

Continuing Education Credits Program



STOTT PILATES®

STOTT PILATES certified instructors are required to obtain six hours (0.6 credits) of STOTT PILATES Continuing Education Credits annually to maintain their certification. The following questions and answers help explain the program in more detail.

1 Why maintain my certification?

Credible certification is becoming increasingly important to employers, insurance companies and consumers. In fact, experts agree that to ensure long-term sustainability and better service the public, the fitness industry will eventually need to make certification mandatory. STOTT PILATES certification is well respected in the fitness industry because of our high education standards and our mission to stay on top of new research and industry advancements.

2 Why have a Continuing Education Credit (CEC) Program?

The STOTT PILATES CEC Program was developed to provide all Certified Instructors and Instructor Trainers with ongoing learning opportunities to keep your skills current and maintain a high quality of education. In addition, this will help you stay abreast of the latest advancements in exercise science and the STOTT PILATES repertoire.

3 How many CECs must I earn annually?

STOTT PILATES Certified Instructors are required to obtain six hours (0.6 credits) of STOTT PILATES CECs annually to maintain their certification.

4 How soon after I receive my certification will I have to start earning annual CECs?

Every student has one full calendar year to earn their credits, beginning January 1st, the year following successful completion of your exam. For example, if you successfully complete your exam(s) in July 2006, your first CEC period begins January 1, 2007 and ends December 31, 2007. CECs are earned every year on the calendar year (Jan-Dec). CECs are not transferable from one year to another.

5 How do I complete my CECs?

You can complete your CECs through any combination of the following:

- a Attend a STOTT PILATES workshop or presentation at a trade show, Licensed Training Center, Hosting site, or at the STOTT PILATES International Certification Center.*
- b Complete a customized repertoire review with a STOTT PILATES Instructor Trainer.*
- c Complete a teaching evaluation with a STOTT PILATES Instructor Trainer.*
- d Take an anatomy, biomechanics, exercise physiology or other exercise science course or

workshop. If this is a non-STOTT PILATES course it must be petitioned. A maximum of 0.2 CECs can be earned this way. The petition fee is US \$10 | \$13 CDN. Only one petition can be submitted per year.

- e Study a STOTT PILATES video and submit for evaluation a VHS video (NTSC or PAL) of yourself teaching a selection of the subject matter to a client. DVDs are accepted but must be recorded on a brand name DVD (e.g. Sony). All DVDs must be Macintosh compatible. A 15-minute segment should be submitted per video (e.g. watch three videos, submit a 45-minute long video to earn 0.3 CECs). The evaluation fee is US \$10 | \$13 CDN per 15 minute submission. A petition form must accompany your video submission along with the petition fee.

6 What if I fail to earn my CECs?

At STOTT PILATES we believe our CEC program is an important part of being a STOTT PILATES Certified Instructor. If you fail to earn your CECs you will be removed from the Instructor Finder on our website. You could lose your Certified Instructor status and may be required to re-examine.

* Prices may vary per facility or trade show

7 Is there an annual renewal fee?

There is no annual renewal fee. The cost of maintaining your CEC status depends on which CEC option you choose. Please refer to question #4.

8 What does a customized repertoire review involve?

This involves booking a private session with a STOTT PILATES Instructor Trainer to review basic principles, relevant modifications and / or any STOTT PILATES exercise updates. All 0.6 CECs (6 hrs with an IT) can be earned with a customized repertoire review. Please book repertoire review sessions with the Licensed Training Center CEC Coordinator to be sure your CECs are accounted for. Please be sure to receive your CEC evaluation form from the IT and send this to STOTT PILATES along with the CEC submission form to prove your attendance.

9 What is a teaching evaluation?

A teaching evaluation involves taking a STOTT PILATES Instructor Trainer through a workout, so that he or she can evaluate your teaching abilities and provide you with feedback. A maximum of 0.4 credits can be allocated for teaching evaluation sessions.

10 Will my STOTT PILATES certification courses count toward my CECs?

STOTT PILATES Certification courses, such as Intensive Mat-Plus™ and Intensive Reformer train you in the core STOTT PILATES method and exempt you from having to accumulate CECs until the following calendar year. For example, if you become certified in Matwork in December 2006 and you take a Reformer course in February 2007, you do not have to start earning CECs until January 2008.

11 How many credits are awarded for a STOTT PILATES workshop?

This is dependent on the length of the workshop. As a rule, 0.1 credit is awarded per hour of study. E.g., a 3 hr workshop is worth 0.3 CECs.

12 How do I gain credits attending STOTT PILATES workshops?

When taking a workshop at the STOTT PILATES International Certification Center or a Licensed Training Center, your credits are issued automatically upon completion. You will receive a completion letter from STOTT PILATES stating the proper CECs. For STOTT PILATES workshops or presentations at trade shows, you are responsible for sending the documentation to the International Certification Center in Toronto. We require the following to be sent in:

- ▶ CEC submission form (find it online www.stottpilates.com/education/conted.html)
- ▶ Trade show receipt
- ▶ Workshop completion letter if pre-con was attended.

13 How do I make a submission for CECs?

You are required to keep track of all your Continuing Education Credits (workshops, videos, petitions, private evaluations etc.) and retain all relevant documents. These, along with a CEC submission form, must be received by the STOTT PILATES International Certification Center by December 15 of each year. Find a CEC submission form at www.stottpilates.com/education/conted.html

14 Does the course or workshop have to be a STOTT PILATES workshop?

With the exception of successfully petitioned exercise science or anatomy-based workshops / courses (maximum 0.2 credits), all CECs must be fulfilled by attending STOTT PILATES workshops. This ensures that you build on your original STOTT PILATES training and remain up-to-date with any enhancements.

15 How do I submit an anatomy or exercise science, non-STOTT PILATES workshop to be approved for STOTT PILATES CECs?

If an anatomy or exercise science course or workshop you have attended has not been previously approved for STOTT PILATES CECs, you may petition for CEC approval. Simply send the following information to STOTT PILATES for consideration:

- ▶ Administration fee (US \$10 | \$13 CDN)
- ▶ Course description/outline
- ▶ List of course objectives
- ▶ Instructor biography
- ▶ Proof of attendance

A petition application is available online at stottpilates.com/education/conted.html

Petitions will not be reviewed if all of the above information is not included in the submission.

16 How will I know if my non-STOTT PILATES workshop is approved?

STOTT PILATES cannot guarantee that CECs will be issued for courses or workshops not pre-approved. Please allow four to six weeks for STOTT PILATES to review your request. You will receive confirmation by mail or email. If you do not receive confirmation, please contact us.

17 Where can I find out about upcoming STOTT PILATES workshops?

Visit the STOTT PILATES Education or Event pages at www.stottpilates.com to find out about workshops at Licensed Training Centers and trade shows. As well, we often send announcements by mail and e-mail. To be added to our mailing list, contact the STOTT PILATES Education Department.

18 Does auditing a course count toward my CECs?

Graduates and students are welcome to audit courses at the STOTT PILATES Certification Center in Toronto, or any Licensed Training Center. Auditing a course will not count toward your CECs, but is a great way to refresh your memory. To arrange a course audit, contact the appropriate facility.



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