



THE PILATES ALLIANCE

Continuing Education Credits (CEC) Information

Remember, the majority of CEC points accrued must be Pilates Specific; therefore a minimum of 11 CEC points is required to be Pilates Specific professional development to maintain currency of full membership; or a minimum of 8 CEC points is required to be Pilates Specific professional development to maintain currency of Matwork membership.

Here are some ways in which PAA members may accrue CECs:

- Attend PAA-approved Pilates specific educational programs **(a maximum of 15 CEC points can be attained through the attendance of any one event)**
- Attend PAA-approved allied industry educational programs (CECs allocated at 50%)
- Attend continuing education programs being delivered by PAA registered Educational Bodies (see www.pilatesalliance.net for this listing) or on the workshop page <http://www.pilatesalliance.net/news-1.php>
- Attend PAA-approved in-house training programs (maximum of 6 CECs accrued this way per CEC period)
- Attend non-approved Pilates specific educational programs (CECs allocated at 50%)
- Attend non-approved allied industry educational programs/conferences (CECs allocated at 25%)
- Attend formal workout sessions with the senior faculty of PAA-registered educational bodies (see website. A maximum of 4 CECs accrued this way per CEC period)
- Undertake distance/remote learning tasks/programs administered by PAA registered RTOs (for remote and regional members)
- Write and have published a research article for an industry specific publication (maximum of 4 CECs accrued this way per CEC period)
- Maximum of 4 CEC's for delivering of Continuing education

Please note workshops that have been assessed via the PAA are put on the PAA website with the PAA CEC points given. These workshops are updated on a regular basis, those out of date are then removed, so please keep checking under news and event – workshops.

<http://www.pilatesalliance.net/news-1.php>.

Remember that the amount of cec's stated on your cec certificate from other sources may not be the same as the PAA will allow and you must bear in mind the above information and the allowance given, before undertaking workshops to avoid disappointment and a shortage of CEC points when required to be shown at each 2 years.



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CONTINUING EDUCATION CREDITS (CEC)

The accrual of CEC points is an important process for any professional, particularly in an industry that is constantly developing and applying new research and ideas. CECs are evidence of currency of your education and as such, provide the Alliance with a basis for maintaining currency of membership.

Evidence of having achieved your required CECs (20 points for full members and 15 for mat-work members over each 2 year period) will be required every second year of your membership renewal. Of the CEC's that must be accumulated biannually, the following applies; No more than 15 (for full members) and 10 (for mat work members) credits will be accepted in any one year period, ensuring ongoing education is spread evenly throughout the 2 year membership period, and currency of knowledge is maintained

As you have already been made aware, the PAA has revised its approach to offering continuing education to the Pilates community, a move which is already proving to be very positive for all concerned.

The majority of CEC points MUST be accrued from Pilates specific courses: ie those that mention "Pilates" in their titles and focus on Pilates content. Also, care must be taken when selecting workshops or courses that "Continuing Education " reflects learning information that is beyond and industry entry level certification.

The PAA now formally approves Continuing Education programs for the allocation of CECs, which allows us to be more specific in our support of appropriate program content and organizations. The PAA continue to liaise directly with the organizations that offer Continuing Education opportunities and undertake advertising and promotion on the behalf of approved programs.

Pilates Alliance approved programs include Pilates Specific and non Pilates specific programs.

Pilates Specific programs are those that include the word "Pilates" in their titles in direct reference to the inclusion of Pilates specific content, and contain Pilates specific skills and competencies that therefore directly enhance a certified Pilates teacher's professional development. These programs will attract 1-0.5 CEC points per hour, depending on if these programs are assessed (1 cec) or non-assessed (0.5 cec's).

Non-Pilates specific programs are those that do not include the word "Pilates " in their title and whose content is not Pilates content but is related or will enhance the education of the certified Pilates teacher. These programs will attract either 0.5 or 0.25 CEC points per hour, depending on if these programs are assessed (0.5 cec's) or non-assessed (0.25 cec's).

Pilates Alliance approved programs include assessed and non-assessed programs.

Assessed Programs:

-Requires an assessment of program outcomes to be included in the presentation prior to CECs being awarded, e.g. program participants would have to complete a questionnaire based on the program content, participate in a verbal quiz or practical assessment etc.

-There must be a direct relationship with Pilates, i.e. it must be a Pilates-based presentation, or display in its title and content a strong relationship to Pilates, e.g. "The Alexander Technique for Pilates Professionals" as opposed to "The Fundamentals of the Alexander Technique".

-Each hour full contact and assessed = 1 CEC

-Maximum 15 CECs any one program

Non-assessed:

- No form of assessment of program outcomes required during or following the program delivery

- These programs may include a direct relationship with Pilates, e.g. a Pilates based presentation or display in its title and content a strong relationship to Pilates, e.g. "The Alexander Technique for Pilates Professionals" as opposed to "The Fundamentals of the Alexander Technique".

OR

Information relating indirectly to the Pilates professional in enhancing their overall allied health knowledge, e.g. "The Fundamentals of the Alexander Technique".

- 1 hour full contact non-assessed = 0.5 CEC

- A maximum of 7.5 CEC points for any one program

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