



4/14/11 (Updated 5/2/11)

Dear Friends –

The following Public Declaration was published on a website called www.pilatescertificationonline.com on 11/5/10. It was also emailed to many in our community on that day. This week, we have been contacted by a number of people who have asked us to participate in the conversations that are going on online about this Declaration. The announcement is filled with inaccuracies about the PMA and our programs, and confuses and misinterprets a great deal. I would like to make clarifications below. I have copied the statement from www.pilatescertificationonline.com below in black, and I've inserted my comments in blue.

Thank you for your attention.

Elizabeth Anderson
Executive Director
Pilates Method Alliance

***Performing Arts Physical Therapy / The Pilates Studio® of Los Angeles established 1992
Terminates Pilates Method Alliance (aka PMA) Membership***

After careful consideration, ***Performing Arts Physical Therapy / The Pilates Studio® of Los Angeles*** has withdrawn its membership with The ***Pilates Method Alliance*** also known as the ***PMA***, permanently.

(This one paragraph was updated on 5/2/11.) The Pilates Studio® of Los Angeles had an 'Educational Organization Membership' with the PMA from 2002-2003. That is the only involvement that this organization or its director has ever had with the PMA. To announce a 'termination' in 2010 is extremely odd, as the last transaction between the two organizations took place in 2002, which is 9 years ago. Since 2006, PMA members are individual people, not studios. The author of this announcement is not mentioned, however the Director of Performing Arts Physical Therapy/The Pilates Studio® of Los Angeles listed on their website is Melinda Bryan, PT and she has never been a PMA member from what our records show. Further, although this statement was put onto PAPT's website, it was not sent to anyone at the PMA.

I would like to invite the author of this statement to come forward and identify him/herself, and engage in a dialogue about these issues.

It is our belief that the PMA has slowly but systematically changed its direction over the last few years [That is not the case. It would be accurate to say that in the last few years the PMA community has made progress in the direction we have always been heading.] and is today propagating a message to the Pilates community which is no longer agreeable or consistent with the global vision and goals of PAPT / The Pilates Studio® of Los Angeles.

The "PMA Pilates Certification Exam" is not accredited, nor state or federally recognized.

It is true that the PMA certification program is not yet accredited. For many months we have been preparing to submit the application for accreditation of our certification program to the NCCA (National Commission for Certifying Agencies). Our goal is to have this in by the early summer of 2011. Incidentally, no Pilates exam is accredited or state or federally recognized. The PMA exam is the only one that is eligible to apply for accreditation by the NCCA, which accredits hundreds of professional certification programs.

The PMA exam was created according to NCCA guidelines, as we have always intended to submit the program for accreditation. Organizations are not permitted to submit their certification programs for accreditation by the NCCA for 2 years after the program is launched. Our program was launched in mid-2005, and we would have been permitted to apply since mid-2007, however there was no requirement for us to do so at any particular time. Since mid-2007 we have been developing the certification program and our supporting material, and in the past year have been assembling the accreditation application, which is extensive and demands examination of every area of the organization – a truly beneficial process to go through.

Do you know what the PMA is attempting to do? A truly troubling secret agenda has been revealed. According to discreetly published information obtained directly on the PMA's web site, from the PMA Pilates Teacher Training Summit November 7 & 8, 2009, the PMA now seeks to be the ONLY "Certifying Pilates Organization." The discussion at this meeting urged members to (as quoted from meeting minutes) ***"cease the use of the word 'certification' to describe the results of their teacher training program, and to substitute it with the word 'diploma', 'assessment-based certificate' (ABC), or the word 'graduate' by July 1, 2010."*** Members are then told to ***"agree to direct their graduates to the PMA to obtain their industry credential, to become PMA Certified Pilates Teachers (PMA®-CPTs)."***

The PMA's agenda, which is among other things, to establish teaching Pilates as a profession, is not a secret that needs to be revealed. It is something we make plain at every possible opportunity. Further, our Teacher Training Summit held in November 2009 was an open public event, made available to all of those involved in Pilates teacher training via repeated email blasts and our website. There was no charge to attend the event, nor was it necessary to be a PMA member to attend. Information about this event and the Final Report that was produced afterward was prominently displayed on the home page of our old website, and now can be found on our new website on the Registry of Schools page. We very much want everyone to read this report and contact us to ask questions and discuss it. At our conference last year (November 5 – 7, 2010) we had a forum for this particular purpose at our conference in Long Beach, called the Town Hall Meeting. We want our community to understand the distinctions made in the document and we are trying to build consensus by sharing information and encouraging discussion and investigation.

