

## LEVEL 3 CERTIFICATE IN INSTRUCTING MAT-BASED PILATES

**1 Who is this Qualification aimed at?**

A *This qualification is aimed at candidates who have successfully completed the OCR Level 2 Certificate in Fitness instructing – (or a comparable industry award) and want to pursue a career in mat-based Pilates.*

**2 What are the entry requirements?**

A *Candidates are advised to first achieve either the Level 2 OCR Certificate in Teaching Exercise & Fitness or a comparable industry award.*

**3 Is there an age group this qualification is aimed at?**

A *The qualification is aimed at any candidate who has achieved the Level 2 OCR Certificate in Teaching Exercise & Fitness and wishes to qualify in mat-based Pilates, however, candidates under 18 may have difficulties getting liability insurance to practise.*

**4 What support is OCR offering?**

*OCR has produced various documentation to assist centres guiding students through the qualification. These resources can be found on the OCR website:*  
[www.org.org.uk](http://www.org.org.uk)

**5 What standards/specifications are available for Instructing Mat-based Pilates?**

[www.ocr.org.uk/qualifications/vocationally-relatedcertificate/instructing\\_matbased\\_pilates\\_level\\_3\\_certificate/documents.html](http://www.ocr.org.uk/qualifications/vocationally-relatedcertificate/instructing_matbased_pilates_level_3_certificate/documents.html)

**6 How many hours of teaching will this qualification require?**

*The Guided Learning Hours are 50 per unit.*

**7 What if I cannot complete enough units for a full award?**

A *This qualification is very flexible and allows you to achieve recognition for what you have already achieved even if you do not finish the full qualification. OCR has systems in place which allow you to be awarded a certificate listing the unit (OR UNITS) YOU HAVE ACHIEVED EVEN IF YOU ARE UNABLE TO COMPLETE THE FULL QUALIFICATION.*

**8 How are units tested?**

A *Unit 1 is assessed by a multi-choice examination marked by the centre and externally verified by OCR. Unit 2 is assessed by a series of written questions. Unit 3 is achieved by coursework, a portfolio of evidence and practical demonstration.*

**9 How to enter candidates?**

A *Enter candidates by completing the NQF1. Entry forms will be issued to you after you have been approved as a centre to offer this qualification.*

**10 What is the Centre approval process?**

A *Centre approval for this qualification will be through the standard application procedure. Centres new to OCR should complete a VQ1 form. Centres who already offer NVQs with OCR must complete a VQ1a form.*

**11 Last Entry Date**

A *31/12/2010.*

**12 Last Certification Date**

A *31/12/2013.*

**13 How can I become an OCR EV for Pilates?**

A *To become an OCR's External Verifier you will need to complete an application form which can be accessed via the following link:*  
[www.ocr.org.uk/assessrs/becoming\\_assessor/examiners\\_and\\_moderators.html](http://www.ocr.org.uk/assessrs/becoming_assessor/examiners_and_moderators.html)

*When we have a vacancy we will contact you but until then will keep your details on file.*