

GUIDELINES FOR Pilates LICENSURE WITHIN DHCC

Licensure:

In addition to licensure requirements as per the “Application for Pilates License”, each licensure applicant must meet all of the following education and training per category:

For Pilates Instructor Licensure

- a) General Bachelor's degree from a recognized and accredited University; **AND**
- b) The institution that offers the Pilates education program shall be accredited as an institution of higher education by the country or state in which it is based; **AND**
- c) The Pilates training program shall be at least 500 classroom/practical hours and include: at least one course in anatomy and one course in physiology, one course in the therapeutic application of Pilates and supervised instruction; **AND**
- d) All Licensees must be current in certification from DHCC for emergency medical procedures (e.g. cardio-pulmonary resuscitation (CPR).); **AND**
- e) Full-time Pilates practice/teaching including therapeutic Pilates experience of at least 3 years; **AND**
- f) All Applicants must have a personal interview.

Recognized Training Programs and Associations

- a) Australian Pilates Association - Australia.
- b) International Pilates Certification – International.
- c) Pilates Foundation of the United Kingdom – United Kingdom.
- d) United States Pilates Association – United States and International

Re- License

- a) Continuous Education requirement of fifteen (15) accredited hours within the last two (2) years.

Please note: Evidence of malpractice insurance is required before a license can be issued, make sure to provide the licensing department with a copy of your insurance policy whenever applicable.

For further information on the licensing procedure please contact:

The CAM Team

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