



Dear PMA member,

We are happy to announce the completion of the PMA Pilates Certification Exam. Enclosed you will find the Candidate Handbook (CH), a candidate exam application, and a FAQ sheet courtesy of the American Council on Exercise (ACE) about certification accreditation. CASTLE Worldwide, a corporate leader in the high stakes exam field, will administer the exam and it will be available on demand via computer based testing at CompUSA Stores across the U.S. and Berlitz Language Centers in Canada. More details about International test sites may be obtained through CASTLE Worldwide. The exam development team led by psychometrician, Dr. James Penny, along with a diverse and talented group of Pilates professionals from the United States, Canada, and the United Kingdom, spent many hours creating the finished test. We are confident the title 'PMA Pilates Certified' will become the most sought after and recognized credential for the professional Pilates community both in the United States and globally.

*The Pilates Method Alliance® is*

*the international, not-for-profit,*

*professional association dedicated*

*to the teachings of Joseph H. and*

*Clara Pilates. The PMA's mission*

*is to protect the public by*

*establishing certification and*

*continuing education standards*

*for Pilates professionals.*

Additionally, the PMA has followed the procedures outlined by the National Commission for Certifying Agencies (NCCA) when creating and implementing a certification or (credentialing) process for a profession. Once the exam has been administered for a period of one year, the PMA will submit an application to NCCA to be reviewed and considered to receive third party accreditation through this prestigious organization.

Employers will feel confident that by hiring a PMA Pilates Certified Teacher they will employ a skilled teacher with the qualifications necessary to safely and effectively teach the Pilates method with knowledge, integrity, and professionalism.

The exam is set to go online in May 2005, but you may submit your application immediately. You will find all of the necessary information about the application process along with some sample test questions in the candidate handbook. Please do not call the PMA office to register for the test, as CASTLE Worldwide will handle registration. You will find the necessary contact information and procedures in the candidate handbook. There are no exceptions regarding the requirements for sitting for the test.

Individuals with 20+ years of documented teaching experience may apply to be grandfathered as a PMA Pilates Certified Teacher. All individuals who meet the above requirements may contact the office directly for a grandfathering application. The deadline for all grandfathering applications is September 30, 2005.

The PMA will publish a study guide for the exam in the fall of 2005. Those professionals who are the first to sit for and pass the exam prior to the release of the PMA study guide will receive the title PMA Pilates Gold Certified Teacher, and will retain this title as long as all continuing education requirements for certification are met every two years.

All PMA Pilates Certified Teachers who are PMA members will have the certification mark placed next to their membership information on the PMA database. Additionally the public may search for PMA Pilates Certified Teachers via a new searchable PMA Pilates Certified Teacher database online through the PMA web site.

On behalf of the Board of Directors and myself we are proud to validate the life long work of Joseph H. and Clara Pilates through the establishment of this national credential of distinction for the Pilates method.

Please review the information contained in the candidate handbook carefully. Again, registration for the exam will be done via CASTLE Worldwide and not the PMA office.

With best regards,

Kevin A. Bowen  
President/CEO