

# LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

## Adv Certificate in Specialized Studio Modalities (Yoga/Pilates/HIIT)

*Practitioner Level*



---

### LAPT — London Academy of Professional Training

**Address** 85 Great Portland Street, W1W 7LT, London, United Kingdom

**Email** [info@lapt.org](mailto:info@lapt.org)

**Telephone** +44 7513 283044

**Web** [lapt.org](http://lapt.org)

**Reference** FT-GFS-P • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

|               |                                                |
|---------------|------------------------------------------------|
| REFERENCE     | FT-GFS-P                                       |
| AWARD         | Certificate                                    |
| ASSESSMENT    | 440 marks — 264 to pass (60%)                  |
| PREREQUISITES | None                                           |
| VALIDITY      | Lifetime                                       |
| AWARDING BODY | LAPT — London Academy of Professional Training |

CURRICULUM

1

Advanced Yoga Techniques

5 chapters · 30 classes 90 marks

• 1 Exploring Advanced Asanas and Their Variations — 6 classes

› 1.1 Understanding the Foundations of Advanced Asanas

› 1.2 Mastering Balance: Techniques for Complex Standing Poses

› 1.3 Enhancing Flexibility: Approaches to Deep Backbends

› 1.4 Building Strength: Strategies for Arm Balancing Asanas

› 1.5 Exploring Variations: Modifying Advanced Poses Safely

› 1.6 Integrating Breath with Advanced Asana Practice

• 2 Pranayama Techniques for Enhanced Energy Flow — 6 classes

› 2.1 Understanding Pranayama: Foundations and Health Benefits

› 2.2 Exploring Breath Control: Techniques for Beginners

› 2.3 Practicing Nadi Shodhana: Balancing Energy Channels

› 2.4 Mastering Kapalabhati: Energizing and Cleansing Breath

› 2.5 Integrating Bhramari: Enhancing Focus and Calm

› 2.6 Applying Pranayama: Creating Personalized Practice Sequences

• 3 Integrating Mindfulness and Meditation in Advanced Practice — 6 classes

› 3.1 Understanding Mindfulness in Yoga Practice

› 3.2 Exploring Meditation Techniques for Advanced Practitioners

› 3.3 Integrating Breathwork for Enhanced Concentration

› 3.4 Cultivating Body Awareness through Mindful Movement

› 3.5 Applying Mindfulness in Complex Yoga Poses

› 3.6 Designing a Mindfulness-Infused Yoga Sequence

• 4 Alignment and Anatomy Awareness for Injury Prevention — 6 classes

› 4.1 Understanding Key Anatomical Structures in Yoga

› 4.2 Identifying Common Misalignments in Poses

› 4.3 Exploring Functional Alignment Principles

› 4.4 Developing Body Awareness for Safe Practice

› 4.5 Applying Anatomical Knowledge to Adjustments

› 4.6 Integrating Alignment Strategies to Prevent Injuries

• 5 Dynamic Sequencing and Teaching for Diverse Groups — 6 classes

› 5.1 Exploring Dynamic Sequencing in Yoga Practice

› 5.2 Understanding the Needs of Diverse Yoga Groups

› 5.3 Designing Customized Yoga Sequences for Mixed Abilities

› 5.4 Implementing Dynamic Sequences for Group Engagement

› 5.5 Adapting Yoga Techniques for Inclusivity and Safety

› 5.6 Evaluating and Refining Yoga Sequences for Group Success

**• 1 Fundamentals of Communication in Fitness Instruction — 6 classes**

- › 1.1 Understanding Basic Communication Principles in Fitness
- › 1.2 Identifying Communication Styles in Fitness Instruction
- › 1.3 Mastering Verbal Cues and Instructions for Clarity
- › 1.4 Utilizing Non-verbal Communication to Enhance Engagement
- › 1.5 Developing Active Listening Skills for Better Feedback
- › 1.6 Implementing Effective Communication in Diverse Class Settings

**• 2 Building Rapport and Understanding Participant Needs — 6 classes**

- › 2.1 Introduce Effective Communication: Key Concepts and Benefits
- › 2.2 Explore Techniques for Active Listening and Feedback
- › 2.3 Develop Skills for Reading Non-Verbal Cues in Participants
- › 2.4 Discover Methods to Establish Trust and Build Rapport
- › 2.5 Analyze Strategies for Identifying Individual Participant Needs
- › 2.6 Apply Tailored Communication Techniques in Practice Scenarios

**• 3 Instructional Clarity and Motivation Techniques — 6 classes**

- › 3.1 Understand the Principles of Instructional Clarity
- › 3.2 Identify Barriers to Effective Communication in Studios
- › 3.3 Employ Techniques to Enhance Verbal Clarity
- › 3.4 Utilize Non-Verbal Cues for Improved Engagement
- › 3.5 Implement Motivational Strategies for Diverse Learners
- › 3.6 Evaluate and Reflect on Communication Effectiveness