Here is the link to the Final Report on our 2009 Teacher Training Summit:

http://data.memberclicks.com/site/pima/Pilates_Teacher_Training_Summit_09_Report_FINAL.pdf

Note: in the coming weeks the PMA will migrate its website to a new server. If you are unable to access this link, please let us know so that we can send you a new link or email you the document.

Formed no more than 9 years ago in 2001, the PMA began as a small but promising organization, which was made up of a group of individuals from different ideologies, primarily of the "Pilates-based" community. The PMA promise was to operate as a non-profit, non-partial, unbiased, and non-

restricting organization that would “unite” the entire Pilates community. PAPT / The Pilates Studio® of Los Angeles was apprehensive, but still offered full support, and observed how this new this new organization would develop. Today, in 2010, under new leadership, the PMA is now a very different organization, and has abandoned its original core objectives and purpose.

The term ‘Pilates-based’ arose during the 1990s when Sean Gallagher, who believed that he owned the trademark for the word ‘Pilates’, both in reference to the exercise method and to the equipment, was sending many teachers in the community ‘cease and desist’ letters and court summonses. He demanded that teachers either pay him a fee for a license to use the word ‘Pilates’, or cease using the word. Some teachers came up with terms like ‘Pilates-based’ or ‘Pilates-derived’ in order not to directly say they were teaching ‘Pilates’. They needed another word to describe what they taught before and during the time the lawsuit was being fought. The 2000 federal court judgment established that Pilates is an exercise method and not a trademark, and from that time forward the word Pilates could be used without restriction by Sean Gallagher or anyone else.

Read about the Pilates trademark lawsuit here:

<http://www.pilates.com/BBAPP/V/pilates/origins/trademark-lawsuit.html>. The 93-page court judgment can be downloaded from a link on this page.

The PMA is a **professional association** and **certifying agency**. Note: The PMA is not a teacher training school; it does not offer courses or grant diplomas.

The PMA is a not-for-profit organization. In practical terms, this means that the organization does not have an owner. The PMA is governed by a board of directors who are unpaid volunteers and who are democratically elected by the membership. The mission they define is carried out by a salaried staff of administrators at the PMA office in Miami. Not-for-profit organizations may make a profit, however profits or dividends are not paid to an owner, as there isn’t one. Profits, if any, must be reinvested into the organization’s programs. If we did not follow that directive the Internal Revenue Service would rescind our not-for-profit status. As soon as our 2010 tax return is completed, we are planning to post on our website our tax returns from 2008, 2009 and 2010. This is part of our work to increase transparency.

The first red flag was on or around November 2005, when the PMA announced the creation of the “PMA Certification.” This was not consistent with the original agenda that was put forth in 2001. This new PMA certification process was available for anyone willing to pay and take a standardized written test designed by members of the PMA. This was concerning especially since the PMA does not actually train or educate individuals to teach Pilates.

This is precisely why the PMA is in a position to certify Pilates teachers, whereas schools are not. Schools grant ‘diplomas’ or ‘certificates’ connected to a specific education program. Certification must always be independent of any specific course of study; whereas a diploma is always connected to a specific course of study. To quote the definition of ‘certification’ given by the National Commission on Certifying Agencies (NCCA):

‘**Certification** is a voluntary process by which individuals are assessed against predetermined standards for knowledge/skills/competencies and granted a time-limited credential. The primary activity in certification is assessment, and the assessment process is independent of a specific course of study or any education/course/curriculum provider.’

On the other hand, the NCCA’s definition of an ‘assessment-based certificate program’ (or teacher training) is as follows:

'An **assessment-based certificate** program is a relatively short, non-degree granting program that provides instruction and training to aid participants in acquiring knowledge/skills/competencies and designates that participants have passed an end-of-program assessment derived from the learning/course objectives. Although assessment is an integral part of the certificate program, the primary purpose of the program is to provide instruction and training.'

