



## How STOTT PILATES®

instructors differ from instructors trained by other Pilates training schools

**pilates**  
solutions

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There is no doubt that the quality of instructors working in a studio directly influences the success of that studio – good instructors deliver results. The majority of your most loyal customers will arrive to you with specific needs and only a quality instructor will be able to understand those needs and put together a suitable programme for them.

When you employ a certified STOTT PILATES instructor they will have already passed a written paper and proved to an examiner their teaching skills via a practical exam. This certification is recognised worldwide as a global standard for Pilates instruction.

The STOTT PILATES examination is taken several months after the practical training course. During that interim period the instructor will have been observing other instructors teaching, practice teaching themselves and participating in STOTT PILATES sessions in order to reach the standard needed to pass their examinations.

Following a written paper with 100 searching questions to ensure an understanding of the body, anatomy and physiology, Pilates exercises and their application and relevance to a personal programme, all STOTT PILATES trained students participate in a practical examination.

In the practical examination the examinee is provided with a 'body' (a person that they have normally not met before and as such have no former knowledge of their posture and alignment). The examinee is assessed whilst meeting and greeting the 'body' taking a brief medical and needs analysis before undertaking a comprehensive postural analysis, analysing all parts of the body from front, back and both sides.

During the postural analysis the examinee is verbalising what they are seeing and identifying to the examiner areas of the body that they deem to be out of 'normal' alignment and answering questions such as 'why might that be' from the examiner.

Having developed a picture of the needs of the 'body' from the history and postural analysis the examinee is then expected to immediately select appropriate Pilates exercises for their 'body' and to teach these in a balanced and appropriate programme to complete approximately a 1-hour session (depending on the level of the examination).

To pass the examination the student must achieve a minimum of 80% in both the written and practical parts of the examination and only then can they use the term 'certified'. The STOTT PILATES education process is modular and it is possible for the student to choose, within a

framework, which course they wish to take first and which sequence to take their courses.

Each module is examinable with each exam customised to the instructor's prior learning. This means that an instructor, who has previously certified in matwork and now has taken the reformer module, will be examined in matwork and reformer – not just reformer. The completion of all seven modules leads to full certification and for a last time the instructor is examined on all of their prior learning. Only an instructor who achieves over 90% in their full certification practical and the same level in their full certification theory may be invited to train in Canada as an Instructor Trainer. No other Pilates school insists on quality at this level before allowing any training of other instructors.

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Following certification, STOTT PILATES instructors are only able to maintain their certified status by undertaking a minimum of six hours of on going professional development each year by attending a programme of workshops, designed to maintain relevance and up to date training techniques. Whilst there may be many Pilates instructors certified in some form of matwork training and organisations such as REPs have provided a basic standard of matwork teaching, the reality is that the majority of the matwork teachers available to you will be trained by Pilates studios that concentrate upon teaching group exercise classes rather than one-to-one instruction. For a small equipment studio to be successful

the emphasis must be largely on one-to-one sessions. The hourly rates that you will be charging each client (in the region of £50 - £80 per hour) for their private session, means that the expertise in Pilates that you are seeking, is on a par to the expertise you would expect from a chiropractor or physiotherapist.

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It comes as a surprise to many employers that many Pilates schools in the UK do not require students to understand how to perform a postural analysis or to put together a personalised programme, nor indeed to undertake any form of practical assessment in their examination, with only a written examination required. The justification for this is often the argument that any practical examination is subjective (the assessment is by a person and two examiners may differ in their views). At STOTT PILATES they accept this argument but maintain the view that, subjective or not, it is unthinkable that a Pilates instructor could be certified without some form of assessment of their competence as a practitioner.

Skills Active and REPs have put in place industry standards for Matwork Pilates at Level 3 and this is undoubtedly a movement forward for the industry in raising standards of training and instruction. However most employers are not aware that this qualification does not prepare any student to teach with accessories or equipment. It is also more geared to group than individual teaching.

There is also a National Qualification in Matwork Pilates at Level 3, which is equivalent to two 'A' Levels and will allow a holder of this qualification to move into higher education in a related discipline. STOTT PILATES certified matwork students meet all of the Pilates requirements of this national qualification and subject to a viva examination an existing Level 3 fitness instructor, who has certified in STOTT PILATES matwork, is able to apply for this qualification. For certified STOTT PILATES matwork instructors who do not already hold a Level 3 fitness industry standard, together with YMCAfit we have developed a distance learning module to cover areas such as cardiovascular fitness, weight loss and nutrition, which leads to a written examination and then the Level 3 National Qualification.