**• 4 Managing Group Dynamics and Conflict Resolution — 6 classes**

- › 4.1 Understanding Group Dynamics in Fitness Settings
- › 4.2 Identifying Common Sources of Conflict
- › 4.3 Developing Active Listening Skills
- › 4.4 Facilitating Open and Respectful Communication
- › 4.5 Implementing Conflict Resolution Strategies
- › 4.6 Evaluating and Improving Group Interaction Outcomes

**• 5 Adapting Communication Across Specialized Modalities — 6 classes**

- › 5.1 Understanding Communication Styles Across Modalities
- › 5.2 Exploring Key Message Delivery Techniques
- › 5.3 Adapting Language for Yoga Instruction
- › 5.4 Tailoring Communication for Pilates Practices
- › 5.5 Effective Verbal Cues in HIIT Sessions
- › 5.6 Implementing Feedback Strategies for Diverse Modalities

**• 1 Understanding Health and Safety Regulations in Fitness — 6 classes**

- › 1.1 Exploring UK Health and Safety Legislation in Fitness
- › 1.2 Identifying Common Hazards in Fitness Environments
- › 1.3 Implementing Risk Assessment Procedures in Classes
- › 1.4 Ensuring Safe Equipment Usage and Maintenance
- › 1.5 Managing Emergency Situations and Incident Reporting
- › 1.6 Applying Health and Safety Best Practices During Instruction

**• 2 Risk Assessment and Management in Studio Settings — 6 classes**

- › 2.1 Understanding Risk in Studio Environments
- › 2.2 Identifying Potential Hazards in Fitness Settings
- › 2.3 Conducting Effective Risk Assessments
- › 2.4 Implementing Risk Management Strategies
- › 2.5 Monitoring and Reviewing Safety Practices
- › 2.6 Responding to Incidents and Emergencies

**• 3 Safe Studio Design and Equipment Maintenance — 6 classes**

- › 3.1 Understanding Studio Safety Frameworks
- › 3.2 Identifying Common Hazards in Fitness Studios
- › 3.3 Implementing Effective Safety Protocols
- › 3.4 Exploring Ergonomic Principles in Studio Design
- › 3.5 Conducting Regular Equipment Inspections
- › 3.6 Developing a Maintenance Schedule for Studio Equipment

**• 4 Emergency Response and First Aid Procedures — 6 classes**

- › 4.1 Recognizing Fitness Class Emergencies
- › 4.2 Assessing and Prioritizing Injuries
- › 4.3 Applying First Aid for Common Injuries
- › 4.4 Understanding CPR Procedures in Fitness Settings
- › 4.5 Coordinating with Emergency Services
- › 4.6 Developing an Emergency Action Plan

**• 5 Implementing Health and Safety Best Practices — 6 classes**

- › 5.1 Understanding Key Health and Safety Regulations
- › 5.2 Identifying Common Hazards in Fitness Settings
- › 5.3 Conducting Risk Assessments Effectively
- › 5.4 Implementing Emergency Procedures and Protocols
- › 5.5 Ensuring Safe Use of Equipment and Facility
- › 5.6 Promoting a Culture of Health and Safety Among Clients

**• 1 Understanding the Principles of HIIT** — 6 classes

- › 1.1 Exploring the Science Behind HIIT
- › 1.2 Identifying Key Components of HIIT Workouts
- › 1.3 Designing HIIT Sessions for Optimal Results
- › 1.4 Assessing Safety and Precautions in HIIT
- › 1.5 Analyzing the Benefits of HIIT on Different Fitness Levels
- › 1.6 Implementing HIIT in Various Studio Modalities

**• 2 Essential Techniques and Safety Measures** — 6 classes

- › 2.1 Understanding HIIT Principles and Benefits
- › 2.2 Identifying Key HIIT Movements and Techniques
- › 2.3 Demonstrating Proper Form and Alignment
- › 2.4 Exploring Warm-up and Cool-down Routines
- › 2.5 Implementing Modifications for Safety and Accessibility
- › 2.6 Applying HIIT Safety Precautions and Injury Prevention Tips

**• 3 Designing Effective HIIT Workouts** — 6 classes

- › 3.1 Understanding HIIT Fundamentals
- › 3.2 Identifying Key Components of HIIT Workouts
- › 3.3 Exploring Physiological Benefits of HIIT
- › 3.4 Designing Balanced HIIT Sequences
- › 3.5 Customizing HIIT for Different Fitness Levels
- › 3.6 Evaluating and Refining HIIT Workouts

**• 4 Adapting HIIT for Different Fitness Levels** — 6 classes

- › 4.1 Understanding Fitness Levels: Assessing Client Needs
- › 4.2 Modifying Intensity: Tailoring Intervals for Beginners
- › 4.3 Scaling Up: Progressions for Intermediate Participants
- › 4.4 Advanced Adjustments: Challenging the Experienced Athlete
- › 4.5 Integrating Recovery: Balancing HIIT with Rest for All Levels
- › 4.6 Dynamic Class Design: Creating Inclusive HIIT Sessions

