

# ESSA's Pilates based Professional Development Guidelines for accredited individuals



The exercise scientist and exercise physiologist are well placed to cater to the full spectrum of the Pilates Method, and are trained to assess a client to determine their place on this continuum. The skills and knowledge gained through university exercise science study are ideal for understanding how to progress a client through the stages of physical conditioning.

To earn/claim CPD points for any **instructive\*** Pilates professional development, the presenter must meet the below requirements. Evidence of the required qualifications must be provided with your required certificate evidence (please refer to the 2015 CPD logbook for certificate evidence requirements).

These qualifications are not applicable for Pilates **research and evidence\*** based professional development.

## Minimum Qualifications

The minimum qualification standards for the presenter of any Pilates Professional Development, in an effort to maintain cross-disciplinary standards of educational content and competency, are a minimum level 3 Pilates professionals as per the definition of terms below.

- To deliver a Mat class – Level 3 teacher
- To deliver a Workshop and Short Course – Level 4 teacher
- To deliver Comprehensive Teacher Training Courses – Principal Trainer

## Definitions

### Level 3 Teacher

- Successful completion of a Comprehensive Pilates Teacher Training Program
- 3,500-5,000 hours of Pilates teaching experience

### Level 4 Teacher

- Successful completion of a Comprehensive Pilates Teacher Training Program
- Over 7,000 hours of Pilates teaching experience

### Principal Trainer

- Successful completion of a Comprehensive Pilates Teacher Training Program
- 10,000+ hours of Pilates teacher experience
- Cert IV in Workplace Training and Assessment
- minimum of 5 years teaching experience delivering Pilates education to allied health professionals

## Non-for profit professional associations

In Australia there are only two industry accepted “not for profit” associations for Pilates professionals. They are the Australian Pilates Method Association (APMA) and Pilates Alliance Australasia (PAA).

*The Australian Pilates Method Association (APMA)*

PO Box 135, Hurstbridge VIC 3099

[www.australianpilates.asn.au](http://www.australianpilates.asn.au)

*Pilates Alliance of Australasia (PAA)*

PO Box 42, Cremorne Junction, NSW 2090

[www.pilatesalliance.net](http://www.pilatesalliance.net)

*It is important to note that some private, for profit, training organizations offer levels of training of levels 1-4, which do not equate to the levels of membership from the not for profit professional associations.*

### **\*Definition of Instructive Courses v Research and evidence:**

**Instructive Course** – If any instruction on how to perform or teach Pilates is provided within the professional development

**Research and evidence** – Using evidence and researched data only. Nil instruction on how to perform or teach Pilates is within the professional development.

### **Acknowledgement:**

ESSA would like to thank Elizabeth Hewett and Donna Oliver for their valuable contributions to the creation of this policy.