

## Application for recognition as a training organisation

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Name of training organisation (hereafter called the TO):

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Street address \_\_\_\_\_

Town / Post Code \_\_\_\_\_

Contact \_\_\_\_\_

E-mail \_\_\_\_\_

Tel. \_\_\_\_\_

By signing this application for recognition as a TO by Pilatessuisse, the TO affirms its agreement with the Pilatessuisse Code of Ethics. Failure to adhere to the Code of Ethics will lead to immediate loss of the recognition and deletion from the list of recognised TOs. The annual fee cannot be refunded.

**The criteria listed below will be checked by the board of the association; documentary evidence must be provided if requested:**

### 1 Organisation and structure

1.1 How high are the anticipated costs? \_\_\_\_\_  
Are these evident on the internet? Yes  / No

1.2 Is information provided about the structure of the course and the approximate duration of the training?  
On the internet Yes  / No   
In the information material (**Please enclose**) Yes  / No

1.3 Of how many hours is the training comprised? (Please provide details of the number of hours for each individual module)

Module	Number of hours
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Total no. of hours: \_\_\_\_\_

1.4 How much are the examination fees? \_\_\_\_\_

How are the examination fees and costs publicised?

On the internet Yes  / No

In the information material (**Please enclose**) Yes  / No

1.5 Is there a written theory exam? Yes  / No

Is there a practical part of the examination? Yes  / No

Does the practical part of the examination test the candidates' technique as well as their teaching skills? Yes  / No

What percentage of the maximum achievable number of points has to be scored to pass the exam? Practical: \_\_\_\_\_% Theory: \_\_\_\_\_%

**2 Staffing requirements for the TO**

2.1 Year of completion of training by the director of the TO (Please enclose a copy of the certificate) \_\_\_\_\_

Year of completion of training by the trainers (Please enclose a copy of the certificate)

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

### 3 Acceptance criteria for the training and the approval for admission

3.1.1 Do the students need any previous Pilates experience before they start training? Yes  / No

If so, how much? \_\_\_\_\_

How is this verified? \_\_\_\_\_

3.1.2 How many case studies have to be carried out and documented during the training? \_\_\_\_

3.1.3 Are the students required to have any previous knowledge of anatomy? Yes  / No

If so, how much? \_\_\_\_\_

If not, does the TO itself offer any relevant training? Yes  / No

3.1.4 Are the students given any feedback on their teaching skills during their training?

Yes  / No

If so, within what framework? \_\_\_\_\_

\_\_\_\_\_

3.1.5 How many hours of lessons of their own must the students complete before the examination? \_\_\_\_\_

3.1.6 How many hours of training of their own must the students complete before the examination? \_\_\_\_\_

3.1.7 How many hours of observation lessons must the students complete before the examination? \_\_\_\_\_

\_\_\_\_\_

### 4 Content of the theoretical training

The history of the Pilates training method and of Joseph Pilates Yes  / No

In which module / course? \_\_\_\_\_

Pilates principles (historical and the TO's own) Yes  / No

In which module / course? \_\_\_\_\_

Anatomy and basic principles relevant to Pilates Yes  / No

In which module / course? \_\_\_\_\_

Safety when handling the equipment Yes  / No

In which module / course? \_\_\_\_\_

Awareness of the most common diseases and their contraindications Yes  / No

In which module / course? \_\_\_\_\_

Awareness of the contraindications for people with specific requirements (the elderly, children, prenatal and postnatal) Yes  / No

In which module / course? \_\_\_\_\_

Awareness of their own limitations as Pilates Trainer (training, therapy and rehabilitation). Yes  / No

In which module / course? \_\_\_\_\_

Methodology and teaching (Teaching Skills) Yes  / No

In which module / course? \_\_\_\_\_

**5 Practical training: equipment / exercises**

5.1.1 Is 80% of either the “classical” or “contemporary” repertoire included in the curriculum? **(enclose the relevant checklist)** Yes  / No

5.1.2 Does the curriculum contain content relating to functional training, posture analysis and anatomy relevant to applied Pilates? Yes  / No

Functional training: brief description of how this is implemented

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



This application will be examined by the board of Pilatessuisse, which is entitled to reject the application with justification in writing. Once the TO has dealt with the criticisms, it may re-submit the application.

**The annual fee charged for recognition and listing on the website of Pilatessuisse is CHF 80. This amount must be settled before 31<sup>st</sup> December of the previous year. If the payment is made after 1<sup>st</sup> January, a processing charge of CHF 30 will also be levied.**

**Pilatessuisse must be notified of any changes to the curriculum or the structure of the training course. It may be necessary for a renewed application to be made for recognition.**

**The submission of any false information regarding the criteria for recognition will lead to the cancellation of recognition by Pilatessuisse, as will any missing contributions.**

The person signing below confirms the correctness of the details provided above and is authorised on behalf of the above-named TO to submit this application for recognition.

Surname: \_\_\_\_\_ First name: \_\_\_\_\_

Street address: \_\_\_\_\_ Town / Post Code: \_\_\_\_\_

Tel.: \_\_\_\_\_ E-mail: \_\_\_\_\_

Location / Date: \_\_\_\_\_ Signature: \_\_\_\_\_

### Enclosures

- Information material on the training programme
- Structure of the training programme (development, modules, duration)
- Training certificates for the managers of the TO
- Training certificates for the trainers
- Checklist of the practical content of the curriculum ("classical" or "contemporary")
- \_\_\_\_\_
- \_\_\_\_\_