**• 5 Integrating HIIT into Group Fitness and Studio Classes** — 6 classes

- › 5.1 Understanding the Fundamentals of HIIT
- › 5.2 Analyzing the Benefits and Challenges of HIIT in Group Settings
- › 5.3 Designing Effective HIIT Workouts for Diverse Class Profiles
- › 5.4 Crafting Seamless Transitions Between HIIT and Other Modalities
- › 5.5 Implementing Safety and Injury Prevention Strategies in HIIT
- › 5.6 Evaluating and Adapting HIIT Sessions for Continuous Improvement

**• 1 Principles of Pilates Conditioning** — 6 classes

- › 1.1 Understanding Core Pilates Principles
- › 1.2 Exploring Breath Control Techniques
- › 1.3 Mastering Alignment and Posture Fundamentals
- › 1.4 Integrating Concentration and Precision in Movements
- › 1.5 Applying Control and Fluidity in Exercise Routines
- › 1.6 Analyzing the Role of Relaxation in Pilates Conditioning

**• 2 Fundamental Pilates Movements** — 6 classes

- › 2.1 Understanding Core Anatomy and Alignment
- › 2.2 Mastering the Pilates Breath
- › 2.3 Engaging Neutral Spine Techniques
- › 2.4 Practicing Foundational Pilates Mat Exercises
- › 2.5 Integrating Proper Form and Technique
- › 2.6 Applying Fundamental Movements to Real-life Scenarios

**• 3 Intermediate Pilates Exercise Integration** — 6 classes

- › 3.1 Deepening Core Engagement Techniques
- › 3.2 Enhancing Spinal Articulation and Flexibility
- › 3.3 Mastering Intermediate Pilates Sequence Transitions
- › 3.4 Integrating Breath with Complex Movement Patterns
- › 3.5 Developing Balance and Stability in Pilates Postures
- › 3.6 Applying Intermediate Pilates to Enhance Movement Efficiency

**• 4 Advanced Pilates Techniques and Variations** — 6 classes

- › 4.1 Mastering the Pilates Reformer for Advanced Conditioning
- › 4.2 Incorporating the Magic Circle into Complex Movements
- › 4.3 Exploring Advanced Mat Work Techniques for Core Stability
- › 4.4 Enhancing Flexibility with Advanced Stretching Variations
- › 4.5 Integrating Breath Control with High-Intensity Pilates Sequences
- › 4.6 Customizing Advanced Pilates Routines for Individual Needs

**• 5 Designing and Implementing Pilates Routines** — 6 classes

- › 5.1 Understanding Pilates Principles for Routine Design
- › 5.2 Identifying Client Needs and Goals in Pilates
- › 5.3 Selecting Appropriate Exercises for Various Levels
- › 5.4 Structuring an Effective Pilates Session Flow
- › 5.5 Demonstrating and Cueing Techniques for Pilates
- › 5.6 Adapting and Modifying Routines for Special Needs

### • 1 Understanding Reflective Practice in Fitness Instruction — 6 classes

- › 1.1 Exploring the Concept of Reflective Practice
- › 1.2 Identifying Benefits of Reflective Practice in Fitness Instruction
- › 1.3 Differentiating Reflective Models and Approaches
- › 1.4 Analyzing Case Studies of Reflective Practice in Action
- › 1.5 Practicing Reflective Techniques for Self-Improvement
- › 1.6 Implementing Reflective Practice in Everyday Instruction

### • 2 Frameworks and Models for Reflective Practice — 6 classes

- › 2.1 Understanding Reflective Practice Frameworks
- › 2.2 Exploring Models of Reflection
- › 2.3 Analyzing the Gibbs Reflective Cycle
- › 2.4 Applying the Kolb Experiential Learning Model
- › 2.5 Integrating Driscoll's 'What?' Model into Practice
- › 2.6 Utilizing Reflective Practice for Personal Improvement

### • 3 Developing Self-Awareness and Critical Reflection Skills — 6 classes

- › 3.1 Understanding Self-Awareness Concepts
- › 3.2 Exploring the Benefits of Critical Reflection
- › 3.3 Identifying Personal Biases and Assumptions
- › 3.4 Practicing Reflective Writing Techniques
- › 3.5 Applying Reflective Practices in Real-Time
- › 3.6 Developing an Ongoing Reflective Practice Plan

### • 4 Practical Application of Reflective Techniques — 6 classes

- › 4.1 Understanding Reflective Techniques in Practice
- › 4.2 Identifying Personal Reflection Styles
- › 4.3 Setting Goals for Reflective Practice
- › 4.4 Implementing Reflective Models in Sessions
- › 4.5 Analyzing Feedback to Enhance Reflection
- › 4.6 Creating a Reflective Practice Plan

### • 5 Creating a Personal Reflective Practice Plan — 6 classes

- › 5.1 Understanding Reflective Practice: Concepts and Benefits
- › 5.2 Identifying Personal Goals for Reflective Practice
- › 5.3 Selecting Reflective Tools and Techniques
- › 5.4 Designing a Personalized Reflective Practice Schedule
- › 5.5 Implementing Reflective Strategies in Daily Practice
- › 5.6 Evaluating and Adapting Your Reflective Practice Plan