

AUTHENTIC PILATES EDUCATION INTERNATIONAL TEACHER TRAINING COURSE OUTLINE

The Teacher Certification Program is comprised of three parts. Basic, Intermediate and Advanced classical Pilates system.

The apprenticeship consists of 600 hours logged with a Certified APEI (Authentic Pilates Education International) Teacher Trainer, and Pilates Instructor at a recognized Certification Centre or other training centre recognised by APEI.

Apprentice logs will be issued by the APEI and must be signed by the supervising instructor regularly (every 50 hours). Every 100 hours the logs must be turned in to the APEI. The 200 hours will be divided up into observation, self mastery, training and teaching.

Apprenticeship to be completed within 12 to 14 months of entry into the Program. Program extensions for extenuating circumstances are granted at the sole and absolute discretion of the APEI, Apprentice must submit to the APEI a written request setting forth in detail the extenuating circumstances at least one month prior to the end of the apprenticeship year.

Apprentices of the comprehensive course will not teach clients outside of the Certification Centre of Origin until they have graduated from the Program. During the apprentice program (but not before 200 hrs. of apprenticeship) the Apprentice shall be required to teach under supervision at the Certifying Centre, of origin and the apprentice will receive compensation at the minimum hourly rate. Bridging students may teach at their studio of choice.

How to obtain logged hours:

You will be required to log hours of contact hours (Pilates sessions and seminar) self mastery, observation, practice teaching, including session for each module of your training. You will be expected to do 75% (450 hours) of your hours with you teacher trainer present 25% (150 hours) of your hours may be done in an A.P.E.I approved studio.

Please keep in mind that each trainer will have their own observation policies and hours of availability.

It is recommended that you attend at least two Pilates classes per week.

200 hrs are made of:

- 40 observation
- 55 Self master
- 30 Private and group sessions (participation)
- 75 assist/ practice teaching

400 hrs are made of:

- **200hrs for basic course**
- 40 observation
- 55 Self master
- 30 Private and group sessions (participation)
- 75 assist/ practice teaching

600 hrs are made of:

- **200hrs for basic course**

- **200hrs for Intermediate course**
- 40 observation
- 55 Self master
- 30 Private and group sessions (participation)
- 75 assist/ practice teaching

Exceptions and modification to apprenticeship requirements may be granted at the APEI sole and absolute discretion.

How to obtain observation hours:

To log observation hours, you must first make arrangements to regularly observe a Pilates professional while he or she is teaching an individual session or group class. This can only take place in an approved Pilates studio teaching the Classical method of Pilates. Teachers must have been fully certified by APEI, Pilates INC, NY Pilates or Romana Pilates or similar full comprehensive Classical Pilates Training School recognised by APEI.

To find an approved Pilates trainer in your area to for self mastery and observation, please call your training centre.

Please keep in mind that each studio /trainer will have their own observation policies, hours of availability and prices for sessions.

If there are no certified Classical Pilates Studios in your area, you may source a classically trained Instructors close by however you will want to make sure that the instructor you choose has been through a comparable training program similar to what Authentic Pilates offers—meaning that they have passed a written/theoretical assessment to achieve their certification, and that they have completed a combined minimum of 600 hours of seminars, personal practice, observation and student teaching in the classical method. When approaching a Pilates studio owner about the possibility of doing some observation hours in their space, please expect that their policies will vary. Please make sure that you have approval from your host training centre.

Exams:

Exams are administered upon completion of each phase. Certification is only issued once the apprentice has attended all three system workshops, completed the apprenticeship hours required and passed all exams, practical and written.

There are practical and written exams upon completion of each 200 hours apprenticeship phase. Exams are evaluated pass/fail, and apprentices must pass the requirements at each phase. Your training centre oversees this process and associated costs.

Testing will be done only by instructors selected by APEI.

Levels of Exams:

- 200 hours-practical, basic question and answer and anatomy questionnaire
- 400 hours-practical, intermediate question and answer, written test and anatomy questionnaire
- 600 hours-practical, advanced question and answer, written test and anatomy questionnaire and case study on a new client.

Failure to pass:

1st failure requires and additional 25 hours before retesting. Each additional failure, requires an additional 25 hours. A retest fee will be charged for each retest.

Leave of Absence Policy

The apprenticeship reflects a physically intense learning environment. Students, with extenuating circumstances may request a leave of absence for a reasonable amount of time. Leave will be granted at the sole and absolute discretion of APEI. Students who are

physically unable to exercise for 30 days, must obtain a doctors' certificate. A written request for leave of absence must be presented to APEI.

Australia

Comprehensive Fees:

Full fee AU\$6950

Payment Plan:

Deposit to be paid at time of registration AU\$1,950

Payment due 2 weeks prior the Basic Seminar AU\$2,000

Payment due 2 weeks prior the Intermediate seminar AU\$3000

Bridging course fees:

Full fee AU\$4650

Payment Plan:

Deposit to be paid at time of registration AU\$1650

Payment due 2 weeks prior to the basic seminar AU\$1,000

Payment due 2 weeks prior Intermediate seminar AU\$2,000

STUDENT SESSION RATES:

Please contact your teacher training to receive the latest student rate for private and group sessions.

