



Pilates Method Alliance™
a not-for-profit organization

PMA CEC Requirements for Recertification:

The PMA requires all PMA Certified Pilates Teachers to earn 16 CECs every 2 years. CASTLE Worldwide, Inc. emails PMA-CPTs recertification reminder notices 6 months, 3 months and 1 month prior to expiration. Please make sure that CASTLE has your correct email address for this purpose. Castle will also mail a copy to the home address on file 6 months prior to expiration.

Cost:

Active PMA Members pay \$94.50 to renew their certification prior to its expiration, and \$130.50 after the date of its expiration. Non PMA members pay \$105 and \$145 respectively. Completion of a recertification form is also required. The recertification form and payment must be sent to CASTLE Worldwide for processing a recertification.

Hours:

- 10 hours of credit must be from PMA approved CEC coursework.
- 6 hours may be from accredited college or university exercise science, biomechanics or anatomy coursework.
- CPR certification or renewing your CPR certification, will count as 3 PMA approved CEC hours

Other Options:

- PMA conference
- Body Mind and Spirit conference
- BBU's Pilates On Tour events

Petitioning:

If you are unable to locate a PMA approved CEC provider near you, you may petition for 10 credits for non-PMA approved coursework. Please submit the following items relating to the coursework you wish to receive credit for to the PMA office for review, prior to sending your recertification form and fee to CASTLE Worldwide. Please be aware that a petition will only be approved if the coursework is presented by a PMA Certified Pilates Teacher™ (delivering Pilates-based content), or a licensed healthcare professional or person with an advanced degree (delivering non-Pilates-based content).

- Name of the course
- Name of provider
- Resume or CV of provider
- Course outline including learning objectives
- Number of hours
- Course Bibliography

Questions:

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