

## **CEC for Pilates Sessions with a Level Four APMA member.**

- Members who complete 20 hours of equipment based studio group sessions (max 1:4 ratio) or private Pilates sessions, with an APMA Level 4 instructor, will be eligible for 4 CEC's within the three year renewal period. This will be capped at 4 CEC's. i.e. personal practice exceeding 20 hours within the 12 month period cannot be claimed for additional CEC's. This does not include in-house staff education workshops or professional development meetings taking place in your workplace.
- Members will be required to register their participation in this 12 month trial period with the APMA Administrator. Attached you will see a senior teacher/teacher memorandum to be signed by both parties, outlining the responsibilities of each participant in the process. To assist us in our review and ongoing refinement of this program, we also request both parties complete a feedback form upon completion, this will be forwarded to each participant at a later date.

To assist all interested members in accessing Level 4 members, please contact the Administrator for contact information details.

Please remember as for all CEC recognition, in order to accrue these CEC's, the member will need to submit a signed Agreement letter, a "Personal Log" sheet (see both attached) and a receipt indicating payment has been made for the Pilates sessions.

If you have any queries please contact the Education Committee Chairperson at [education@australianpilates.asn.au](mailto:education@australianpilates.asn.au).

## **APMA Level Four Member/ Member personal practice agreement**

### **Learner Teacher**

I, \_\_\_\_\_ APMA member, agree to undertake 20 hours of paid personal practice tuition with \_\_\_\_\_ APMA Level Four member, over the period of 12 months, for the purposes of self-development, education and refining of Pilates teaching skill. I have discussed my goals and expectations with my senior teacher.

I will provide the APMA with the completed log sheet at the end of the 20 hours, for validation of CEC points. I understand that 20 hours of personal practice will earn 4 CEC's in a three year renewal period, (i.e. personal practice exceeding 20 hours within the 12 month period cannot be claimed for additional CEC's.)

I will register my participation with the APMA Administrator prior to commencement and complete the feedback form for the Education Committee at the completion of the 20 hours, as I understand this is a trial period for this category.

I understand I may terminate this arrangement during the 20 hour program, and that if I cease attendance before the completion of 20 hours, CEC's will not be granted.

Signed \_\_\_\_\_ Date \_\_\_\_\_

### **Senior Teacher**

I, \_\_\_\_\_ APMA Level Four member, agree to provide \_\_\_\_\_ APMA member, with 20 hours of paid Pilates personal practice tuition over the following 12 month period. I understand my role is to further educate, consolidate and expand on the learning of the student in a practical Pilates workout format. I have discussed the goals and expectations of these 20 hours with my fellow teacher, and clarified what I can offer as part of this professional relationship.

In addition to a receipt for payment, I will sign the personal log sheet at the completion of the 20 hours for validation of the CECs earned and I will complete the feedback form for the Education Committee at the completion of the 20 hours, as I understand this is a trial period for this new category.

I understand I have made a commitment to completion of this 20 hour program in the 12 month time frame, and will make every effort to assist the learner teacher.

Signed \_\_\_\_\_ Date \_\_\_\_\_

## Personal Practice Log sheet

This is an accurate record of the 20 hour personal practice sessions held between APMA Level Four member,

\_\_\_\_\_

and APMA member learner Teacher,

\_\_\_\_\_ at the following studio

\_\_\_\_\_.

Date	Student sign	Teacher sign

Upon completion of the 20 hours, please submit this form and the receipt of payment made to the studio to the APMA Administrator at PO Box 135, Hurstbridge, VIC 3099.