

Pilates Alliance

— Australasia —



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THE PAA

The Pilates Alliance of Australia (PAA) is a body established by the Pilates industry as an independent regulatory organisation for the control of quality and integrity within all legitimate approaches to the Pilates method.

View our constitution, code of practice, course criteria, and further information on our website: www.pilates.org.au

The PAA aims to foster the understanding and regulation of quality Pilates instruction within the studios and training programs, and therefore potential clients and students should be aware of the following:

All graduates receive a government accredited qualification (a Pilates specialist Certificate IV, Diploma, or Advanced Diploma);

All graduates will require membership of a registered Pilates association to obtain insurance coverage for combined malpractice, public & products liability insurance;

Some Health Insurers offer benefits to their members for Pilates depending on qualifications of the Instructor and membership to a registered incorporated association;

On-going training and professional development is essential to maintain membership of a registered Pilates incorporated association to ensure quality teaching and best practice for clients.

PAA MEMBERSHIP GUIDELINES

LEVEL L 1	Graduate of approved certification program.
LEVEL L 2	Certification plus a minimum of 3000 hours experience.
LEVEL L 3	Certification plus a minimum of 5000 hours experience.
LEVEL L 4	Certification plus a minimum of 7000 hours experience.
TRAINER LEVE L 1	Level 3 plus Certificate IV in Workplace Training & Assessment.
TRAINER LEVE L 2	Level 4 plus Certificate IV in Workplace Training & Assessment.
PRINCI PAL	Certification plus minimum 10000 hours experience.
PRINCI PAL TRAINER	Principal plus Certificate IV in Workplace Training & Assessment.



BENEFITS OF PILATES

Pilates is an exercise program that is based on a set of universal principles and concepts that involve the integration of mind and body. It can invigorate, rehabilitate and strengthen the body and give you a feeling of well-being and health that will enhance your everyday life. There are varying approaches (or styles) to the Method that are equally valid and relevant to the individual. Be prepared to try different approaches to find your best fit, or the one that works for your background.

Pilates can be practised in:

A group class environment. Class size should be a minimum number of 6:1 for a junior instructor, and a maximum of 20:1 for a senior experienced instructor. Different levels of classes to cater for new and experienced participants. The instructor(s) walk around and correct technique.

A controlled ratio of Client to Instructor in a semi-private session (max. 4:1 ratio).

A private (individual) or duet session.

An Initial assessment for any studio equipment work should be required to ensure the health and well being of the client is addressed and the program is targeted.

All group and studio equipment sessions should initially involve a health screening to ensure the safety of the participant.

All sessions should be approximately 50 – 60 minutes.

Achieving any of the benefits attributed to working in the Pilates method will rely upon: the quality of instruction, the degree of supervision, and of course, your active participation.

To be effective, your instructor should be trained through a reputable and Industry recognised Pilates training organisation (see www.pilates.org.au) and should adhere to prescribed guidelines as set out by the industry. If your instructor or studio is a full member of the Pilates Alliance, they have met all the necessary criteria for education and professional requirements.

HOW TO CHOOSE A PILATES INSTRUCTOR & PILATES STUDIO

Inquire whether the instructor or studio is a member and/or registered studio with the PAA. Proof of registration (evidenced by a certificate) will show that they have met the following criteria:

Graduation from a recognised Educational Body that fulfils strict educational criteria.

Undertakes ongoing professional development education to ensure currency and standard of knowledge is maintained.

Current Senior First Aid and professional Insurance standards have been met.

They pledge to undertake professional conduct in line with the official PAA Code of Practice.

A Complete Pilates studio will include all listed equipment as given for educational requirements of registered Educational Bodies: The full Pilates system of matwork including small apparatus and all larger Pilates apparatus: Reformer, Trapeze Table, Wunda Chair, and Barrels.

Be prepared to seek different approaches to find your best fit



SPECIAL CONSIDERATIONS

Client risk levels should be appropriate to qualification of the instructor. Levels refer to completion of basic educational requirements, further education obtained and teaching experience. Please look on the website for higher levelled Instructors if special conditions are to be considered. Also, sessions with more than 4 participants are not appropriate for individuals with conditions including diagnosed muscular skeletal conditions (disc bulges, etc.) or any condition that is considered to be beyond low risk.

The Pilates Alliance guidelines for choosing a Pilates Instructor training program are:

The course provider must supply you with written information and the course content should include the following:

- A government accredited outcome with a minimum standard of Diploma for studio instruction or Certificate IV in a Pilates specialist qualification (not including Fitness).
- The full Pilates system of matwork including small apparatus and all larger Pilates apparatus; Reformer, Trapeze Table, Wunda Chair, and Barrels.
- Prerequisites such as; prior Pilates experience with a minimum of 25 hours of Pilates self-mastery and pre-tertiary Anatomy & Physiology qualifications.
- The course structure should be clearly outlined stipulating the contact hours and length of the course including suggested time frames for work experience.

Does the course include a minimum total of 500 hours with the following components:

- Extensive written and practical examination.
- Lecture and practical contact components (minimum 80 hours) with complete student manuals of repertoire.
- Work Experience and Observation requirements under complete supervision of fully qualified and registered Pilates professionals.

Student membership to the Pilates Alliance is recommended. As a student member you will have access to industry information, support and independent advice from your regulatory body.

The Pilates Alliance approved educational organisations deliver accredited outcomes that adhere to the above requirements; please refer to the full listing of approved training programs on the website. Any queries about any other course on offer, please call the Pilates Alliance administration for our advice.

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