

## External Membership Application

Dear Member Applicant,

Thank you for your enquiry for membership in the APMA. Please find attached an External Membership Application Form, which details the information, documentation, and fees necessary.

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 attached documentation requirements, 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 1.5 hour Multiple Choice assessment task is a requirement of **all members**. It consists of 100 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 (1.5 hours)
  - c. \$50 per hour per examiner for practical component (1.5 hours x 2 examiners)

Bridging courses may be provided by existing Level Two course providers for applications where one or more components are missing. Existing Level Two Course providers are encouraged to assist applicants in their preparation for their multiple choice and practical requirements. Please find attached a copy of Level Two Course providers and their contact details.

Please provide the indicated requisites as soon as possible so we can help you to organise your assessments, and to help you complete your APMA membership.

Regards,  
Joanne Worsfield  
APMA Administrator

## PERSONAL DETAILS

Name .....	Freelance Yes <input type="checkbox"/> No <input type="checkbox"/> Studio Owner Yes <input type="checkbox"/> No <input type="checkbox"/>
Mailing Address .....	Studio Name .....
.....	Mailing Address .....
City.....	.....
State.....Post.....Country .....	City.....
Phone Home.....	State..... Post.....Country .....
Phone Work .....	Phone Work.....
Phone Fax.....	Phone Fax.....
Phone Mobile.....	Web Address .....
E-mail Address .....	
Expertise (50 words or less).....	
.....	

## REQUIREMENTS ATTACHMENT LIST

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

- |  |  |
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| <input type="checkbox"/> Minimum 160 hours supervised personal practice in a fully-equipped Pilates studio (Stat. Dec. or letter from studio).   | <input type="checkbox"/> Documentation to indicate course repertoire included Reformer, Cadillac, Wunda Chair & Matwork.                               |
| <input type="checkbox"/> Completion of teaching experience in a fully-equipped Pilates studio (Stat. Dec. or letter from studio) (Number of hours dependant on level applying for)   | <input type="checkbox"/> Course Completion document (ex certificate)   |
| <input type="checkbox"/> Completion of tertiary level or equivalent Anatomy & Physiology.  | <input type="checkbox"/> Professional PI/PL Insurance & Senior First Aid Certificate.  |
| <input type="checkbox"/> 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.<br>Theory/lecture/practical components not less than 100 hours. These hours must be in addition to the Supervised Teaching requirement. | <input type="checkbox"/> Membership fee – see schedule for applicable fee. 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 1 Associate Teacher
- Level 2 Teacher
- Level 3 Professional Practitioner
- Level 4 Professional Practitioner

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.

Applicant Signature ..... 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