

PMA Exam to be held in Germany!
Thursday 1 May 2008 in Köln, 9am – 12pm
Application deadline: 3 March 2008; Current CPR Certificate required

What!? The PMA is proud to announce that for the first time, the **PMA Pilates Certification Exam** will be held in Europe! The exam will be offered in English, using a pencil and paper format. The exam is being held in conjunction with the 5th Polestar Pilates International Conference, which gives the PMA access to a large gathering of Pilates professionals. The exam is a separate event to the conference; it is not necessary to attend the conference to sit for the exam.

To achieve PMA Certification in the field of Pilates instruction, candidates must pass a 150-item multiple-choice examination.

Certified Pilates Teacher (CPT) Definition

The PMA-Certified Pilates Teacher™ creates and implements safe and effective individualized programs for apparently healthy clients to improve health and fitness through exercise and physical activity (the goal of a PMA-Certified Pilates Teacher™ is to impart the knowledge, skill, and confidence for clients to exercise for a lifetime). The PMA-Certified Pilates Teacher™ is at least 18 years of age with certification in cardiopulmonary resuscitation and is knowledgeable of current exercise sciences and related fields.

Who? The PMA-Certified Pilates Teacher™ (PMA-CPT™) examination has been designed to measure skill and knowledge at the level of a person who has received comprehensive Pilates teacher training (to include 450 hours or more of lecture, self study, apprenticeship, and assistant teaching hours). By awarding the title of PMA-Certified Pilates Teacher™, PMA is formally recognizing the Pilates teacher who has provided evidence that he or she meets accepted professional standards as determined by the PMA.

When? The exam will be held **Thursday 1 May 2008 from 9am – 12pm**. Exam candidates are welcome to arrive starting at 8am. The text will begin promptly at 9am. The test administration is strictly 3 hours. Exam candidates arriving up to 30 minutes late will be admitted to the exam, but will not be given additional time to complete the test. Exam candidates arriving more than 30 minutes late will not be admitted to the exam, and exam fees will not be refunded.

Where? The venue is the Jolly Hotel, Media Park 8b, Köln, 50670 Germany

Why sit for the PMA® - Pilates Certification Exam?

These days, everyone knows that the Pilates method is enjoying enormous popularity as a mainstream movement discipline all over the developed world. What many people do *not* know, is that the Pilates industry is in fact still in its infancy, and that the work of creating professional standards is only just beginning.

The most substantial work that has been achieved in this area has been done by the **Pilates Method Alliance® (PMA)**, based in Miami, Florida. Founded in 2000, the PMA is the international, not-for-profit, membership association and credentialing organization dedicated to the teachings of Joseph H. and Clara Pilates. Originally created by and for the U.S. Pilates industry, the PMA is now embraced by Pilates practitioners and teacher training organizations from around the world who are searching for community, educational standards and professional legitimacy. The PMA is delighted to welcome members from around the world as members and certificants, to foster global Pilates unity, and to encourage the sharing of information and educational exchange internationally.

In its brief existence, the PMA has not only established an active and energetic professional international community of members, **it has also produced an independent, comprehensive, legally defensible professional credential, along with continuing education standards for Pilates professionals.**

It is important to understand what 'PMA Pilates Certification' is, and what it is not. It is not a license. It is not a certification that is required by law. **It *is* a professional credential that Pilates practitioners around the world are choosing to adopt as an international standard of professional competence.** As such, the PMA is beginning to work with various groups on translations of the PMA Pilates Certification Exam Study Guide and the PMA Pilates Certification Exam. As more and more practitioners around the world sit for this exam and gain this industry-wide certification, the Pilates world will become increasingly cohesive internationally, and will gain legitimacy and professional power. The greater the number of certificants, the more validity the credential will have. In addition to proving professional competence, the exam serves the purpose of uniting Pilates practitioners in the knowledge that they share the same basic knowledge base and Pilates vocabulary, thus creating greater industry harmony and mutual respect. It also assures us that we are all working to the same basic standard of practice.