Here is an analogy. Physical therapists go to physical therapy school and earn a diploma. Then, as a separate act, they must sit for a state licensure exam to gain their professional credential. The PT's professional credential, which in their case is state licensure, is analogous to the PMA Pilates Certification Exam. The difference is that the PT must have a license to practice. PMA certification is voluntary, and is not a license.

And the PMA does not license teachers or individuals to teach or offer "Pilates."

Correct. The PMA 'certifies' Pilates teachers that pass its psychometrically validated, third-party comprehensive competency exam. The PMA does not 'license' teachers.

Still, PAPT / The Pilates Studio® of Los Angeles expressed concern, and continued to observe with hopeful support.

As Executive Director, I have been in my current position since June of 2007, and I have never had any communication with anyone from this studio.

This year on or around September 7th, 2010, the PMA discreetly published, via their website, a new plan which indicates the PMA now wishes to govern, control, restrict and limit Pilates organizations and individuals, from offering and or issuing "Pilates Certification."

Our new website was launched on September 7, 2010. Nothing that we publish is 'discreet'. All that we say, we want people to hear and read; we strive to make our communications as clear and accessible as possible.

What we want to clarify with Pilates teachers, is that there is a distinction between a 'diploma' which one receives as the result of teacher training, and 'certification', which is something unconnected to teacher training and which must be created and administered by a third party; in this case, the PMA. 'Certification' is independent of any teacher training program, or school, by definition. The problem is that many in our field have for many years mis-used and misunderstood the term 'certification' as it's understood in a professional context.

The PMA is not a teacher training school. It is essential that schools train students, and examine them on their theoretical knowledge, as well as on their movement and teaching skills. The PMA exam does not examine movement or teaching skills – that is the job of the school (as in the massage therapy field for example). The school may then issue a diploma or certificate to those that pass their exam, which is based on their syllabus. Once the student has a diploma, they may then be eligible to sit for the PMA exam, which is a professional credential or certification, unconnected to their teacher-training program. A professional certification exam is based on a professional Role Delineation Study. You can find the Role Delineation Study for Pilates on our website: <http://www.pilatesmethodalliance.org/mc/page.do?sitePageId=112947&orgId=pima>. (Note: in the coming weeks the PMA will migrate its website to a new server. If you are unable to access this link, please let us know so that we can send you a new link or email you the document.)

The PMA has announced they are now a “**certifying agency**,” and desire to be **the only organization** to use the term Pilates Certification. Information posted directly on the PMA’s site, quoted here, urges the Pilates community to “**embrace the PMA’s professional credential without delay, and to create a critical mass of acceptance of the PMA credential...**” This is where we draw the line. PAPT / The Pilates Studio® of Los Angeles has awakened.

As one of the two internationally recognized, professional Pilates organizations, known as the creators of the world’s first “Authentic” Pilates Certification program, designed, developed, and presented by established medically licensed Pilates professionals, PAPT / The Pilates Studio® of Los Angeles can **no longer support or recognize the Pilates Method Alliance**. Therefore, all matters, views, and opinions of **the PMA are now considered completely irrelevant** for our organizations and unnecessary for any Pilates students, apprentices, or Certified Pilates Instructors associated with PAPT / The Pilates Studio® of Los Angeles.

It is unfortunate that the PAPT feels this way, particularly as they have not brought their views to PMA staff or board members for any discussion or clarification before posting this statement. To be clear, many Pilates teacher training schools are internationally recognized (and by ‘recognized’ I mean ‘well known’), and some (other than PAPT / The Pilates Studio® of Los Angeles) are designed, developed and presented by established medically licensed professionals.

Let’s be clear, this desire to control and restrict others by the PMA is nothing less than a desire to monopolize Pilates.

This is false. The PMA desires to establish teaching Pilates as a profession, which can be recognized as such by other professions. Established professions have credentials and behave according to norms that are easily observable. Calling the result of teacher training ‘certification’ goes against the definition of ‘certification’ as provided by the NCCA, and goes against all examples of professional norms in a wide range of professions. Whether you go to Harvard Law School, or Boston University School of Law – each graduate with a diploma will sit for the same state bar examination. The PMA does not have the authority, desire or means to control, restrict or monopolize Pilates.

