

## PMA Recommended Minimum Standards for Comprehensive Pilates Teacher Training



Essential Components		Min Hours
1	<b>Professionalism</b>	15
	Scope of Practice	
	Code of Ethics	
	Professional Conduct	
	Universal Precautions	
	Pilates Philosophy	
	Pilates History	
2	<b>Exercise Analysis/Program Design/Teaching Technique; includes repertoire on all apparatus and mat</b>	100
	<i>Note: Study of the material covered in point 2 above should be continued and integrated throughout points 3 - 8 below.</i>	
3	<b>Movement Science/Anatomy &amp; Kinesiology</b>	40
4	<b>Special Populations/Precautions &amp; Contraindications</b>	20
5	<b>Observation</b>	75
	Definition: Students engage in <b>observation</b> at a location approved by their school when they watch professional instructors teaching Pilates sessions to clients. During <b>observation</b> , students are not interacting with the instructors or clients, but are actively noting components such as exercise choice, cueing techniques, safety considerations, teacher-client interaction and program design.	
6	<b>Self practice</b>	75
	Definition: Students engage in <b>self-practice</b> when they practice performing Pilates exercises at a location and in a manner approved by their school.	
7	<b>Student teaching</b>	115
	Definition: Students engage in <b>student teaching</b> when they teach Pilates to individuals at a location and in a manner approved by their school.	
8	<b>Practical and written assessment</b>	10
<b>Total hours</b>		<b>450</b>
Note: For schools that require <b>supervised</b> self practice or student teaching, the following definition of supervision applies. Teacher Trainees are <b>supervised</b> when they engage in self practice and/or student teaching at a location approved by their school, with a <b>supervising</b> teacher trainer available to take questions and give feedback.		
<b>Programmatic requirements</b>		
1	<i>Return to Life</i> is required reading if available in the relevant language. Otherwise, it's content must be covered on the program.	
2	Periodic practical assessment re: <b>exercise performance</b> (an assessment that reviews student's exercise performance on the apparatus and mat; required for graduation)	
3	Periodic practical assessment re: <b>teaching movement</b> (an assessment that reviews student's ability to teach Pilates exercises, make appropriate corrections, and employ appropriate communication; required for graduation)	
4	A final assessment (that considers all segments of the comprehensive program; required for graduation)	
<b>Institutional Requirements</b>		
5	A signed agreement/contract (a document, catalog, or contract that minimally stipulates the rights and responsibilities of both the student and school, including price, time limits, and graduation requirements)	
6	Sexual Harassment Policy	
7	Non-discrimination policy that addresses: race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.	