While the translation process is underway, the PMA is interested in making the exam available outside the US in English in locations where there are large gatherings of English-speaking Pilates teachers. At these gatherings, exam candidates do the exam in a large group, using pencil and paper. In the US, a pencil and paper test takes place every year at the PMA's annual convention. The convention attracts an average 1000 delegates, and offers an extraordinary range of the highest caliber of continuing education opportunities available today. The convention is the Pilates industry's international 'town hall meeting', the time when old friends reunite, new friends meet, new skills are learned, candidates sit for the exam, and where the community works together to invest in the development of the professionalism and legitimacy of Pilates as a profession. **In 2007, PMA conference delegates came to Orlando, Florida from 26 countries around the world. Of those that chose to sit for the PMA exam at the conference, more than half of the exam candidates were from outside the US and sat for the exam in English as their second language.** It is clear that interest in the PMA from outside the US is growing more and more each year. The enthusiasm and passion for Pilates, for the community, and for learning which was exhibited at the 2007 conference is extraordinary, and the international members are a big part of that.

- **PMA Certification (Credentialing)** measures, in a standardized and unbiased manner, the ability of the candidate to apply the knowledge and skills in the role of a professional Pilates teacher. The primary purpose of certification is 'assessment' and this voluntary assessment process is independent of a specific course of study or any education/course/curriculum provider. PMA Certification is valid for a period of two years. 16 hours of PMA approved CEC hours are required every two years to keep PMA Certification current.

Who is eligible? To sit for the certification examination, you must meet certain requirements. Please provide all requested documentation of your eligibility when you send in your application. Applications will not be considered complete without eligibility documentation.

Age: To sit for the examination you must be at least 18 years old.

CPR Certification: To sit for the examination you must currently be CPR certified. Please include a copy of both sides of your CPR card with your application. "Online" CPR Certification is not acceptable.

Education and/or Experience: To sit for the examination you must have education and/or experience in the field of Pilates or other current exercise sciences or related fields.

You must meet one (1) of the following three eligibility options:

1. 200 documented hours of training in a Pilates teacher training program.
2. Six (6) months (or 720 hours) of full-time employment as a Pilates teacher within the last twelve (12) month period. You may not verify your own employment.
3. Certification from one of the following NCCA-accredited programs:
 - * American College of Sports Medicine (ACSM): PT
 - * American Council on Exercise (ACE): GFI or PT
 - * Board of Certification for the Athletic Trainer (BOC): ATC
 - * National Academy of Sports Medicine (NASM): CPT
 - * National Council on Strength and Fitness (NCSF): PT
 - * National Federation of Professional Trainers (NFPT): PT
 - * National Strength and Conditioning Association (NSCA): CSCS or NSCA-CPT

How do I apply?

- Applications must be received by the PMA's test administration company, Castle Worldwide Inc. by **3 March 2008**.
- Download a copy of the Candidate Handbook for the PMA – Pilates Certified Examination from the PMA website. Read it cover to cover!!
http://www.pilatesmethodalliance.org/pma_cert_booklet.pdf
- Download a copy of the Pilates Teacher Certification Application. Fill it out and return it to Castle Worldwide (instructions are on the form)
http://www.pilatesmethodalliance.org/pma_cert_app.pdf

Exam Preparation?

There is a **PMA Practice Test** available on the Castle Worldwide website:
http://www.castleworldwide.com/tds_v5/asp/purchase_package.asp?userid=&package_id=166 The cost is \$50.00 US.

The **PMA Certification Exam Study Guide** reviews all of the material that may arise on the PMA exam. To purchase a Study Guide, go to the PMA Store:
<http://www.pilatesmethodalliance.org/store.html> to place your order.

Caution! ALL EXAM FEES ARE NON-REFUNDABLE. Castle Worldwide charges an administrative fee to process exam applications, and whether the application is approved or not, the fee is chargeable.

Questions?? Call Amy Bloom Havlin at the PMA!
amybh@pilatesmethodalliance.org +1 305 573 4946 x 205