And if you are a senior Pilates member and know the true History of Pilates in relation to “trademark and ownership,” then you know we have all already been there and done that. **As one of two former corporate owners of the now rescinded Pilates trademark, (underlining mine)** no one knows more than PAPT / The Pilates Studio® of Los Angeles. Attempting to restrict, limit, or own Pilates is counter productive and actually works against the core principles of Pilates. One should strive to offer the best Pilates programming they can, and be judged based on credentials, the quality of their work, and level of expertise. Not by a dictatorship.

Correct. The PMA is not a dictatorship. It is not-for-profit organization registered in the State of Florida. It is a professional association and certifying agency. The term ‘credential’ and ‘certification’ can be used interchangeably. The term ‘credential’ and ‘diploma’ cannot. The PMA does not attempt to restrict, limit or own Pilates, as the **owners of the now rescinded Pilates trademark** did during the 1990’s (see paragraph above.)

Not only do we completely reject this desire of the PMA based solely on the outrageous notion itself, but also for the fact that the PMA impudently chose to ignore and disregard all higher-ranking and more established educated Pilates professionals and organizations, especially those in the Pilates community who actually offer pure, undiluted Pilates and can substantiate it.

There is no ranking system in the Pilates field. The PMA has been supported and encouraged by First Generation Pilates teachers Kathleen Stanford Grant (now sadly deceased as of May 2010), Ron Fletcher, Lolita San Miguel and Mary Bowen since its inception in 2001. The PMA welcomes all Pilates teachers to its organization from all parts of the Pilates spectrum from classical to contemporary. The PMA has many members, certificants, continuing education providers and conference presenters who self-identify as 'classical' practitioners. The PMA Study Guide and Pilates Certification Exam are based on the 'classical' Pilates Method.

The PMA does not differentiate or take into consideration, nor account for the fact that there are older and more established Pilates organizations, and or individuals, such as **Romana Kryzanowka**, and PAPT / The Pilates Studio® of Los Angeles, and others that have existed and operated and offered authentic Pilates instruction ten, twenty, even fifty years, long before the PMA was conceptualized and became a "certifying agency."

The PMA respects Romana Kryzanowska and her work, and has invited her to attend the PMA conference as our guest with all expenses paid many times, to which she has never replied. Many of our members, certificants, continuing education providers and conference presenters were trained by Ms. Kryzanowska or her graduates, in her style, as is evidenced in our recent 2010 conference program. The fact that PMA is a 'certifying agency' is not related to questions of respect or not, or Ms. Kryzanowska. It is a matter of terminology and semantics. It's important that as a profession, we understand the terms we use, and that we use them as they are understood in the world of professions.

Furthermore, it is significant to point out that the PMA is primarily made up of individuals, Pilates centers and organizations, from many different Pilates-based practices, and most do not offer "Authentic Pilates."

I am curious as to how PAPT arrived at this conclusion. The PMA has a broad representation of all parts of the Pilates spectrum, as members, certificants, continuing education providers and conference presenters.

Pilates programming created by multiple Pilates principals is not authentic Pilates. It is true most **PMA members are not "classically trained"** in Pilates, and in most cases, do not themselves offer, teach and may not even know how to identify or differentiate between authentic Pilates (aka Classical or Traditional Pilates) and Pilates-based programming. For the Pilates Method Alliance to even hope to be or imagine to be the sole representative of "Pilates" is simply absurd.

The PMA does not hope to be or imagine that it is the sole representative of Pilates. However, it is correct to say that at present we are the sole organization that offers a psychometrically validated, third party, comprehensive competency exam for Pilates teachers based on a Role Delineation Study. In other words, a professional credential. The PMA does not offer a diploma, as schools do.

For the PMA to expect to, and hope to assume the position as a serious Pilates authority, or make claim to be a reputable "Certifying Pilates" Organization and sole Pilates representative is outrageous, and this we cannot allow.

PAPT does not have the authority to allow, or not allow, the PMA to pursue its mission and goals.

In 1992, PAPT / The Pilates Studio® of Los Angeles and New York together created and presented the very first and only Professional Authentic Pilates Teacher Certification Program in the world. It was the first and only "official" Pilates educational program focusing on maintaining the purity of the

method. **In fact from, 1992 - 2000, PAPT / The Pilates Studio® of Los Angeles and New York were the ONLY legally recognized Pilates licensing organizations in the United States. No one else can make this claim and substantiate it. Anyone who posts, promotes, or makes claim to offer an older authentic Pilates certification program is simply being untruthful.** Today, our Pilates programming continues to be the most professional, mature, consistent, traditional, and classical Pilates certification program globally. It is the only original Pilates program created by Pilates professionals who are also licensed medical professionals.

