

The Course Competency Criteria is needed to maintain the highest standard of Pilates Certification programmes within Australasia, mapping industry standards accordingly within the various educational bodies. The Course Competency Criteria was developed through industry consultation and recognition of existing industry educational programmes and guidelines for vocational education training accreditation.

This is relevant to studio certification programs including full system, matwork and apparatus. Matwork only/fitness based certifications will not be applicable to this criteria.

1. Inclusions:

- 500 hours minimum
- Delivered in part and guided by a principal trainer, with appropriate Faculty tutors *
- Include appropriate theoretical component
- Repertoire to an intermediate level on all apparatus and including analysis of
- Include observation and work experience component (minimum 300 hours combined)*
- Include appropriate contact hours, facilities and faculty *
- Include appropriate handouts and materials *
- Include extensive written examination(s)
- Include appropriate practical and teaching assessments
- Delivered over a minimum of six months – maximum 3 years
- Direct hierarchical relationship to Joseph & Clara Pilates (family tree)

2. Delivered in part and guided by a principal trainer, with appropriate faculty tutors:

- Course director or principal tutor must be a Full Member: Principal Trainer level as defined by the Pilates Alliance membership
- Faculty tutors to be applicable to Full Member: Level 3 minimum and having obtained a minimum Certificate IV in Workplace Training & Assessment or the equivalent

3. Theoretical component to include a minimum of the following:

- Study of the history and development of the pilates method
- Study of philosophy of the pilates approach
- Study of concepts of the pilates method
- Study of principles of the pilates method
- Study of Anatomy & Physiology
- Biomechanical analysis of movement – all joints, all ROM
- Study of postural assessment, faulty postures, postural correction
- Study of common mild injury types (ie: joint strains/sprains, LBP, muscle imbalances)
- Teaching methodology
- Pre-exercise clearance of clients/the initial consultation
- Programming
- Knowledge and use of the apparatus including safety protocols
- Study of special populations
- Application of the repertoire for special populations
- Training small groups
- OHS
- Understanding of certification content (Requirements of a Level Instructor)
- Understanding of ongoing education requirements and possibilities

4. Repertoire to an intermediate level on all apparatus and including analysis of:

- In depth analysis of all repertoire on mat and apparatus
- Study of use of apparatus and safety protocols

5. Observation and Work experience component to include a minimum of:

- Minimum 100 hours observation at an approved (Alliance) studio
 - To include handout outlining observation guidelines and protocols
 - To include suggestions and feedback process with instructor/supervisor
- Minimum 200 hours work experience at an approved (Alliance) studio, including student clinic hours and/or assistant teaching hours
 - To include handout outlining work experience guidelines and protocols
 - To include systems and feedback process with instructor/supervisor to guide work experience

6. Appropriate contact hours and facilities to include a minimum of:

- All apparatus
- Sufficient room for demonstration by trainer and practise by students
- Contact hours with trainers/educators/lecturers at a minimum of 80 hours

7. Appropriate handouts and materials to include minimum of:

- A student manual
- A repertoire manual

8&9. Include appropriate examination and assessment process at following minimum:

- One final written examination (suggested two – one at mid course and one at final)
- Minimum one final practical demonstration assessment
- Minimum one final teaching assessment
- Total course application assessment

10. Direct hierarchical pathway to Joseph & Clara Pilates: