



Pilates Method Alliance®
a not-for-profit organization

Pilates Teacher Training Summit

November 7 & 8, 2009
Sheraton Dallas Hotel, Dallas, TX

Overview

On November 7 & 8, 2009 the PMA held a 'Pilates Teacher Training Summit' in Dallas, Texas, where approximately 80 teacher trainers and administrators from a wide range of Pilates teacher training schools got together with PMA leadership to discuss the status and meaning of 'certification' within the profession.

The PMA wanted teacher trainers to gain a deeper understanding of the distinctions between 'teacher training' and a '3rd party credential'. Specifically the PMA's goal was to solve the terminology problem which causes confusion both within the Pilates community, and with clients, students, and the general public. The issue is that the word 'certification' is often used in our industry to describe **both** the result of teacher training **and** a 3rd party credential, such as the PMA's Certified Pilates Teacher™ certification. These are two very distinctly different things. The PMA convened the Pilates teacher training community in order to explore, discuss and then agree on terminology that makes clear to the public (both clients and Pilates teachers) which is which. The speaker on this topic was James Henderson, PhD, Senior Psychometrician, Executive Vice President of CASTLE Worldwide, Inc., the PMA's test administration company.

The group also heard an objective perspective on the issues facing our emerging profession relating to the administration of schools, registration of schools with their state's Department of Education, 3rd party certification, accreditation and financial aid, from Carole Ostendorf, PhD, PT. Carole is CEO of the Lakeside School of Massage Therapy in Milwaukee, WI, and is former Executive Director of COMTA (Commission on Massage Therapy Accreditation). The massage industry is roughly 20 years ahead of Pilates in terms of professional development. She urged our community to embrace the PMA's professional credential without delay, and to create a critical mass of acceptance of the PMA credential. She pointed out that the opportunity of this moment could be lost if the profession does not commit to it fully.

Finally, the PMA made a proposal to establish a Registry of Schools on the PMA website, which would have criteria for inclusion. This will replace the current Teacher Training Listings on the PMA website in early 2010. The PMA engaged the group in a discussion regarding the criteria for belonging to such a registry, and a list of criteria were proposed and agreed upon.

In conclusion, the overarching purpose of the weekend was to explore self-regulation. Schools came to understand that they were, by definition, providers of 'assessment-based certificate' programs, not providers of 'certification'. By the end of Saturday, the majority of those present had committed to cease the use of the word 'certification' to describe the results of their teacher training program, and to substitute it with the word 'diploma', 'assessment-based certificate' (ABC), or the word 'graduate' by July 1, 2010. They also agreed to direct their graduates to the PMA to obtain their industry credential, to become PMA Certified Pilates Teachers™ (PMA-CPTs™). A few schools felt unable or not ready to commit to this decision, and wanted more time to explore the ramifications of such a decision.

The weekend was comprised of lecture and group discussion. It was deemed an extraordinary success by delegates who valued the high quality of presentations, the opportunity for community building, the face to face dialogue and discussion with the PMA staff and board, and the reward of discovering that the group was ready to come to general agreement about the distinctions between teacher training and 3rd party certification.

The Commitment

The following Pilates teacher training schools have committed to cease using the word 'certification' to describe the result of teacher training, as of July 1, 2010. Many have already done so. We look forward to adding schools to this list as time goes on. Please contact the PMA if you would like your school's name to be added to the list.

Alan Herdman Pilates, London, England
Back and Body Pilates Master Studios, Norwell, MA
Balanced Body University, Sacramento, CA
Balancepoint Pilates, Halifax, MA
BASI Pilates, Costa Mesa, CA
Body & Core Pilates, Palm Beach Gardens, FL
Body Balance Movement Therapy, Inc., Raleigh, NC
Body Precision Pilates Studio, Rosemont, PA
Center for Mind Body Fitness, Eden Prairie, MN
Downtown Dallas Pilates, Dallas, TX
Elizabeth Larkam Pilates & Beyond, San Francisco, CA
Equinox Fitness, Los Angeles, CA
Fletcher Pilates, International, Tuscon, AZ
Fullerton College, Fullerton, CA
Harmonie Du Corps Studio, Marseille, France
Madison Pilates, LLC, Madison, WI
Mind Your Body, New York, NY
McEntire Pilates, Rochester, MN
Mouvement Centre, Fairhope, AL
Namaste Yoga & Pilates, Mexico City, Mexico
Oasis Mind-Body Conditioning Center, Dallas, TX
Personal Best Pilates Studio, Overland Park, KS
PHI Pilates, Monongahela, PA
Pilates Associates of Central NY (PACNY), Ithaca, NY
Pilates Center of Austin, Austin, TX

Pilates Chicago, Inc., Chicago, IL
Pilates International Network, Florence, Italy
Pilates On The Lake, Pewaukee, WI
Pilates Sports Center, Encino, CA
Pilates Staten Island, Staten Island, NY
Pilates Therapeutics, Alameda, CA
Pilates Unlimited, Dallas, TX
Pilates Wellness & Energy, Madrid, Spain
Polestar Pilates Education, Miami, FL
Power Pilates, New York, NY
Sheppard Pilates, Los Angeles, CA
Studio M, Sonoma, CA
Team Pilates, Albuquerque, NM
Tensile Strength Studio, Lake Barrington, IL
The Moving Body Pilates & Gyrotonic, Woodstock, NY
The Pilates Center, Boulder, CO
The Pilates Foundation (U.K.) Ltd., London, England
Wise Body, Lafayette, LA

Terminology

'Certification' (associated terms/concepts: 'credential', '3rd party certification exam')

Certification is a voluntary process by which individuals are assessed against predetermined standards for knowledge/skills/competencies and granted a time-limited credential. The primary activity in certification is assessment, and the assessment process is independent of a specific course of study or any education/course/curriculum provider.

'Assessment-based certificate program' (associated terms/concepts: 'teacher training', 'school', 'education program', 'syllabus leading to an exam based on that syllabus')

An **assessment-based certificate** program is a relatively short, non-degree granting program that provides instruction and training to aid participants in acquiring knowledge/skills/competencies and designates that participants have passed an end-of-program assessment derived from the learning/course objectives. Although assessment is an integral part of the certificate program, the primary purpose of the program is to provide instruction and training.

Organizations

NOCA National Organization for Competency Assurance www.noca.org Washington, D.C.

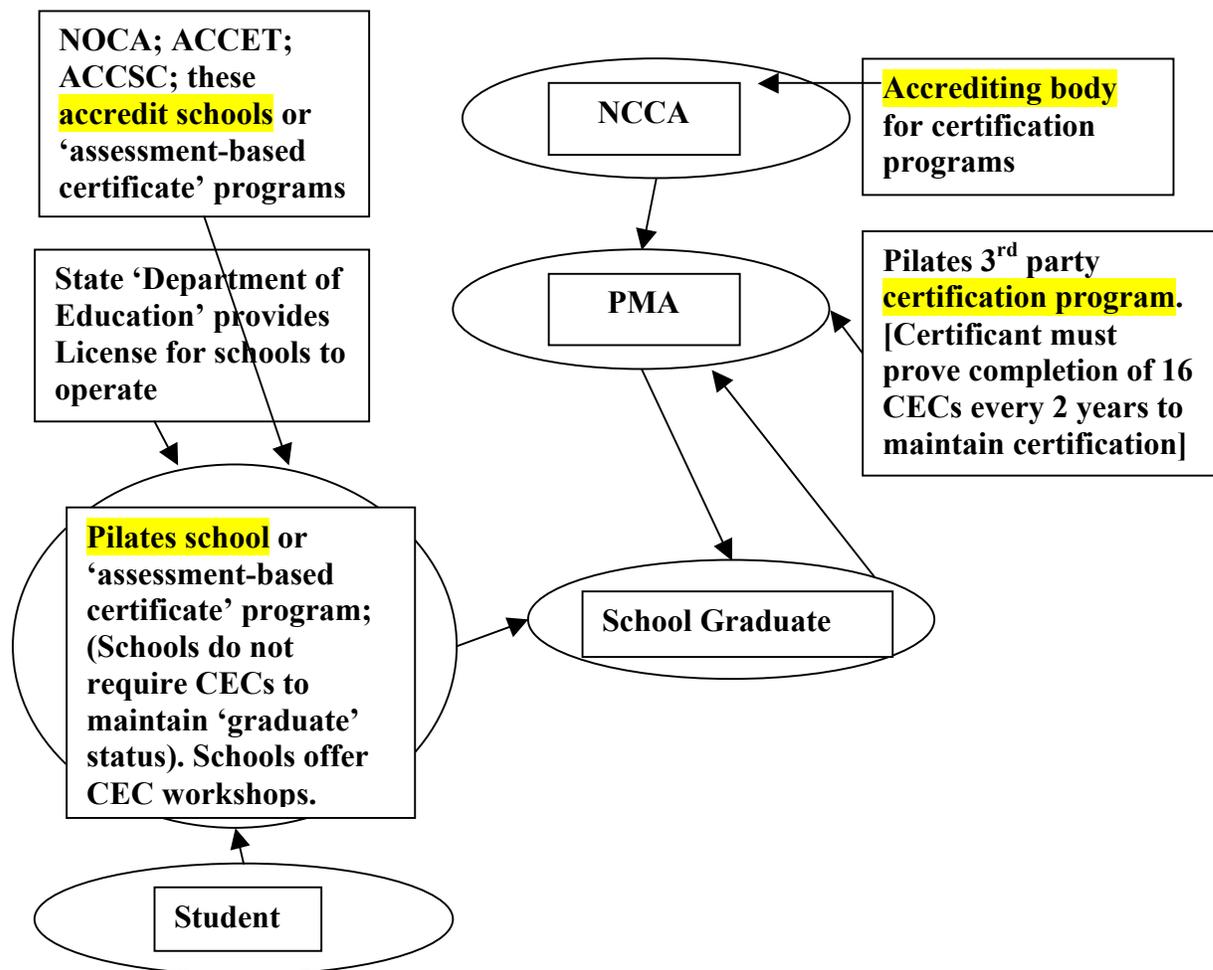
NOCA is a non-profit, 501(c)(3) **membership organization** dedicated to providing educational, networking and advocacy resources for the **credentialing community**. NOCA was created in 1977. NOCA will handle the **accreditation of assessment-based certification programs** starting in January 2010.

NCCA National Commission for Certifying Agencies www.noca.org Washington, D.C.

The National Commission for Certifying Agencies (NCCA) was created in 1987 **by NOCA** to help ensure the health, welfare, and safety of the public through the **accreditation** of a variety of **certification programs/organizations** that assess professional competence. The PMA is currently preparing its application for NCCA for accreditation.

The two organizations above share the same web address.

Diagram showing the relationship between accreditation, certification, schools, students and graduates. This represents how the Pilates industry would function if we were in alignment with 'professional norms' that are in place in other industries and professions. Our goal is to come into alignment with 'professional norms'.



- * NCCA = National Commission for Certifying Agencies
- * PMA = Pilates Method Alliance
- * ABCP = Assessment-Based Certificate Program

- * NOCA = National Organization for Competency Assurance
- * ACCET = Accrediting Council for Continuing Education & Training
- * ACCSC = Accrediting Commission on Career Schools and Colleges

Registry of Schools

Another topic that was discussed was the PMA's proposed **Registry of Schools**. The group discussed what they wanted the criteria to be to be listed as in the Registry, and also what information will be listed about each school.

The group agreed that in order to be included in the Registry, schools must meet the following criteria.

