

Teacher Training Programme Guidelines

1 Aims and purpose

Pilatessuisse prepares and publishes a list of training organisations (TO) that offer Pilates training in line with the Pilatessuisse requirements/conditions.

Graduates from a TO recognised by Pilatessuisse meet the criteria for acceptance into the association.

In order for a TO to be accepted onto the list, it must meet the criteria and conditions defined below.

2 Organisation and structure

- 2.1 The training institution, the Director of the TO and the TO itself must all agree with the Pilatessuisse Code of Ethics.
- 2.2 The TO must communicate the anticipated costs.
- 2.3 The TO must communicate the course structure and duration of training.
- 2.4 The TO must offer a comprehensive Pilates teacher training programme lasting at least 500 hours.
- 2.5 The TO must communicate the process and fees for the examination.
- 2.6 The training course must end with a practical test and a written theoretical examination.

3 Requirements of the personnel

- 3.1 The Director of the TO must have at least 7 years' experience of teaching Pilates (calculated from the time the Director of the TO is certified).
- 3.2 The trainers must have at least 7 years' experience of teaching Pilates (calculated from the time the trainer is certified in the relevant area).

4 Content

4.1 Requirements of the training and the way it ends

- 4.1.1 The student must have previous experience of Pilates before starting the training programme.

- 4.1.2 The duration of training is comprised of a minimum of 500 hours. This includes:
- At least 100 hours of lesson experience
 - At least 50 hours of the students' own training
 - At least 50 hours of observation classes.
- 4.1.3 Two case studies must be documented during the training period.
- 4.1.4 The TO either requires its students to have previous knowledge of anatomy or offers the relevant training itself.
- 4.1.5 The training programme includes training units in which the students teach and are given feedback.

4.2 Theoretical training

- 4.2.1 The history of Pilates training and of Joseph Pilates.
- 4.2.2 Pilates principles (historical and the TO's own).
- 4.2.3 Anatomy and basic principles relevant to Pilates.
- 4.2.4 Safety in handling the equipment.
- 4.2.5 Knowledge of the most common diseases and their contraindications.
- 4.2.6 Knowledge of the contraindications for people with specific requirements (elderly, children, prenatal and postnatal).
- 4.2.7 Recognition of the individual's own limits as a Pilates trainer (training, therapy and rehabilitation).
- 4.2.8 Methodology and teaching (teaching skills).

4.3 Practical training: repertoire

- 4.3.1 "Classical" repertoire (Annex 1) or "Contemporary" repertoire (Annex 2), and their variations and modifications.
- 4.3.2 Functional training, posture analysis and applied anatomy as relevant to Pilates.

5 Examinations

- 5.1 The purpose of the examination is to test the key points imparted during the training programme. The examination must cover at least the written theory, the student's own technique and the student's teaching technique.
- 5.2 In order to guarantee that graduates are of a high standard, they must gain at least 70% of the potential maximum points to pass the examinations.

6 Date of entry into effect

These regulations were approved at the General Meeting of Members on 20th March 2015 and revised at the General Meeting of Members on 24th March 2017. They came into effect immediately.

Date: 24th March 2017

Signatures of the Presidents

Linda Mathys
Andrea Keller Leuenberger

Signature of the Minutes Secretary

Helga Fröhli