This is absolutely untrue. To give one example, Polestar Pilates Education is a Pilates teacher training school created by Brent Anderson, Physical Therapist, Orthopedic Certified Specialist, and PhD. A high percentage of Polestar's teacher trainers are PTs as well. And his is not the only example I could name.

Again, 'certification' is not the result of teacher training. The correct term for the result of teacher training is 'diploma' or 'certificate' or 'assessment-based certificate'. The PMA does not doubt that PAPT has an excellent teacher-training program, however we dispute that the training program and examination result in 'certification'. We assert that it results in a 'diploma'. This is the terminology as it's used in the world of professions.

In our unique position, we can identify companies like the PMA who in our opinion only confuse the general public.

The PMA asserts that the confusion lies with PAPT.

And since the PMA does not clearly state what kind of Pilates Certification they are actually offering, there is no way to verify PMA members' Pilates experience and training.

The PMA is not a teacher training school. There are no different 'kinds' of Pilates certifications as explained above. However, there are a vast variety of schools that teach different approaches to Pilates and grant diplomas demonstrating that their students have reached proficiency in the style of that particular school. That would qualify at different 'kinds' of Pilates diplomas. The PMA's exam and Study Guide are based on the classical work.

PMA members and individuals who make the claim to offer "the new and improved Pilates" are not usually authentic. These companies refer to themselves in many different vibrant terms such as, "New Pilates," "Modified Pilates," "Contemporary or Modern Pilates," "cutting edge Pilates," "based upon the teachings of Joe Pilates," "Yogalates," even "Fusion Pilates," which all leads to "**ConFusion Pilates.**" This list of new names and "31 flavors" of Pilates continues. There are even Pilates programs now that are based on astrology and even religion, which is far far from the original principles of the method. Where does it end?

All of this may or may not be true, but has nothing to do with the PMA or its activities.

If it is not authentic Pilates, it is not Pilates.

If what PAPT is asserting is that any Pilates that is not Romana Kryzanowska Pilates, is not Pilates – we respectfully disagree. The work of other First Generation Teachers such as Kathy Grant, Ron Fletcher, Lolita San Miguel, Mary Bowen, Carola Trier and Eve Gentry, and Second Generation Teachers Deborah Lessen, Michele Larsson, Alan Herdman and Jillian Hessel (and many more) do qualify as Pilates.

Most of these Pilates-based companies are creating mass market confusion. PAPT / The Pilates Studio® of Los Angeles acknowledges and respects Pilates-based companies who clearly state and describe their “Pilates” school of thought and who are truly innovative, and offer great knowledge and experience, contributing to the general health and fitness of world society. Companies such as StottPilates®, BASI Pilates™, and Polestar are to be commended for their proven history and contribution.

These distinguished (PMA members or not) Pilates-based organizations, and a few others, established long before the PMA, offer excellent consistent Pilates-based training, and do not claim to offer authentic, classical, or traditional Pilates Certification. These organizations make it known to the general public exactly what they offer. No confusion. They do not declare, publicize, or seek to control “Pilates Certification.”

StottPilates® As of September 20th, 2010 published on their official website, “*STOTT PILATES is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates...*”

BASI Pilates™, who as of September 20th, 2010 published on their official website, “*BASI Pilates honors and preserves the legacy of Joseph and Clara Pilates: presenting the original principles and repertoire (utilizing all the Pilates equipment), at the same time integrating contemporary scientific developments and evolution of the method.*”

STOTT PILATES, BASI Pilates and Polestar Pilates Education all offer diplomas, not certification. They are all aware of this distinction although at this time unfortunately STOTT PILATES continues to use the term ‘certification’ to mean ‘diploma’.

Information offered by PMA today has become unclear and appears disingenuous. They are no longer “an organization to connect teachers, teacher trainers, studios, and facilities dedicated to preserving and enhancing the legacy of **Joseph H. Pilates** and his exercise method by establishing standards, encouraging unity, and promoting professionalism.” Instead now they are striving to be the only “certifying agency” which solely tests teachers of many different Pilates or Pilates-based teaching programs by one standard written exam.

