



CEC Requirements For Recertification:

The PMA™ recommends that all PMA members teaching Pilates maintain 16 CEC (Continuing Education Credit) units every 2 years.

The PMA **requires** all **PMA Certified Pilates Teachers** to maintain 16 CEC (Continuing Education Credit) units every 2 years. Proof of this coursework must be submitted with your application for PMA Recertification when your certification expires every 2 years.

To fulfill this requirement:

10 credits must be from PMA™ approved CEC course work. To find a list of PMA approved CEC course work providers, go to the PMA website, and click on 'Find a CEC Provider', or click on this link:

http://www.pilatesmethodalliance.org/curntmemb.html#cecp_search

6 credits may be from the following NCCA accredited organizations or from non-approved providers:

ACE, ACSM, NSCA, NASM, BOC(NATA), NCSF, NFPT, State Physical Therapy Boards, or accredited college or university exercise science, bio-mechanics or anatomy coursework.

Petitioning for Course Approval:

If you have undertaken coursework that is not PMA approved which you feel is relevant to Pilates continuing education, and you would like those hours to count toward your CEC units, you may petition for credit by submitting the following information to Anna Alvarez, CEC Coordinator, at the PMA office:

- Name of the Course
- Name of Provider/Instructor
- Resume or CV of Provider/Instructor
- Course outline including learning objectives
- Number of hours
- Course Bibliography

How to become a PMA approved CEC provider:

Please go to the Downloads section of our website, scroll down to 'Educational', and click to open the CEC Provider guidance notes and application form.