

PMA® Research Committee

Standing Rules

Article I: Name and Purpose

- A. The name of the committee shall be the Pilates Method Alliance Research Committee. In these Standing Rules it will be referred to as the Research Committee.
- B. The purpose of the Research Committee is the collection, evaluation and selection of oral platform or poster research and special interest presentations for the PMA Annual Meeting and PMA publications as well as summarizing and updating current research on Pilates.

Article II: Objectives

- A. Create an objective format for evaluating Pilates research.
- B. Build a robust team who can bring the importance of research to the forefront of the Pilates community.
- C. Keep the Pilates research reference list updated.
- D. Summarize current Pilates research for dissemination among the PMA community.
- E. Create an infrastructure that could eventually support the creation of a Pilates Research Journal.
- F. Establish and publish a Pilates Research Journal.

Article III: Leadership Qualifications and Responsibilities

- A. Committee Member Qualifications:
 - 1. Baccalaureate degree from an accredited college or university
 - 2. Knowledge and familiarity with current Pilates research
 - 3. Understand research methodology and the levels of evidence in current research publications
 - 4. Understand how to perform literature reviews
 - 5. Understand how to read a peer-reviewed research paper and compose written commentary summarizing the paper
- B. Committee Member Responsibilities:
 - 1. Encourage excellence in Pilates-based research
 - 2. Collect current Pilates-based research
 - 3. Share current Pilates-based research
 - 4. Evaluate Pilates-based research abstracts and posters for presentation at Annual Meeting
 - 5. Summarize Pilates-based research for dissemination among PMA members
 - 6. Attend the Research Forum at the PMA Annual Meeting
 - 7. Attend 1 in-person meeting per year at the PMA Annual Meeting
 - 8. Participate in 3 quarterly teleconferences calls per year

Article IV: Organization

A. Officers: The Chair will be selected from within the group of members of the Research Committee. Other offices (Vice-Chair, Secretary, Treasurer, Nominating Committee) will be developed as the committee grows.

B. Duties

1. Chair

- Facilitates all meetings of the Research Committee
- Attends PMA Annual Meeting or sends designee
- Represents Research Committee at PMA Board meetings regarding Research Committee activities as required by the PMA Board or Executive Committee
- Provides written reports to the PMA Board prior to their bi-annual meetings
Note: Board meetings take place in mid-January and two days prior to the Annual Meeting each year
- Submits research and reference updates for the PMA Website Research Page
- Organizes the PMA Research Forum and the presenter selection process
- Update applications for research forum oral presentation abstracts and posters

C. Committee Appointments

1. Appointments will be made as members resign their positions and/or new members are added to a maximum of 10 members.
2. The committee members shall notify the Chair regarding potential nominees for the committee. The committee will then select and approve all nominees.
3. Committee members will be asked to serve 3-year terms. Terms will be staggered so that the whole committee will not turn over during the same year. (In the first year of the committee establishment 4 members will serve 3-year terms, 3 members will serve 4-year terms, and 3 members will serve 2-year terms, after which all members will serve 3 year terms.)
4. The Executive Committee officers shall be a Chair, a Vice-Chair, a Secretary and an Immediate Past Chair with participation as decided upon by the past and current Chair.
5. Task Forces or sub-committees may be developed with members invited to participate as Research Committee needs arise.
6. If a Pilates Research Journal is published, the editor may be a member of the Research Committee as long as they remain the editor.
7. Any Committee Member may be removed by a two-thirds (2/3) affirmative vote of the Committee at any regular or special meeting at which a quorum is present.

Article VI: Meetings

A. The Research Committee will conduct the following meetings:

1. An in-person meeting following the Research Forum every year at PMA Annual Meeting
2. 3 teleconference calls per year

3. As needed, one member appointed by the Chair will attend the PMA Board Meeting to present reports to the board and discuss any committee programs

Article VII: Authority

- A. These Standing Rules may be changed with approval of the Executive Committee of the PMA.
- B. Where these Standing Rules are silent, the applicable PMA Bylaws prevail.