

PMA Recommended Minimum Standards for a Comprehensive Pilates Teacher Training

Required Course of Study		Min Course Hrs
1	Professionalism	10
	Scope of Practice	
	Code of Ethics	
	Professional Conduct	
	Universal precautions	
	Pilates Philosophy and Return to Life	
	Pilates History	
2	Exercise analysis /Program design and teaching technique; includes repertoire on all apparatus and mat.	75
	<i>Note: Study of the material covered in point 2 should be continued and integrated throughout points 3 - 8 below.</i>	
3	Movement Science/Anatomy & Kinesiology	35
4	Special populations/Precautions & Contraindications	10
5	Observation	65
6	Self practice (of which a portion must be supervised)	40
7	Student Teaching (of which a portion must be supervised)	75
8	Practical and written assessment	10
9	Hours that can be allocated into above categories at schools discretion.	130
Total hours		450
450 hours of training on mat and all apparatus minimally to include: Reformer, Trapeze Table, Wunda Chair, Ladder Barrel, Spine Corrector, and Magic Circle.		
Programmatic and Institutional Requirements:		
Programmatic requirements		
1	<i>Return to Life</i> is required if it is available in the required language. If not, it is required that the content is delivered to students.	
2	Periodic practical assessment re: exercise performance (performance on the apparatus and Mat; a required assessment for graduation)	
3	Periodic practical assessment re: teaching movement (an assessment that reviews the ability to teach the proper movements and considers the appropriate communication skills; a required assessment for graduation)	
4	A final assessment (that considers all segments of the comprehensive program; required for graduation)	
Institutional Requirements		
5	A signed agreement/contract (a document, catalog, or contract that minimally stipulates the rights and responsibilities of both the student and school, including price, time limits, and graduation requirements)	
6	Sexual Harassment Policy	
7	Non-discrimination policy that addresses: race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation.	