



**Pilates Fitness Performance Standards  
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**Module Objective:** At the completion of the module, the student should have the necessary skills to design and conduct a safe, effective, and appropriate class to meet the needs of apparently healthy individuals or special populations\* in a fitness setting.

\* who have received medical clearance

**Module Pre-requisites**

- Attendance in Pilates Mat classes for a minimum 40 hours (to be completed prior to taking a BCRPA approved Pilates Fitness module)
- BCRPA approved Fitness Theory course and exam completion

**Module Format:** Recommendation of a 1:10 teacher to student ratio

## SECTION A: Fundamentals of the Pilates Method

### Performance Standard:

The Pilates fitness leader will be able to demonstrate knowledge of the history of the Pilates method, the principles of Pilates, and an understanding of anatomical terminology and function relative to the Pilates method.

### Competencies:

1. Describe the history of the Pilates method, including the origin of the work by Joseph and Clara Pilates, how it has evolved, and current applications.
2. Describe the philosophy and principles of the Pilates method.
3. Explain anatomical terminology and concepts sufficient to provide movement analysis of the Pilates mat exercises.

### Lesson Plan:

1. History of the Pilates Method
  2. Pilates philosophy and principles\*
    - Whole body health
    - Whole body commitment
    - Breath
- \* as presented in Joseph Pilates' 1945 philosophical treatise "[Return to Life through Contrology](#)". ISBN #0-9745356-0-5
3. Anatomy review – including breathing technique (mechanics, patterning with exercise), optimal posture, core support (anatomy, role in movement, how to activate) and movement terminology

## SECTION B: Beginner Level Pilates Mat Work Exercises - Movement Analysis

### Performance Standard:

The Pilates fitness leader will be able to correctly demonstrate each beginner level Mat exercise, and provide movement analysis, including the primary intent of each exercise. The beginner level Mat exercises are listed below; please refer to the BCRPA Pilates Fitness Required Exercises sheet for more details. Italics indicate other names in common usage.

1. Hundred
2. Roll Up
3. One Leg Circle (*Leg Circle*)
4. Rolling Back (*Rolling like a ball*)
5. One Leg Stretch (*Single Leg Stretch*)
6. Spine Stretch
7. Saw
8. Swan (preparation only – no rocking)
9. One Leg Kick (*Single Leg Kick*)
10. Spine Twist
11. Side Kick
12. Swimming (arms by sides)
13. Side Bend (seated)

### Competencies:

1. Demonstrate the ability to correctly execute each beginner Mat exercise with the performance elements of concentration, control, precision, rhythm, breathing, etc.
2. Describe the primary intent of each exercise, and relate it to the Pilates principles.
3. Analyze each exercise for its primary movement components, including:
4. Describe exercise sequencing and repetitions in relation to the principles and philosophy of the Pilates method.

### Lesson Plan:

1. Performance elements for beginner Pilates Mat exercises.
2. Primary intent for each exercise, and applications to Pilates principles.
3. Movement analysis for each exercise.
4. Exercise sequencing and repetitions

## **SECTION C: Teaching Skills: Exercise Progressions, Modifications and Variations**

### **Performance Standard:**

The Pilates fitness leader will be able to demonstrate exercise progressions, modifications and variations (as appropriate) for each beginner Pilates Mat exercise.

### Competencies:

1. Describe progressions for introducing and developing each exercise.
2. Describe strategies for modifying each exercise.
3. Describe modifications for each exercise, preserving the primary intent of the movement.
4. Demonstrate an ability to assess each student's readiness to progress to the next skill level, or, requirement for a modification of an exercise.

### Lesson Plan:

1. Progressions for each exercise.
2. Modification strategies.
3. Application of modification strategies for each exercise.
4. Assessing individual need for progressions and modifications.
5. Exercise variations.

## SECTION D: Teaching Skills: Observation, Cueing

### Performance Standard:

The Pilates fitness leader will demonstrate an ability to observe individual movement and postural patterns, and provide effective cueing and feedback for improved performance of the exercises. The fitness leader will be aware of and avoid high-risk and contraindicated exercises and variations as outlined in the BCRPA Pilates Fitness Specialty Module - Scope of Practice Guidelines.

### Competencies:

1. Demonstrate an ability assess health screens (ie. PAR-Q, written and verbal)
2. Demonstrate an ability to assess individual performance and provide appropriate corrections and feedback using verbal and tactile cueing, and imagery techniques
3. Demonstrate an awareness of safety concerns and contraindications for each exercise, for teaching the Pilates method, and for facility limitations.

### Lesson Plan:

1. Health screening (ie. PAR-Q)
2. Observation – assessing performance elements (as indicated in Section B)
3. Teaching strategies - verbal and tactile cueing, imagery techniques

## SECTION E: Curriculum Planning and Professional Development

### **Performance Standard:**

The Pilates fitness leader will demonstrate an ability to plan and execute a series of lessons appropriate for a beginner level Pilates Mat class. The fitness leader will demonstrate a knowledge and adherence to the BCRPA Pilates Fitness Code of Ethics, Standards of Care, and Scope of Practice.

### Competencies:

1. Demonstrate an ability to plan and execute a series of lessons to introduce beginner level Pilates Mat exercises in a fitness setting, with appropriate exercise selection and sequencing.
2. Demonstrate an ability to develop a class lesson plan that safely introduces exercises, allowing for progressions, modifications, and variations.
3. Demonstrate an ability to manage a small group effectively, with strategies for adjusting pace and rhythm to promote success for participants.
4. Understand the BCRPA requirements for Pilates fitness leader registration, including Code of Ethics, Standards of Care, and Scope of Practice.

### Lesson Plan:

1. Lesson development – goals for individual classes vs. series of classes.
2. Exercise sequencing – for effective skills progression and movement experience.
3. Fitness leadership skills – communication (individual/group) and professional conduct
4. Professional development – identifying resources for continuing education, professional affiliations, and standards.
5. BCRPA Registration / ICE process – requirements and registration process

## SECTION F: Class Management

### **Performance Standard:**

The Pilates fitness leader will demonstrate an ability to administer health screening procedures and an ability to create and maintain a positive/supportive learning environment.

### Competencies:

1. Demonstrate an ability to conduct health screening
2. Demonstrate the ability to create a supportive environment
3. Demonstrate an awareness of participants' feedback during the class by acknowledging individual differences
4. Identify and demonstrate effective leadership qualities
5. Identify potential challenges that leaders may experience in a fitness Pilates class, and describe strategies for accommodating these situations

### Lesson Plan:

1. Health Screening
2. Leadership Skills
3. Principles of Adult Learning