

External Membership Application

Dear Member applicant

Thank you for your application for membership of the APMA. As you've trained with another organization and/or in another country, you are required to complete a series of requirements to become a member of the APMA. This is to ensure that the standard of your Pilates Method training is recognized as being on a par with that of the Association and helps maintain a level of professionalism within our industry.

ADDITIONAL REQUIREMENTS

In addition to the documentation already supplied, the following will be required to successfully apply for Level Two Membership to the APMA:

1. Applicants to undertake the APMA's Membership Registration Examination. This 2.5 hour Multiple Choice & extended answer assessment task is a requirement of **all members**. It consists of 50 multiple & 3 Extended answer questions and pass mark of 75% is necessary. These examinations are held twice yearly (May & November) in all states.
2. The applicant must participate in a practical exam as determined by Council at that time. There are two alternatives that the applicant may sit for the practical component:
 - a. A minimum one hour class is given by the applicant in their designated studio working with one, two or three clients provided by the applicant. This will be observed by two A.P.M.A. appointed Examiners. At the conclusion the applicant will be led in a short discussion regarding how the applicant worked with the client from the perspective of safety and have a thorough understanding of the individual clients needs.
 - b. The applicant may join in on scheduled A.P.M.A. exams. Applicants will be examined in a similar way to Level Two students. Applicants should not be too concerned regarding the names of exercise as examiners will ask candidates to teach an exercise with an aim in mind rather than asked to teach a particular "Level Two" exercise. Again, examiners questions will pertain to how the applicant worked with the clients from the perspective of safety and are expected to have a thorough understanding of the individual clients needs.
3. The cost of the written and practical exam shall be met by the applicant. Costs include (but not limited to):
 - a. \$25 Administration fee to APMA
 - b. \$25 per hour for invigilation of the APMA's Membership Registration Examination (2.5 hours)
 - c. \$50 per hour per examiner for practical component (1.5 hours x 2 examiners)

Please contact the APMA as soon as possible in order to arrange for you to sit the next available examination date which is in either May or November for the written component.

Regards,
Joanne Worsfield
APMA Administrator

PERSONAL DETAILS

Incorporated under the Associations Incorporation Act. 1984,
Appendix 1, Rule 3 (1)

Name

Mailing Address

.....

City

State.....Post.....Country

Phone Home.....

Phone Work

Phone Fax

Phone Mobile.....

E-mail Address

Expertise (50 words or less).....

.....

External Membership Application

Freelance Yes No Studio Owner Yes No

Studio Name

Mailing Address

.....

City

State..... Post.....Country

Phone Work.....

Phone Fax.....

Web Address

REQUIREMENTS ATTACHMENT LIST

Mark completed requirements & attach proof/copies of documents to this application

- Minimum 160 hours supervised personal practice in a fully-equipped Pilates studio (Stat. Dec. or letter from studio).
- Documentation for verification of hours teaching experience in a fully-equipped Pilates studio (Stat. Dec. or letter on letterhead from studio employer).
 - 1000 hours for Level 2 Teacher
 - 3500 hours for Level 3 Professional Practitioner
 - 7500 hours for Level 4 Professional Practitioner
- Completion of tertiary level or equivalent Anatomy & Physiology.
- Full outline of successfully completed instructor course, including hours spent on each subject. Components/topics to include history, philosophy & principles of J. Pilates; anatomy & physiology review; basic biomechanics; client assessment & teaching techniques. Theory/lecture/practical components not less than 100 hours. These hours must be in addition to the Supervised Teaching requirement.
- Documentation to indicate course repertoire included Reformer, Cadillac, Wunda Chair & Matwork.
- Course Completion document (ex certificate)
- Professional PI/PL Insurance & Senior First Aid Certificate.
- Membership fee – see attached schedule. Make cheque/money order payable to "Australian Pilates Method Association".

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MEMBERSHIP AGREEMENT

Please complete & sign all sections.

I, (Print full name of Applicant)
apply as a member of the APMA at the following Membership Level:

- Level 2 Teacher member Level 3 Professional Practitioner member
- Level 4 Professional Practitioner member

In the event of my admission as member, I agree to the following :

- a. be bound by the rules of the Association for the time being in force.
- b. acknowledge that I have read the Code of Ethics and agree to abide by the code of ethics whilst a member
- c. agree to maintain requirements such as Level 2 First Aid and Professional Indemnity & Public Liability Insurance.

Signature of applicant: Date:

I,....., a member of the Association, (Full name) nominate the applicant, who is personally known to me, for membership of the Association.

Signature of proposer Date:

For Office Use Only

Date Application Sent
Date Application Received

Date Approved
Approved by