



# APPROVED EDUCATIONAL COURSES and COURSE COMPETENCY CRITERIA

Main details of the approval are given here. Please note the additional requirements where given.

**Approved educational organisations are also approved to deliver short course training and ongoing education as assessed programs, as long as the delivery of these programs is by the registered faculty and including Pilates relevant content, and program handouts.**

To understand the minimum course competency criteria that these organisations have met to be approved, please download the Course Competency Criteria information pdf, or see at the end of this document.

**THE FOLLOWING COURSES ARE DELIVERED BY ORGANISATIONS REGISTERED TO TRADE IN AUSTRALIA**

## **Pilates International Training Centre**

[www.pilatesitc.com](http://www.pilatesitc.com)

VETAB Registered Training Organisation No 90901

Approved programs are:

- **Diploma of Professional Pilates Practice (91120NSW)** Practitioner level qualification (dealing with moderate risk clientele)
- **Certificate IV in Pilates Instruction(91121NSW)** Industry entry level qualification (dealing with low risk clientele)
- **Matwork Accreditation (five units of competency drawn from the Cert IV in Pilates Instruction)** Matwork only accreditation

Specifics:

Pilates International qualifications are government recognised, having been formally accredited through the Vocational Education Training Accreditation Board (VETAB). The outcomes of these courses are non-expiring and are internationally recognised. Pilates International Training Centre is also registered in the USA with the Pilates Method Alliance..

No additional requirements.

## **Polestar Pilates Australia**

[www.polestarpilates.com.au](http://www.polestarpilates.com.au)

Approved programs are:

- **Polestar Pilates Studio or Rehab Certification - must include: PF/PR, S1/R1, S2/R2, S3/R3, S4/R4, S5/S6, S6/R6, M2**

Specifics:

Polestar Pilates Australia are a licensed deliverer of Polestar Pilates Education, based in Miami USA and internationally recognised in over 28 countries. Polestar Pilates Education is registered in the USA with the Pilates Method Alliance and the American Council of Exercise and in Australia with Fitness Australia.

No additional requirements.

## **The Pilates Method Studio**

[www.pilatesm.com.au](http://www.pilatesm.com.au)

Approved programs are:

- **Romana's Pilates Certification**

Specifics:

Romana Krysonowska is a first generation teacher of the pilates method who inherited Joseph & Clara Pilates' New York business. Romana continues the legacy of J H Pilates through the delivery of the original work under carefully selected teachers in approved certifying studios.

The Pilates Method Studio has been successfully running Teachers Certification courses in the Authentic Pilates Method since 1997 under the direction of Cynthia Lochar.

Formal anatomy and physiology study is required in conjunction with this certification.



# APPROVED EDUCATIONAL COURSES and COURSE COMPETENCY CRITERIA

THE FOLLOWING COURSES ARE DELIVERED BY ORGANISATIONS TRADING IN FOREIGN COUNTRIES. GRADUATES OF THESE COURSES CAN BE RECOGNISED BY THE PILATES ALLIANCE IN AUSTRALIA ACCORDING TO THE NOTED REQUIREMENTS

Through successful completion of a Full Certification (or equivalent) program delivered by the main faculty of the following internationally recognised educational organizations, graduates will be eligible for membership with the Pilates Alliance. These programs are recognised when delivery is conducted in their home country as a comprehensive course. If delivered externally, additional requirements may be required for membership with the PAA.

To understand the minimum course competency criteria that these courses are required to align to for approval, please download the Course Competency Criteria information pdf, or see details below.

Recognised international Pilates Certification programs:

**Body Arts & Science International Certification (BASIC)**

**Stott Pilates Certification**

**Pilates Institute (UK) Certification**

**Polestar Pilates International**

The Pilates Alliance Australasia will accept applications for membership from graduates of other comprehensive certification programs (ie: private providers not listed here) and will process the application against the required Course Competency Criteria for approval. Evidence of course content, delivery modes, hours applicable and delivery faculty will be requested.

## **COURSE COMPETENCY**

The Course Competency Criteria is needed to maintain the highest standard of Pilates Certification programs 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 programs and guidelines for vocational education training accreditation.

Current information regarding the awarding of PAA accreditation to Pilates Method educators is provided in pdf form. The most recent update to this document was made on; 1 August 2003.

## **COURSE COMPETENCY CRITERIA**

The Course Competency Criteria (CCC) allows for alignment of educational programs at Certification level (or equivalent) and aims to guide the PAA committee in its approval of appropriate Instructor Training programs.

Additionally, educational organizations may utilize the CCC to identify gaps in order to upgrade training programs, and the general public may utilize the CCC to identify an appropriate standard when seeking education.

The CCC assists the PAA in meeting its purpose to maintain the highest standard of Pilates Education in Australasia.

The Course Competency Criteria was developed through industry consultation and recognition of existing education industry accepted guidelines for competency-based training via the vocational education training sector.

This Course Competency Criteria is relevant to Full Studio Certification courses including full system, Matwork and apparatus. Matwork only/fitness based certifications will not be applicable to this criteria.



# APPROVED EDUCATIONAL COURSES and COURSE COMPETENCY CRITERIA

## **Certification Program MINIMUM Inclusions:**

1. 500 course hours or greater
2. Delivered in part and guided by a principal trainer, with appropriate Faculty tutors
3. Include appropriate theoretical component
4. Repertoire to an intermediate level on all apparatus and including analysis of
5. Include observation and work experience component (minimum 300 hours combined)\*
6. Include appropriate contact hours, facilities and faculty \*
7. Include appropriate handouts and materials \*
8. Include extensive written examination(s)
9. Include appropriate practical and teaching assessments
10. Delivered over a minimum of six months – maximum 3 years
11. Direct hierarchical relationship to Joseph & Clara Pilates (family tree)

## **Certification Program Inclusions details:**

### **1. 500 course hours or greater**

Course hours must be a combination of Face-to-face delivery (minimum 120 hrs)  
Plus Work Experience hours including observation, assistant teaching/student clinic teaching (minimum 300 hrs)  
and self-mastery. A minimum of 3 hrs self-mastery per week.

### **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 Certificate IV in Workplace Training & Assessment or the equivalent as additional qualifications

### **3. Include appropriate theoretical component**

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/Adult Learning  
Occupational Health & Safety (OH&S)  
Understanding of scope of practice  
Understanding of ongoing education requirements and possibilities

### **4. Repertoire to a minimum 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



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- 5. Include observation and work experience component (minimum 300 hours combined)**

All course hours to be logged by student, signed off and submitted  
Minimum 100 hours observation at an approved (Alliance) studio

  - To include handout outlining observation guidelines and protocols
  - To include 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. Include appropriate contact hours, facilities and faculty**

All apparatus must be available for course delivery hours and practice  
Sufficient room for demonstration by trainer and practice by students  
Contact hours with trainers/educators/lecturers at a minimum of 120 hours
  
- 7. Include appropriate handouts and materials**

A student manual  
A repertoire manual
  
- 8. Include extensive written examination(s)**

Minimum one final written assessment. Preferred two written assessments – one mid course and one final
  
- 9. Include appropriate practical and teaching assessments**

Minimum one final practical demonstration assessment  
Minimum one final teaching assessment  
Total course application assessment
  
- 10. Delivered over a minimum of six months – maximum 3 years**

Flexible delivery arrangements may be offered and must be documented
  
- 11. Direct hierarchical relationship to Joseph & Clara Pilates (family tree)**

Course providers should be able to demonstrate a lineage on the family tree to the specific works of Joseph H & Clara Pilates, as an assurance of the application to the original works of J H Pilates