



Leaders in Pilates and Physiotherapy
treatment, education and products

The Australian Physiotherapy & Pilates Institute Pilates Equipment Certification Logbook



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Equipment Certification

Certification for the Rehabilitation Pilates Equipment course requires completion of levels one to four, completion of all homework and assignment tasks, completion of pre-course requirements, hours of observation, self practice and practice teaching. Certification is gained with successful completion of a practical and theory exam.

Using the portfolio

If you are working towards Certification in the equipment training, APPI expects that the recommended additional course work is completed and documented in this portfolio. The additional course work prescribed is crucial for the development of experienced, analytical and confident instructors.

Use this portfolio by documenting the additional course work under the prescribed headings. Signatures for attending the Pilates studio sessions or classes and observation are required.

You will be required to submit your completed portfolio to the APPI at the time of booking your certification exam.

Certification requirements

Pre-course Pilates experience. Experience and become familiar with Pilates prior to the course by attending Pilates five studio/group equipment sessions or classes if equipment sessions are unavailable .	5
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 and supervised teaching This is the total time of the four equipment courses in the certification series. Any contact tutorial hours missed must be made up by the course participant.	64
Observation. Includes learning by observing other Pilates Instructors teaching. Ideally you should attempt to observe a fully certified APPI Instructor, however where this is not possible instructors trained by institutes other than APPI should be observed.	10
Practice teaching. Two hours a week should be dedicated to practice teaching the Pilates equipment movements. This may be incorporated with your current work practices or be additional if necessary.	60
Self practice. Two hours a week must be reserved for self-practice. Pilates teaching evolves through self-experience and exploration.	100
Practical & theory exam	2

APPI Certification exam

The Rehabilitation Pilates certification exam consists of two parts:

A 60 minute written exam consisting of multiple choice and short answer questions on movement application, modification and contraindication.

A 60-minute practical exam on the design, application and teaching of a Pilates programme.

Both components of the Certification exam tests knowledge on the movements themselves, movement selection and application programme design and modification, contra-indications and facilitation. Overall ability to teach and facilitate efficient and efficient movement and posture will be assessed. Explanations of clinical application will be asked. Participants are also expected to be able to demonstrate all movements from the repertoire learnt over the three levels.

The APPI Equipment Certification Process

The APPI curriculum has developed over the years to become one of the most comprehensive curriculum for any Pilates training organisation in the world.

Outline below is the full Equipment Certification process. This process must be completed within two years in order to gain Certification with the APPI.

EQP1– Lumbo-pelvic Stabilization (2 days)

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1 months Practise

EQP2 - Scapula-thoracic Stabilization (2 days)

-
1 months Practise

EQP3 - Spinal Articulation and Stretching (2 days)

-
1 months Practise

EQP4 - Advanced Progressions and Planning (2 days)

-
3 months Practise

Equipment Certification Exam (2 hours)

Hand in completed Log book

APPI Equipment Certification Exam

The Equipment Certification Exam consists of two parts:

1. Theory exam

All students must pass a one hour written theory exam which consists of multiple choice questions and short written answers based on the theory content of all the Equipment courses.

The pass mark for this exam is 70%.

2. Practical exam

Students must successfully deliver a 60 minute one to one Pilates session to a mock patient (whom will be familiar with Pilates matwork and equipment work). You will be given details of their subjective and objective assessment as well as their short and long term goals. Students will then plan and deliver a one to one Pilates session. It is expected that students teach at least one movement on each of the Reformer, Cadillac, chair and barrels.

At the completion of this component, students will be asked to demonstrate additional movements from all levels of the equipment course.

The pass mark for this exam is 70%.

The practical exam tests knowledge of the movement themselves, movement selection and program design, modification, contra-indications and movement facilitation. Overall ability to teach and facilitate efficient movement and posture will be assessed. Explanations of clinical application will be asked. Participants are also expected to be able to demonstrate all movements from the repertoire learnt over the three courses.

Course attendance – 64 hours

Course	Date	Course Venue (Name & Address)	APPI Presenter	Signature of Instructor
Level 1				
Level 2				
Level 3				
Level 4				

Observation – 10 hours

	Date	Venue (Name & Address)	Type of Session	Signature of Instructor
1				
2				
3				
4				
5				

Practise teaching – 60 hours

	Date	Areas Practised	Length of session	Your signature
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				

Practise teaching– 60 hours

	Date	Areas Practised	Length of session	Your signature
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

Self Practise– 100 hours

	Date	Areas Practised	Length of session	Your signature
1				
2				
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Self Practise– 100 hours

	Date	Areas Practised	Length of session	Your signature
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