning Hours (GLH)	Unit reference number	Unit weighting for the overall qualification grade
iUSP179	Health, safety and welfare in a fitness environment	16	Y/617/5688	0%
iUSP143	Principles of exercise, fitness and health	28	L/617/5610	0%
iUSP172	Know how to support clients who take part in exercise and physical activity	13	F/617/5670	0%
iUSP146	Anatomy and physiology for exercise and health	43	H/617/5614	40%
iUSP166	Programming a Pilates teaching session	50	D/617/5661	20%
iUSP173	Delivering a Pilates teaching session	60	R/617/5673	40%

Guided Learning Hours (GLH)

Guided Learning Hours is 'the activity of a learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training'. This includes 'the activity of being assessed if the assessment takes place under the immediate guidance or supervision of a lecturer, supervisor, tutor or other appropriate provider of education or training'.

Total Qualification Time (TQT)

Total Qualification Time is the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required, in order for a learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of the qualification.

Assessment

All performance evidence, internal assessments, assignments and underpinning knowledge must be completed prior to the final practical examination.

The final external practical examination will be carried out by the external examiner at the end of the period of learning. The external examiner will also verify a sample of the treatment evidence, internal assessment and assignments.

Table 2

Unit code	Mandatory units	Assessment	Grading
iUSP179	Health, safety and welfare in a fitness environment	Portfolio of evidence – Assignment	Pass/Refer
iUSP143	Principles of exercise, fitness and health	Portfolio of evidence – Assignment	Pass/Refer
iUSP172	Know how to support clients who take part in exercise and physical activity	Portfolio of evidence – Assignment	Pass/Refer
iUSP146	Anatomy and physiology for exercise and health	MCQ	Pass 50%-74% Merit 75%-89% Distinction 90%-100%
iUSP166	Programming a Pilates teaching session	Portfolio of evidence – Practical case studies – 20 case studies (10 clients seen twice each)	Pass/Refer
		MCQ	Pass 60%-74% Merit 75%-89% Distinction 90%-100%
iUSP173	Delivering a Pilates teaching session	Portfolio of evidence – 50 hours supervised tuition (including a lesson plan for a 10 week Pilates course)	Pass/Refer
		Practical examination	Pass 60%-74% Merit 75%-89% Distinction 90%-100%
		MCQ	Pass 60%-74% Merit 75%-89% Distinction 90%-100%

Unit specifications and additional supporting material for this qualification can be found on the VTCT Skills website.

Grading of the qualification

Learners must achieve a Pass grade or higher in the requisite number of units as specified in the rules of combination, see table 1 above. Only mandatory units which are graded Pass/Merit/Distinction will contribute to the overall grade.

Practical examinations and theory examinations will be graded Pass/Merit/Distinction.

Portfolio of evidence containing the following will be graded Pass/Fail:

- Assignments
- Case studies

The overall qualification is graded Pass/Merit/Distinction.

Grade boundaries for units and the overall calculation for the qualification grade are open to annual review. Following this review, these boundaries and overall calculations can be adjusted by VTCT Skills. This review and possible change within a qualification are to ensure the standard of the qualification grade is upheld throughout the qualification's lifecycle.

Theory examination

All theory tests must be conducted in a controlled environment and follow the procedures defined by VTCT Skills. The theory tests will be set and marked by VTCT Skills. The centre is responsible for ensuring the examination can operate seamlessly by organising the process as defined in the 'Instructions for Conducting Examinations' which can be found on the VTCT Skills website.

Practical examination

Once all aspects of the mandatory units have been completed, learners will be expected to complete an internal mock practical assessment. This will be undertaken by the internal assessor/lecturer using the internal assessment forms. These must be handed to the external examiner on the day of the final external practical examination.

All practical assessments must be conducted in a controlled environment defined by VTCT Skills. The practical examination will be conducted by an external examiner; however, the centre is responsible for ensuring the examination can operate seamlessly by organising the process as defined in the 'Instructions for Conducting Examinations' which can be found on the VTCT Skills website. The marking criteria and marking scheme can be found under the documents tab within the qualification.

Portfolio of evidence

Learners are required to provide a portfolio of performance evidence and/or case studies that they have performed on clients during their training under the supervision of the lecturer who will monitor the quality of the treatments in order to ensure that they meet the criteria.

- The criteria are detailed on the performance evidence guidance forms
- The learner will need to complete a client consultation form as evidence that they performed the required number of performances during their training (see Table 2) as they form part of the internal assessment for the qualification. They can be stored in the learner's portfolio

Learners are required to provide assignments under the supervision of the lecturer who will monitor the quality of the assignments in order to ensure that they meet the criteria.

- The criteria are detailed on the assignment guidance forms and form part of the internal assessment for the qualification

Quality assurance

Delivery of the qualification

A scheme of work must be approved by VTCT Skills prior to the commencement of the course for all units.

Lecturers should aim to deliver the theory and practical of each unit simultaneously, i.e., both theory and practical of each unit should be taught together to ensure the underpinning knowledge is being delivered at the same time as the practical skills. This will help to ensure that learners understand the structures they are working on as a result of combining delivery with the practical application of treatments.

Centre resources

The organisation delivering the qualification must provide a suitable environment for teaching the VTCT Skills (ITEC) Level 3 Diploma in Pilates Teaching as well as all equipment both fixed and free standing to complete all aspects of the qualification. Learners need to be made aware of the amount of consumables/towels they will be required to provide.

Achievement record

All units will require an Achievement Record to be completed by the lecturer for each learner. This achievement record will need to be kept by the centre and may be sampled by the external examiner or external quality assurer on their visit.

An Achievement Record for each unit can be downloaded from the VTCT Skills website.

Document History

Version	Issue Date	Changes	Role
v0.6	14/05/2019	Draft version published to inform centres prior to September launch.	Systems Integration Team
v1.0	16/09/2019	First published	Head of Qualifications and Processing
v2.0	22/10/2019	Amendment to grading boundaries	Qualifications and Regulation Co-ordinator
v3.0	03/12/19	Grading boundary review statement added	Qualifications Administrator
v4.0	01/09/2020	Added COVID-19 Infection Prevention pre-requisite	Product and Regulation Manager
v5.0	01/08/2022	Removal of the COVID-19 Infection Prevention pre-requisite	Qualifications Administrator
V6.0	01/01/2025	New branding	Qualifications Administrator
v7.0	01/09/2026	Rebranding	Development Administrator