

PMA CERTIFICATION EXAM FACT SHEET

What is the PMA Pilates Certification Exam™?

The PMA made history in 2005 by launching the first and only 3rd party competency certification exam for the Pilates method in the US. The primary purpose of certification is assessment, and the assessment process is independent of a specific course of study or any education, course or curriculum.

The PMA-Certified Pilates Teacher™ (PMA-CPT™) examination has been designed to measure skill and knowledge at the level of completion of a comprehensive Pilates teacher training program comprising a minimum of 450 hours of lecture, observation, personal Pilates practice, apprenticeship, supervised student teaching, covering Pilates exercise repertoire in Mat, Reformer, Trapeze Table, Barrel, Chair and Ped-O-Pull.

Why should I take it?

- The PMA established this standard to professionalize and unify the Pilates industry. The exam was developed through consultation with a broad range of Pilates professionals, who came together to agree on the skills and knowledge required to be a competent Pilates professional.
- By participating in your professional organization and taking the PMA Pilates Certification Exam, you establish that you meet the standard of teaching competency and safety established by the PMA, the industry's only professional association.
- The PMA Pilates Certification Exam unifies Pilates professionals around a common standard, protects the public from unsafe Pilates instruction, and establishes the profession of Pilates teaching with its own psychometrically validated certification exam.
- The PMA Pilates Certification Exam helps to safeguard the Pilates method from being subsumed into 'personal training & group fitness instruction' within the health club industry. Pilates is a unique body of practice and should remain independent of regulation by parties unfamiliar with the Pilates profession.
- The PMA's credential establishes the definition of what a Pilates instructor is. Without clear standards, definition and adherence to them, the Pilates community lacks gravitas, appears ill-defined in the 'wider world' outside the Pilates community, and is at risk that regulation will be imposed from 'the outside'. It is critical that the Pilates community defines what a Pilates teacher is and what they do, rather than have this be dictated by others outside the profession.
- The goal of a PMA-CPT is to impart the knowledge, skill and confidence for clients to exercise for a lifetime.

- PMA-CPTs can/should use this credential to differentiate themselves from other Pilates teachers who have only an 'assessment-based certificate' from their school. The PMA exam is the only 'independent measure' of Pilates competency. PMA-CPTs should explain to prospective clients what the PMA and PMA Certification is about, and advise them to ask whether the other teachers they are considering have this credential, and also whether those teachers support their professional association (the PMA). PMA-CPTs have a competitive edge.

Can anybody take the exam?

The exam is available to any Pilates teacher regardless of their Pilates training background who meets **ONE** of the following eligibility requirements:
450 hours of Pilates teacher training comprised of lecture, observation, personal Pilates practice, apprenticeship, supervised student teaching, covering Pilates exercise repertoire in Mat, Reformer, Trapeze Table, Barrel, Chair and Ped-O-Pull.

-OR-

720 hours of Pilates employment within the last 12-months

How do I apply for it?

Exam candidates can download the Candidate Handbook from the PMA website, (in English or Spanish), and fill out the Application Form, attaching either Form A (documenting 450 hours of education) or Form B (documenting 720 hours of employment as a Pilates instructor in the last year). CPR is no longer required. The application must be mailed or faxed to our test administration company, Castle Worldwide. Please note that teacher training certificates will not be accepted as proof of completion of a program. You must use the forms provided, and get the signature of the Director of your training program verifying that you completed the course.

www.pilatesmethodalliance.org

For English select pma_cert_booklet_and_app.pdf

For Spanish select pma_manual_y_solicitud.pdf

Do I have to be a member of the PMA to take the exam? How much is it?

No, you do not have to be a PMA member to sit for the exam. The exam is open to any Pilates teacher that meets one of the aforementioned eligibility requirements. However, members receive a discount on the exam. Members pay \$250.75, whereas Non-Members pay \$295.00.

Where do I take it?

There are two ways to take the 150 question multiple-choice exam, either via computer or on paper.

Paper and Pencil format:

The paper and pencil format is normally offered at the PMA's Annual International Educational conference in November each year, or at other approved host sites worldwide. Locations vary from year to year. Please check with us for alternative sites.

