



## Professional Development

The aims of the APMA's CEC requirement are to ensure that Instructor & Practitioner members continue to develop skills in both personal development & expertise, & to the advancement of the Association.

Use the table below to help identify valid activities & CEC point values.

To maintain your membership level Continuing Education Credits must be fulfilled:

**36 CEC's over 3 year period from 1 Apr 2010 – 31 Mar 2013. Credits can be obtained at any time over the 3 years. Please note credits will expire at end of 3 year period & cannot be carried over.**

Area	Professional Training	CEC's	Doc's Required
<b>ACCREDITED MEETINGS</b>	<ul style="list-style-type: none"> <li>Council Meeting</li> <li>State or Regional Meeting</li> </ul>	Maximum 2 CEC's/ yr.	<i>Minutes showing attendance or attendance form.</i>
<b>ACCREDITED WORKSHOP</b>	<ul style="list-style-type: none"> <li>APMA-arranged courses/ workshops or</li> <li>APMA-accredited external courses/ workshops</li> </ul>	1 CEC/ hr attended; Max. 6 CEC's/ day.	<i>Receipt or certificate of attendance including hrs. External courses must be approved by Education Comm.</i>
<b>LEARNING PROJECTS</b>	<ul style="list-style-type: none"> <li>Research relevant to the Pilates industry.</li> <li>Self-education through CD-ROM or Internet (limited to members in isolated areas).</li> </ul>	1 CEC/ 2 hrs research; Max. 8 CEC's/ yr.	<i>Letter from supervisor re: research.</i>  <i>Proof of enrolment or purchase of CD-ROM with title.</i>
<b>SHORT COURSES</b>	Courses that provide additional skills or additional qualifications that are aligned to work in the Pilates Industry. (Includes privately run certification courses)	1 CEC/ hr attended; Max. 6 CEC's/ day & Max 18 CEC's/ year.	<i>Certificate of attendance and /or completion.</i>
<b>TERTIARY &amp; VOCATIONAL EDUCATION</b>	<ul style="list-style-type: none"> <li>Courses relevant to the practice of the Pilates Method (ex's Advanced Functional Anatomy; Sports Exer. Physiology; Rehabilitation; Skills for Small Business; Health Psychology).</li> </ul>	1 CEC/ Unit of study; Max. 8 CEC's/ yr.	<i>Proof successful course completion including hrs. &amp; summary of course content. Courses to be approved by Education Committee</i>
<b>CONFERENCES</b>	<ul style="list-style-type: none"> <li>Attendance at an APMA or approved External Pilates-related conference.</li> </ul>	Conference >12 hr. 1 CEC/ hr attendance; Max. 6 CEC's/ day.	<i>Attendance sheet. Education Committee must approve External Conference</i>
<b>PRESENTATIONS</b>	<ul style="list-style-type: none"> <li>Presentation of a paper on issues relating to Pilates of educational value.</li> </ul>	1 CEC/ 2 hrs of presentation.	<i>Written notes on material.</i>
<b>LECTURING/ TEACHING</b>	<ul style="list-style-type: none"> <li>Lecture or practical presentation at an APMA or External workshop.</li> <li>Preparation &amp; lecturing/ practical presentation at University or APMA-accredited course.</li> </ul>	2 CEC's/ hr presentation Max. 8 CEC's/ yr.  1 CEC/ 2 hrs presentation Max. 8 CEC's/ yr.	<i>Written course notes.</i>  <i>Written evidence from Facility/ Course provider.</i>
<b>PUBLICATION</b>	<ul style="list-style-type: none"> <li>APMA Newsletter or other publication related to Pilates.</li> <li>APMA professional questionnaire.</li> <li>Book/ Video review.</li> <li>Professional/ Medical journal.</li> <li>Author of a Book</li> </ul>	1 CEC/ article.  2 CEC's/ questionnaire. 1 CEC/ review.  3 CEC's/ journal. 3 CEC's/ book	<i>Copy of print(s).</i>
<b>REMOTE/ REGIONAL AREAS WITHOUT APMA WORKSHOPS</b>	<ul style="list-style-type: none"> <li>In-service workshops at least 2 hours &amp; minimum of 3 participants.</li> <li>Video library &amp; written exam set &amp; available from APMA (subject to availability)</li> </ul>	1 CEC/ hr attended Max. 6 hrs/ day.  3 CEC's per video & exam.	<i>Written notes on material.</i>  <i>Written notes from exam.</i>

### Waivers

- 1) Graduates of APMA-accredited Level 2 courses will have CEC's waived for the first year of Level 2 Membership.
- 2) Members have 3 years from their Registration Expiration Date to apply for re-registration. During this time they will not be a Member of the APMA.
- 3) If re-registration has lapsed less than 3 years, the registration guidelines apply (ie. 12 CEC's/year required). If re-registration has lapsed more than

- 12 months there will be an additional \$50 Administration Fee. Registrations that lapse more than 3 years must be re-assessed according to New Membership Application guidelines.
- 4) The APMA Council & Education Committee strongly urge members to ensure that 50% of their total continuing education is Pilates based education.