This is ‘certification’, by definition. It is similar to the bar exam for lawyers, or the licensing exam for massage therapists. All graduates sit for one standard written exam. It’s not that the PMA strives to be the only one, but the PMA simply is, at present, the only one. If another group wishes to replicate the work the PMA has done to create a psychometrically validated, third party, comprehensive competency exam, they are of course welcome to do so.

And The PMA is giving the general public and the Pilates community the false impression that everyone teaching Pilates must be a “PMA Pilates Certified” Instructor, and this is wrong.

We do not say that everyone teaching Pilates must be PMA Certified Pilates Teacher. The PMA Pilates Certification Exam is voluntary. Having the credential is not required by any state or government agency. The PMA certainly encourages Pilates teachers to sit for the exam, in order to establish a common standard of competency and safety for the protection of the public, which is a primary aim of professional certification. Building a critical mass of PMA Certified Pilates Teachers also helps to establish a professional identity for the Pilates teacher. These goals are central to the development of any profession – protection of the public, and the establishment of professional identity.

Through years of practice, Joseph Pilates developed a method of exercise that has successfully sustained itself for almost 100 years. He passed down his wisdom to several well known apprentices,

and they passed down to the next generation....creating teachers of “**Pilates**” **Contrology**. It is the evolution of the fitness and medical industry today that has established very specific recommendations for safely delivering fitness services to the general public. We agree with this stance, and are aligned regarding safety and education. We believe it is the responsibility of a teacher training program to assess and guide the level of competency required to teach and certify Pilates Instructors.

Schools grant ‘diplomas’, not ‘certification’. It’s a matter of semantics, but an important one.

A “PMA Certified Pilates Teacher” is not anymore more qualified to teach Pilates because they simply passed a written exam, and it tells the public that the written exam is more important than a teacher training program.

Incorrect. Successful completion of a comprehensive teacher-training program is required for the exam candidate to be eligible to sit for the PMA exam. Comprehensive teacher-training programs must include a written examination as well as a practical examination of the teacher’s movement and teaching skills. Completing this is a pre-requisite to sitting for the PMA exam.

As Pilates instructors must practice within their “scope,” an agency delivering a standardized test should deliver a mark within their scope. An organization has every right to set “standards,” and to test those standards. After months of practical study, the Pilates student should have the freedom to attain their certification from their training program, and not have to sit for a written exam that supports only those training programs that it wishes to bless.

The PMA agrees that students should be able to choose freely which teacher training school they wish to attend. However, schools grant ‘diplomas’, not ‘certifications’. Lastly, the PMA does not ‘bless’ teacher-training programs. However, our new Registry of Schools identifies schools that meet certain professional criteria for inclusion, and these criteria were suggested and agreed upon by delegates at the 2009 Pilates Teacher Training Summit who are in the business of comprehensive Pilates teacher training, and were not dictated by the PMA staff or board.

The Pilates Studio® of Los Angeles will not recognize any organization attempting to control the delivery of Pilates teacher training programs and persuading the public to recognize only those individuals who attain PMA “Certification.” A set of criteria established by one entity, which then tests by written exam only, will not empower the Pilates community with better teachers. Instead, it will encourage less experienced teachers to spend more money after attaining one certificate to become part of an association which no longer unifies everyone. In fact, we appreciate the alliance of Pilates teachers all over the world.

The PMA has members in 41 countries, and certificants in 37 countries. The PMA conference in Long Beach had delegates in attendance from 32 countries. The Role Delineation Study undertaken by the PMA was done as a community activity, involving many classically trained senior teachers. All questions on the PMA exam were written by senior members of the Pilates community, and the PMA Study Guide and Pilates Certification Exam are based on the ‘classical’ Pilates work.

The “PMA Pilates Certification Exam” is not accredited, nor state or federally recognized. This fact is not made clear to the general public.

The PMA Pilates Certification Exam is indeed not yet accredited and we have never stated that it is. We plan to submit our application for accreditation of the certification program to the NCCA in the early summer of 2011. This is continually made clear to the public.