-OR-

Computer On-Demand version:

The exam is given at computer centers worldwide. Locations and times vary. The exam candidate selects what location and time is most appropriate from the available locations. Please note that if you live in a rural area you may need to travel a few hours to an exam location which are generally in urban centers. For more specific information go to: www.castleworldwide.com/mainsite/ibtsites/

I want to bring the PMA exam to my town, is that possible?

Yes. We are always open to new host opportunities. The exam host must be able to guarantee 50 eligible exam candidates and agree to other terms. Please contact Amy Bloom Havlin for additional information 1-866-575-4945 x205 or amybh@pilatesmethodalliance.org.

How do I prepare for it?

It is highly advisable to consult the PMA Pilates Certification Exam Study Guide for an overview of what the exam covers. Please note: the Study Guide is NOT a teacher training manual. It is available for purchase from our on-line store (see "Buy It" link on our home page www.pilatesmethodalliance.org). The price is \$39.95 plus shipping & handling.

Exam candidates may also take our online 50-question Practice Test for \$50.00. The Practice Text can be taken on any computer where high speed Internet is available. Ordering is easy, go to www.castleworldwide.com/pma and select practice tests, PMA practice exam.

What's the passing score?

The score is a scaled score with passing ranging from 500-800 points. Please note this isn't a percentage score and shouldn't be compared to that style of scoring.

When do I receive the results?

If you are doing an On-Demand test on a computer, you will see on the computer screen whether you passed the test or not. For Paper and Pencil exams, it takes 3-4 weeks for your results to be delivered to you.

You will receive your certification paperwork from Castle Worldwide, and be listed on our PMA website as a PMA Certified Pilates Teacher™ in 6-8 weeks.

I've taken the exam - why am I not on the website?

If you recently took the exam your name will not appear for the approximately 6-8 weeks required for question review, certification printing and importing of data into the PMA database. If you aren't listed after 8 weeks, please call Amy Bloom Havlin at +1-866-575-4945 x205 or email amybh@pilatesmethodalliance.org.

How do I promote myself as a PMA-CPT™?

You may say that you are a 'PMA-Certified Pilates Teacher™', or, 'PMA-CPT™'. If you are looking for more verbiage add, "PMA Pilates Certification is the only 3rd party Pilates certification in the industry". We do not use a logo to denote PMA Certification.

How do I maintain my PMA Certification?

PMA Certification is time limited, and lasts for two years. PMA-CPT's must complete 16 CECS (1 CEC=1hour) every 2 years in order to re-certify at the end of their two year term. A great way to achieve this is by attending the PMA's Annual International Educational Conference, where a large number of CECs can be earned at one time. Attending the conference is a great way to network, attend presentations from industry leaders and connect with equipment and educational providers all under one roof. The PMA strives to program its conference so that 16 CEC hours are provided, but depending on a large number of factors, this is not always possible, and sometimes the conference CECs earned are less than 16.

In order to gain CECs, you may also attend PMA approved CEC events in your area, take college level anatomy and physiology courses, or attend other conferences like Balanced Body University's Pilates On Tour or Body Mind Spirit. If there is an event you want to attend but it isn't PMA approved, you may petition for credit.

Taking a CPR course, or renewing your current certification will earn 3 PMA approved CECs. Find a class at www.americanheart.org/cpr.

What is the recertification process?

A PMA-CPT completes the 16 CECs and submits proof of completion with the Recertification Application and payment directly to Castle Worldwide. PMA Members pay \$94.50 prior to expiration, or \$130.50 up to 6 months after expiration. Non-members pay \$105 prior to expiration, or \$145 up to 6 months after expiration.

Go to www.pmapilatescertified.com and select Recertification Application from the Downloads section.

How do I petition for CECs?

The PMA wants you to be able to take courses that you feel are relevant to your personal development. In order to petition you must submit the name of the course, name of provider, presenter's CV or Resume, course outline including learning objectives, source documents or bibliography and the number of hours. We strongly recommend gathering this information before you take the course.

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).

This information is forwarded to the office and reviewed by our CEC Coordinator. She will notify the PMA-CPT and Castle Worldwide that the credits are acceptable.