1. Have a minimum 450 hour comprehensive Pilates teacher training program
2. Program must include a practical assessment of movement and teaching skills
3. Program Director must have a minimum of 10 yrs experience teaching Pilates
4. Program Director must be a PMA-CPT (PMA Certified Pilates Teacher)
5. Program must promote and participate in PMA's FFP (Fostering Future Professionals Program)
6. Program must comply with all applicable business, employment and intellectual property laws, as per PMA Code of Ethics.

The group agreed that the following criteria will be required in the future.

7. Program Teachers must have a minimum of 5 yrs experience teaching Pilates
8. Program Teachers must be PMA-CPTs (PMA Certified Pilates Teachers)

The following information will be published regarding schools in the Registry as Yes/No questions:

1. Does the school publish CEC policy?
2. Does school participate in the PMA's CEC program?
3. If school requires CECs, does the CEC policy describe what CEC's are accepted?
4. Does the school have a refund/cancellation and grievance policy?
5. Does the school subscribe to the PMA Scope of Practice and Code of Ethics?
6. Does the school offer a "bridge" program that allows transfer of prior learning from other schools?
7. Does the school have "pre-requisites" or "entry" requirements?
8. Does the school have a payment plan?
9. Does the school have a job placement program?
10. Does the school disclose ALL fees for coursework and materials in appropriate contract, agreement, or catalogue?
11. Does the school show its course structure; modules, apprenticeship, etc.?
12. Does the school direct graduates to the PMA for industry certification?

In the next few months, PMA staff will prepare a Registry of Schools application form. When the program is launched, schools who currently have Teacher Training listings on the PMA website will be given the opportunity to transfer into the Registry of Schools if they wish to, and if they meet the criteria. If they do not meet the criteria for inclusion, they will be given a refund for the unused portion of their listing.

Notes:

* All those involved with Pilates teacher training were invited whether they were PMA members or not. The PMA had extended an open invitation through its website and email blasts, and there was no charge to attend the weekend.

* Schools who participated in the meeting were primarily from the USA, but there were also representatives present from Pilates teacher training schools in the UK, France, Italy, Spain, Mexico, and Canada.

* As a result of group discussion and debate, the PMA agreed to cease offering Online Workshops featuring Pilates teaching content.

* **Fostering Future Professionals (FFP)** is a membership program for new teacher trainees where for \$35.00 a new student receives PMA membership for 2 years. FFP members will have access to a set of fact sheets orienting them to the Pilates industry and to the PMA as their professional association. Current schools that participate with the FFP program do so in a variety of ways. Some schools make it mandatory for students to join the FFP program and pay the \$35 when they register for their course. Some schools pay the fee on behalf of the student out of tuition fees they receive. Some make it optional for the student to join, but include PMA FFP membership sign up forms with their registration forms.

Speakers Bios:

James Henderson, PhD, Executive Vice President, CASTLE Worldwide, Inc.

James Henderson, PhD., Psychometrician for the National Commission for Certifying Agencies (NCCA), and leader of the development of NCCA's accreditation standards for professional certification programs. Jim has served on several committees for the development of an accreditation standard for assessment-based certificate programs, and he is Executive Vice President of CASTLE Worldwide, Inc., the PMA's test administration company.

Carole Ostendorf, PhD, PT CEO, Lakeside School of Massage Therapy

Carole has been an administrator and practitioner in education, allopathic and integrative medicine fields. Her most recent professional endeavors include being the CEO of a Massage Therapy school, a volunteer on the Educational Workgroup of ACCAHC (Academic Consortium for Complementary and Alternative Health Care), and the Executive Director of COMTA (Commission on Massage Therapy Accreditation). Her primary interest is in furthering the understanding and recognition of alternative health care professions through conventional rubrics that are appropriate for the values and history of the specific group or organization of professionals. Her educational background includes training as a physical therapist, advanced education in clinical neuroscience, a master's degree in business administration and a PhD in educational psychology. Her curiosity is exploring the mind, body, emotion and spirit interactions. Carole's experience in the Massage Therapy industry will help us understand the relationship between education, certification, and accreditation.