The “PMA Pilates Certification Exam” is ONLY recognized and accepted by those who are “current PMA members.”

The meaning of the preceding sentence is unclear, but suffice it to say that PMA exam candidates are not required to be members of the PMA in order to sit for the exam.

Exam candidates have 2 eligibility routes to sit for the PMA exam. They are:

* Documented successful completion of a minimum 450-hour comprehensive Pilates teacher-training program (by definition, this includes having successfully passed an examination of teaching and movement skills in addition to theoretical knowledge)

-OR-

* Documented 720 hours of Pilates employment within the last 12-months

Membership with the PMA (a non-profit organization) is fee based. (Example: **PMA Student Membership - \$50; PMA Individual Membership - \$150;** Registry of Schools \$500.00 per year; \$200.00 per year per additional location) A strong alliance or association does not mean “PMA Pilates Certification.”

The paragraph above is correct. PMA certification is only earned by sitting for a 150 question multiple-choice exam. Eligibility to sit for the exam is given by the 2 eligibility routes above. The PMA relies on the Pilates teacher training schools to examine their students on their teacher training and movement skills. This is similar to the massage profession, where schools test their students on their massage techniques as part of their teacher-training program, which leads to a diploma. The graduate then sits for licensure in their state. (Joining the Registry of Schools is based on meeting the 7 criteria established the 2009 Teacher Training Summit delegation, and paying the fee mentioned above.)

PMA membership and PMA certification do not eliminate the growing trend of “**ConFusion Pilates**” possibilities, it only encourages it.

Obviously I disagree with this statement and feel that the PAPT’s statement is spreading confusion based on a lack of understanding of the distinction between a ‘diploma’ and a ‘certification’.

In conclusion we are left with unanswered questions and are uneasy... What does one actually attain with a PMA certification?

In addition to the diploma from one’s school, which is required prior to sitting for PMA certification, the certification assures the public that the practitioner has passed a test for competency and safety as determined by a wide panel of experts in the field, based on a Role Delineation. The PMA certification exam has been structured according to guidelines established by the NCCA (National Commission on Certifying Agencies) which procedures were carried out by a professional testing agency, CASTLE Worldwide, Inc. The PMA Pilates Certification Exam is standardized, and examines students on a set of material as laid out in the PMA Study Guide, which is based on the classical Pilates method. The PMA offers a professional credential, not a school diploma. Each are necessary. PMA certification assures the public that certificants are proficient in the skills and knowledge that have been determined by a wide variety of experts in the Pilates field.

What are the true benefits of PMA membership?

Like all membership organizations, members receive a list of benefits having to do with discounts on various things, a newsletter, access to discounted professional liability insurance, etc. But mostly PMA membership is for visionaries, who see that as a community we are trying to establish teaching Pilates as a profession. All established professions have common components. They have a professional association, scope of practice and code of ethics guidelines, an entry level credential that is time limited, continuing education requirements to keep the credential current, they are self-governing, they conduct research and as they mature they create agencies that accredit their education programs. Leaders from the Pilates community, under the auspices of the PMA, have put most of this into place in the last 10 years and now we need to build and support what we have established. PMA members and certificants believe in this mission, and want to be part of the effort to value and create status and respect for the profession that they hold dear. They invest in the evolution of their profession by supporting the ability of the PMA to carry out its work. That is the true benefit of PMA membership.

Use of a logo?

Yes, both members and certificants have a logo they can use to demonstrate their participation and support in the process just mentioned.

Your name on a list?

Yes, both members and certificants are listed in our database.

What are the true credentials of a PMA Certified Pilates Instructor?

The credential is called: PMA®-CPT, or PMA® Certified Pilates Teacher. The credential demonstrates professional competence, as has been explained at length above.

I realize the PAPT is asking rhetorical questions here, but I'm trying to make this useful to the reader by giving accurate information.

How does the general public actually determine which PMA Certified Pilates Instructor has more experience than another?

As with choosing any other professional – for example, a doctor or lawyer, it is up to the public to do their due diligence. What school the teacher went to can be an indicator of their style or the rigor of their training, just as you might prefer a lawyer that went to Harvard over one that went to a small local college law school. Both lawyers would have had to pass the state bar exam prior to practicing law – however as with all professionals, some are more dedicated, more passionate, more discerning and more expert than others. The prospective client should find out how long they've been teaching as well. Knowing if a Pilates teacher is involved in teacher training is also an indicator of their seniority and experience. Many also seek personal recommendations and referrals. These principles apply in seeking out any professional that you wish to hire to perform a service.

