Name:

Email:

Telephone:

The Australian Physiotherapy & Pilates Institute
Reformer Certification Logbook

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.

Reformer Certification

Using your logbook

We have provided you with this logbook so that you can document your hours of study. The required hours of study are listed below for you. We ask that you and /or your teacher sign off your exercises and work as you accomplish them. Please review these regularly to ensure that you are up-to-date with the certification requirements. Please remember that you will be required to submit your completed logbook to the APPI at the time of booking your certification exam. At this time, you will also be required to submit your five week one to one programme and your six week class programme.

Description	**Hours**
Pre-requisite Participation in group or private Pilates classes	20
Pre-course reading. A selection of key research articles on segmental stabilisation and pelvic stabilisation form pre-course reading to review the pertinent literature on which Pilates is based upon.	20
Contact tutorial hours Participation in the three foundation reformer courses in the certification series. Any contact tutorial hours missed must be made up by the course participant.	48
Self practice and assignments Self practice, practice within small study groups, attendance of APPI classes, extra tutorials with APPI teachers and written assignments.	75
Observation and practice teaching Observation of APPI teachers Practice teaching friends, family and small study groups.	 10 50
Practical and theory exam	2

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.

Foundation Reformer Examination

Written examination

This 60 minute examination consists of multiple choice (20) and short answer (five) questions. Multiple choice questions will test the following:

- components of the Pilates equipment i.e. carriage extenders, safety chain
- movement aims
- movement application
- movement modifications
- movement progressions,
- pre-cautions

Short answer questions will test the following:

- ability to design population specific Pilates programmes
- ability to select exercises for stabilisation of specific regions i.e. cervical spine, scapulo- thoracic, lumbo-pelvic and hip
- ability to select exercises for specific mobilisation - joint and soft tissue
- ability to select exercises for spinal mobilisation in all planes of movement
- ability to safely and effectively progress Pilates programme

Practical examination

Candidates will design and deliver a 50 minute one to one Pilates session to a mock client (whom will be familiar with Pilates matwork and reformer work) based on information given to them prior from the APPI Pilates screen. The APPI screen will be allocated to candidates at the time of booking their examination and will provide details of the clients subjective and objective assessment as well as their short and long term goals.

Throughout the examination candidates will be tested orally on their clinical reasoning, exercise modifications, verbal cues and feedback.

At the completion of the 50 minute one to one session, candidates will be tested on their ability to demonstrate a wide range of reformer movements.

Candidates will be assessed on their programme planning, clinical reasoning, precision of teaching skills, accuracy and relevance of verbal and tactile teaching and quality of feedback as well as their ability to demonstrate the movements to a high level themselves.

Pass requirement

Candidates must achieve 80% on each section to receive their reformer certification.

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.

Date	Title of Reading	Signature

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.

Date	Participation in group or private Pilates	Signature

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.

Date	Self practice and assignments	Signature

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.

Date	Self practice and assignments	Signature

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.

Date	Self practice and assignments	Signature

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.

Date	Observation	Signature

Date	Practice Teaching	Signature

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.

Date	Practice learning	Signature

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.

Date	Attendance at tutorials	Signature

2015 All rights reserved. No part of this booklet may be reproduced in part or whole. Equipment Certification Logbook.