

## **ESSA's policy for Pilates based Professional Development Guidelines for PDO suppliers/providers effective 17 September 2014**

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 accreditation as an external Professional Development provider, that includes a **instructive\*** Pilates professional development program, the presenter must meet the below requirements. These requirements 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

### *Comprehensive Pilates Teacher Training Programs*

Comprehensive Pilates Teacher Training Programs should include at a minimum:

- 500 hours or greater of course work
- Regardless of whether a course is government accredited or non accredited, an educational deliverer at this level should be a principal trainer in the Pilates Method
- Include observation and work experience component. A minimum of 200 hours combined
- Include appropriate handouts and materials
- Include both written, practical and teaching assessment
- Delivered over a minimum of six months and maximum of three years
- Have a direct hierarchical relationship to Joseph & Clara Pilates

### **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:**

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