How does one determine which PMA Certified Pilates Instructor was actually certified to teach Pilates by a traditional authentic Pilates organization, or from a non-traditional “contemporary” Pilates-based organization?

If the prospective client is interested in this distinction, they can simply ask the prospective teacher what school they went to and what diploma they hold.

Who does the PMA really represent?

This has already been explained.

Our view is that the PMA represents only those of the “Pilates-Based” community and we wish to make it clear to all....***The PMA certainly does not represent Performing Arts Physical Therapy / The Pilates Studio® of Los Angeles or those who offer Authentic Pilates.***

The PMA has members and certificants that come from all parts of the Pilates spectrum, from classical to contemporary. It is clear that the PAPT does not support the PMA and the PMA accepts that.

Important Fact: “Pilates” just like other types of fitness practice, such as yoga or karate, have not been regulated by the US government or state. An individual may lead a training program, or certify participants in most states based on their own experience and practice.

It is correct that Pilates is unregulated. The PMA is encouraging self-regulation by means of creating a Pilates-specific third party, psychometrically validated comprehensive certification exam. But no, individuals cannot ‘certify’ participants, as has already been explained. ‘Certification’ must be based on a Role Delineation Study undertaken by a range of experts from across the field. Using the word ‘certification’ to mean the result of teacher training is a mis-use of the word. The correct word for the result of teacher training is ‘diploma’, ‘certificate’, or ‘assessment-based certificate’.

Therefore, no one program, agency, or organization can say that they are the only ones to “certify” or qualify individuals to teach Pilates.

The PMA can accurately say that at present it is the only certifying agency for Pilates teachers. Schools provide teacher-training which result in graduates that hold diplomas.

Unless state legislation is passed, and no such legislation exists today, the PMA and no other organization can make this claim. Prospective Pilates teachers should seek out experienced an authentic Pilates certification program which meets the highest standards of the field.

As founders of the original www.PilatesAlliance.com, formerly operated 1992 - 2001, and due to overwhelming requests by other concerned members of the Pilates community, PAPT / The Pilates Studio® of Los Angeles has decided to once again take a leading role and become more actively involved in the Pilates global community. We believe it is time to act to protect the purity of the Pilates Method, without action to preserve the core principles, the method will be lost. This is why PAPT / The Pilates Studio® of Los Angeles has teamed up with Pilates professionals from around the globe, with the goal to preserve the Authenticity of the original Pilates Method.

We embrace evolution, and as the leading Professional Pilates organization we understand the need to adapt to today's medical advancements (offering continuing education), but at the same time firmly believe we must preserve the true philosophy of the Pilates method, or lose the authentic design forever. PAPT / The Pilates Studio® of Los Angeles will soon be announcing a new **Pilates World Association**.

This will be an exclusive, and “non-political,” Pilates organization funded by PAPT / The Pilates Studio® of Los Angeles and its associates. It will include both members from the Authentic Pilates community as well as members from the Pilates-Based community. All are invited and welcome. Details will be formally announced in early 2011.

The statements made by PAPT about the PMA above are extremely political.

The PMA welcomes as members, certificants, continuing education providers and conference presenters, Pilates practitioners from all parts of the Pilates spectrum, from classical to contemporary.

Anyone wishing to know more about these issues can contact me, Elizabeth Anderson, Executive Director, elizabetha@pilatesmethodalliance.org or Ray Infante, Communication Coordinator, Pilates Method Alliance, rayi@pilatesmethodalliance.org; +1 305 573 4946 x 208.

To register to be notified or to become a member of this association register here: [Register Now](#)

Legal Disclaimer:

*it is not the intention or desire of **Performing Arts Physical Therapy / The Pilates Studio® of Los Angeles or its Associates** to cause harm or damage to the PMA or any other company or organization named or not named in this public declaration. **Performing Arts Physical Therapy / The Pilates Studio® of Los Angeles** and its associates only seek to exercise our legal rights and freedom to express our opinion and views. Individuals should do their own research and form their own opinion based on available evidence and facts.*