Exams are at a cost of:

Basic AU\$150, Intermediate AU\$200, Advanced AU\$300

New Zealand

Comprehensive Fees:

Full fee NZ\$8950

Payment Plan:

Deposit at time of registration NZ\$1950

Payment due 2 weeks prior to the Basic seminar NZ\$3000

Payment due 2 weeks prior the Intermediate seminar NZ\$3000

Payment due 2 weeks prior to the Advanced seminar NZ\$1000

Bridging course fees:

Full fee \$5000

Payment Plan:

Deposit with Registration NZ\$1950

Payment due 2 weeks prior to the basic seminar NZ\$1,550

Payment due 2 weeks prior Intermediate seminar NZ\$1500

STUDENT SESSION RATES:

Please contact your teacher training to receive the latest student rate for private and group sessions.

Exams are at a cost of:

Basic NZ\$150, Intermediate NZ\$200, Advanced NZ\$300

United Kingdom

Comprehensive course fees:

Course fees for full comprehensive course BPE£4,995

Payment plan:

Payment due at time of enrolment BPE£1,000

Payment due 2 weeks prior the Basic Seminar BP£2,000

Payment due 2 weeks prior the Intermediate seminar BP£1,995

STUDENT SESSION RATES:

Please contact your teacher training to receive the latest student rate for private and group sessions.

Exams are at a cost of:

Basic BP£85, Intermediate BP£100, Advanced BP£200.

Alternative Payment plan:

Please contact your APEI Training Centre for Payment plan options.

Payment plans available upon request **ALL payments made are non refundable.**

Private lessons are not included in the cost of tuition. All exams must be passed to achieve certification. If the final advanced test is not passed, up to 25 hours of apprenticeship shall be required before the exam is retaken.

Diploma (Australia ONLY)

All students certified in the Authentic Pilates Education teacher training program will be eligible to Bridge across to the Government accredited Diploma of Polestar Pilates Studio and Rehabilitation Method (10521NAT) Diploma of Polestar Pilates Studio – rehabilitation Method. The cert 1V is to be completed as a pathway to the Diploma.

Authentic Pilates Education graduates who upgrade to the Diploma will need to show proof of:

- Certificate with Authentic Pilates Education International
- First Aid Certificate
- Graduates may then enrol in the Diploma upgrade which includes online access to 12 academic units. A summary of these units can be attained by request.

Payment for the Diploma: AU\$2,250

ALL payments made are non refundable.

DEPOSIT: Deposit is due at time of registration by either Credit Card or Direct Debit. Note credit card fees are 2% per transaction. **NOTE** your registration is **NOT** confirmed until Deposit is received.

COMMITMENT: On registering for a course with APEI you confirm that you have read and understood the commitment of time required to complete the course. It is the students' responsibility to ensure the course hours fit into their schedule and life commitments.

TEACHER CERTIFICATION PROGRAM:

The Bridging Program Exams must be completed within the allotted timeframe from the commencement of the course: No certification will be issued after these time lines unless prior arrangement from APEI.

Full course: 12-18 months. Bridging Course: 12 months

COURSE CANCELLATION TERMS:

Courses cancelled in writing with 30 DAYS OR MORE notice prior to the start date of your course is eligible for a refund minus ADMIN FEE.

AUSTRALIA admin fee: AU300

NEW ZEALAND admin fee: NZ\$300

UK admin fee: £200

Course cancelled after commencement of APEI courses are NOT accepted and no refund will be issued.

Cancellations due to special circumstances: if you have registered for and / or started your course and need to cancel due to special circumstances, APEI will consider each application. Note proof of circumstances must be provided. These would include: bereavement within immediate family, debilitating injury / illness. It does not include personal reasons such as: weddings, work travel, holidays, personal relocation or similar.

TRANSFER REQUEST: Courses cannot be transferred to another year / intake. All courses must be completed within the stated timeline unless otherwise arranged with the Principal of APEI. If you are unable to attend a Seminar that is scheduled, it can be made up privately for an additional fee per hour. Note that all seminars must be completed in order.

Course fees DO NOT include: Required reading materials for reading and writing assignments; testing, coaching hours for logbook completion with a Mentor (including observation, self-mastery practice and apprentice teaching); Personal extras (sundries, travel and accommodation), DVD's, Coaching or Mentoring and any assessment fee.

Course fees INCLUDE: Basic, Intermediate and advanced Seminars, morning and afternoon refreshments during seminars course training manuals, written exams, Mentoring and support.

REGISTRATION: Registration is limited to between 4 – 10 participants depending on location and studio size. Registration received for a course that has reached full capacity will not be processed and you will be informed. Courses will only go ahead with a minimum of 4 participants.

USE OF FACILITIES: You understand that you will attend the APEI course, use the facilities and equipment at your own risk. At registration you confirm that all medical conditions and injuries, both past and present have been disclosed and where required have obtained clearance from your general practitioner.

COURSE TIMES: Most seminars commence at 8.00am and finish at 4.00pm, with a one hour lunch break (lunch not included in fees). Times may vary depending on material being covered and studio availability.

PRE REQUISITES:

All potential students are to take a minimum of 25 private Pilates sessions at the host studio before commencing the course. It will be at the discretion of the APEI Teacher Trainer at the Host studio if more sessions are required before commencing.

NB: This course does not contain limitations on access and equity, however it reserves the right to refuse an application if there is reasonable evidence to suggest that the applicant is physically incapable of carrying out the necessary requirements of Pilates training practice.