

PAA Self-Directed Learning Record

Title of Activity:

Type: Article Research Paper Webinar Podcast Other

Source / Link:

Date Completed:

Time Spent On Activity (minutes):

Reflection & Verification

1. Key Insight

Identify one specific idea, concept, or finding from this activity that is relevant to Pilates practice.

- Provide a concise summary in your own words (*approx. 30–80 words*)
 - Avoid general statements (e.g. “it was useful”)
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2. Application to Practice

Describe how this learning could be applied in your own teaching or client work.

- Include at least **one specific example** (e.g. exercise selection, cueing, modification, progression, or client scenario)
 - (*Approx. 50–150 words*)
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3. Critical Reflection

Reflect on the content in relation to your current knowledge or experience.

- Do you agree or disagree with any aspect? Why?
 - Did anything challenge or change your thinking?
 - (*Approx. 50–120 words*)
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Declaration

I confirm that I have engaged with the above activity and that my responses reflect my own understanding and professional reflection.

Name:

Signature:

Date:

Save as .pdf and upload to your Member Profile/Professional Development (PDPs) tab.
