

The APMA is a not-for-profit association created to give Pilates Teachers a professional identity. It is our duty to provide you with a suitable framework to achieve and maintain professional standards, for your own benefit, the benefit of the general public who use you as a Pilates Professional they can trust, and to achieve a level of ongoing competency required by the insurance industry.

Understanding your CEC requirements



AUSTRALIAN
PILATES METHOD
ASSOCIATION

On joining this organisation you have declared your commitment to uphold the APMA Constitution, Code of Ethics, Standards of Practice, and Continuing Educational Credits.

Compulsory CEC, applies to all members of the APMA and through our lobbying allows you the increasing benefit of eligibility for approved provider status with private health funds.

You have a professional obligation to yourself, to your clients, and to the general public to plan and participate in continuing education programs tailored to meet your own needs.

CEC standards are designed to contribute to improving your ability to undertake your job with a good skill set, extending your knowledge, and maintaining an appropriate level of safety for your clients. This ongoing education is in addition to your normal job, and aims to ensure that you are current in your knowledge giving you a competitive advantage in the workplace.

YOUR CEC REQUIREMENTS

To maintain your membership level, CEC's must be fulfilled by the following process:

- 36 CEC's over a 3-year period, the current period being from, 1st April 2019 - 31st March 2022.
- Credits can be obtained at any time over the 3 years.
- Please note, credit's will expire over the 3 year period of time and cannot be carried over.
- For those Members joining our organisation through the 3-year period, 12 CEC's per one year period or 24 points over a 2 year period must be maintained.



CATEGORIES OF LEARNING

We recognise that there are a number of different learning styles and to that end we are continually considering how best to deliver to you quality education, a hallmark of the APMA. Learning styles can embrace auditory learning via webinars, visual through text and kinesthetic via face to face learning.

The Education Committee and APMA Executive Committee are constantly reviewing these options and the courses and workshops that sit within the CEC framework.

We have placed the CEC's according to the various categories, with emphasis on "beyond foundation" learning as being of primary importance for your ongoing professional development and face to face learning being of equal importance as we are a "hands on" profession.

Review of basics always presents us all with new insights, but is weighted differently to "beyond foundation" learning.



UNDERSTANDING YOUR CEC REQUIREMENTS

FOUNDATION LEARNING

OBTAIN	POINTS
CPR yearly certification	2 CEC's
Applied First Aid initial certification /or 3 yearly upgrade	5 CEC's
Accredited Diploma of Professional Pilates Practice	8 CEC's
Level 2 membership entry via successful NRE completion	8 CEC's

PROFESSIONAL and TECHNICAL (A)

Other courses gained after entry to the APMA membership. Courses relevant to the practice of the Pilates Method, including Tertiary and Vocational. We require an Academic Transcript as proof.

OBTAIN	POINTS
Undergraduate and post graduate degrees in Exercise Science, Physiotherapy, Myotherapy, Osteopathy, Advanced Functional Anatomy, Physiology, Rehabilitation, and Psychology	1 CEC per Unit of Study Max 8 CEC's per year

PROFESSIONAL and TECHNICAL (B)

PROFESSIONAL B / APMA workshops/conferences/approved courses/in-service. Requires proof with a certificate of attendance and/or completion. Courses etc. Typically provided by an industry specialist.

OBTAIN	POINTS
APMA Arranged Workshops and courses	1 CEC per hour Max 6 CEC's per day
Non-APMA approved workshops and courses	1 CEC per hour Max 6 CEC's per day
APMA National Conference and approved external Pilates-related conference	1 CEC per hour Max 6 CEC's per day
SHORT COURSES Courses that provide additional skills or qualifications that are aligned to the Industry (including privately run certification courses) Including Wet lab visits	1 CEC per hour Max 18 CEC's per year
PROFESSIONAL WORKPLACE IN-SERVICE In-service presented by an APMA Level 4 Practitioner (only eligible, with no payment involved)	0.5 CEC per hour Max 3 CEC's per year

NON-TECHNICAL: BUSINESS

The sharing of individual knowledge that contributes to industry knowledge and recognises commitment as a teacher/practitioner

OBTAIN	POINTS
EXECUTIVE COUNCIL MEMBER Sitting as a member for a period of 12 months	2 CEC's per year
SUB-COMMITTEE MEMBER Engaging in a sub-committee and it's activities for a period of 12 months as a formal member ratified by council	2 CEC's per year

NON-TECHNICAL: PERSONAL EFFECTIVENESS

Knowledge of practice that increases the teacher's/practitioner's knowledge in researching, reflecting, and implementation of change in their Practice

OBTAIN	POINTS
LEARNING PROJECTS/ONLINE LEARNING research relevant to the Pilates Industry. Requires proof with letter from supervisor/receipt of purchase details	1 CEC per 2 hours Max 3 CEC's per year
STUDENT SUPERVISION Requires proof of a signed log between student and teacher.	1 CEC per 20 hrs of supervision Max 5 CEC's per year
PERSONAL PRACTICE SESSIONS with a Level 4 Practitioner. Requires proof of agreement letter, personal log, and purchase receipt.	4 CEC's per 20 hrs of practice Max 4 CEC's per year
MARKETING/BUSINESS Development courses - Requires proof of Certificate of Completion	0.5 CEC per hour Max 3 CEC's per year

PROFESSIONAL ENGAGEMENT AND INDUSTRY CONTENT

Professional practice, promotion and profiling of the Pilates Industry that upholds the integrity of the profession and indicates commitment as a Pilates Professional.

OBTAIN	POINTS
LECTURING/TEACHING	
Lecture or practical presentation at an APMA or external workshop. Written course notes to be provided.	2 CEC's per hour of presentation Max 8 CEC's per year
Preparation and lecturing/practical presentation at University or APMA accredited course. Evidence from facility/course provider	1 CEC per 2 hour of presentation Max 8 CEC's per year
PUBLICATION	
APMA Newsletter or other publication related to Pilates	1 CEC per article
APMA professional questionnaire	2 CEC's per questionnaire
Book/Video review	1 CEC per review
Professional/Medical journal	3 CEC's per journal
Case History publication	1 CEC per publication
Author of a book	3 CEC's per book
Research projects (published) relevant to the practice of the Pilates Method	3 CEC's per publication

APMA INDUSTRY PROMOTION

OBTAIN	POINTS
Non – paid industry promotion at a community event or other industry conference on behalf of the APMA	2 CEC's per day
Presenting at other formal Health Industry Government- approved Forum's and Allied Health meetings on behalf of the APMA	2 CEC's per event