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pilates education and research

PEAR Teacher Training
Programme Structure, Assessment & Policies
A guide to training pathways, completion & certification

1. Introduction: How to Use This Document

This document provides a detailed overview of the structure, expectations, assessment processes, and policies that govern PEAR Teacher Training programmes.

It is designed to support clarity and transparency and should be read alongside the Teacher Training Brochure, which outlines pathways, philosophy, and course dates.

2. Training Structure & Pathways

PEAR offers professional Pilates teacher training through two complementary pathways:

- the Comprehensive Training Pathway, and
- the Modular Training Pathway

Both pathways uphold the same educational standards, teaching philosophy, and assessment criteria.

Students may complete training progressively in a modular format or combine courses into a comprehensive training journey, as outlined in the Teacher Training Brochure.

3. Course Categories

Category A — Core Diploma Courses (Assessed)

These courses lead to formal PEAR certification and include examinations.

- Mat 1 – Principles & Anatomy
- Reformer
- Cadillac
- Wunda Chair

Key features:

- Extended seminar format
- Manuals included
- Observation and practice hours included (where applicable)
- Examinations required
- Diploma awarded upon successful completion

Category B — Advanced & Specialist Courses / Workshops (Non-Assessed)

These courses expand teaching depth, repertoire, and specialist knowledge.

- Mat 2 – Classical & Advanced
- Small Barrels
- Ladder Barrel
- Pregnancy 1
- Pregnancy 2
- Remedial Pilates
- Wobble Boards
- Small Apparatus
- Magic Circle
- Guillotine
- Pedi Pull / Arm Chair

Key features:

- Short-format intensives (one day or one weekend)
- Manuals included
- No formal examination
- Certificate of Attendance issued

4. Course-by-Course Snapshot Overview

Category A — Core Diploma Courses (Assessed)

Course	Format & Duration	Typical Completion Time	Assessment	Practice & Observation	Outcome
Mat 1 – Principles & Anatomy	2 weekends of seminars + independent study	2–3 months	Written anatomy exam + practical exam	External observation required; studio practice with peers supported	PEAR Mat Diploma
Reformer	3 weekends of seminars	3–6 months	Practical exam	4 observation sessions (4–5 hrs each) + 6 hrs studio practice included	PEAR Reformer Diploma
Cadillac	3 weekends of seminars	3–6 months	Practical exam	4 observation sessions (4–5 hrs each) + 6 hrs studio practice included	PEAR Cadillac Diploma
Wunda Chair	3 weekends of seminars	3–6 months	Practical exam	4 observation sessions (4–5 hrs each) + 6 hrs studio practice included	PEAR Wunda Chair Diploma

*Pre-Requisite for Reformer, Cadillac and Chair is Mat 1 and Recommended optional is Mat 2.

Typical completion times are indicative and reflect the integration of study, practice, and observation. Many students initially aim to complete training quickly and later choose to allow more time to consolidate knowledge and teaching skills.

Category B — Advanced & Specialist Courses / Workshops (Non-Assessed)

Course / Workshop	Format & Duration	Assessment	Pre-Requisite	Outcome
Mat 2 – Classical & Advanced	1 weekend	None	Mat 1 qualification	Certificate of Attendance
Small Barrels	1 day (6 hrs)	None	Mat 1 qualification	Certificate of Attendance
Ladder Barrel	1 day (6 hrs)	None	Mat 1 qualification	Certificate of Attendance
Pregnancy 1	1 day (6 hrs)	None	Mat 1 qualification	Certificate of Attendance
Pregnancy 2	1 day (4 hrs)	None	Pregnancy 1	Certificate of Attendance
Remedial Pilates	Short-format intensive	None	Mat 1 qualification	Certificate of Attendance
Wobble Boards	1 day (4 hrs)	None	Mat 1 qualification	Certificate of Attendance
Small Apparatus	1 day (6 hrs)	None	Mat 1 qualification	Certificate of Attendance
Magic Circle	1 day (6 hrs)	None	Mat 1 qualification	Certificate of Attendance
Guillotine	1 day (6 hrs)	None	Mat 1 qualification	Certificate of Attendance
Pedi Pull / Arm Chair	1 day (6 hrs)	None	Mat 1 qualification	Certificate of Attendance

5. Teaching Validity of Courses

Advanced & Specialist Courses and Workshops are issued with a Certificate of Attendance.

These certificates are considered valid for teaching only when combined with a Mat 1 qualification, completed either with PEAR or another recognised Pilates education provider.

PEAR reserves the right to request evidence of prior Mat certification where applicable.

6. Comprehensive Training Pathway

The Comprehensive Training Pathway is designed for students seeking a fully integrated and in-depth professional education.

Comprehensive Pathway Includes

- Unlimited practice time during the active training period
- Unlimited observation opportunities (subject to scheduling and studio availability)
- Included repeat assessments, within defined limits
- Ongoing tutor guidance and educational support

Repeat Assessments (Comprehensive Pathway)

Students are entitled to up to two (2) repeat assessment attempts per examination at no additional cost.

Further attempts may be recommended subject to additional preparation and the standard resit fee.

7. Assessment, Practice & Certification

Examination Formats

- Mat 1: Written anatomy exam + practical exam
- Equipment Diplomas: Practical exam only

Observation & Practice

Observation and practice form an essential part of diploma-level training.

Some observation requirements must be completed externally. Students are responsible for arrangements and any associated costs.

Additional practice time may be purchased at a discounted student rate.

Exam Eligibility

Exam eligibility remains valid for three (3) months following completion of required course components.

Lapse & Re-Assessment

A lapse of more than two (2) weeks without practice or study may require readiness prior to examination.

8. Recommended Study & Practice Commitment

- Minimum: 1 session per week
- Recommended: 2–3 sessions per week

Sessions may include practice, observation, anatomy study, lesson planning, and reflection.

9. Attendance, Conduct & Use of Facilities

Students are expected to attend all scheduled seminars, engage professionally, and use PEAR facilities responsibly.

PEAR reserves the right to suspend or terminate training where conduct compromises safety or learning standards.

10. Complaints, Appeals & Academic Integrity

Formal complaints and appeals must be submitted in writing and are reviewed fairly and confidentially.

All submitted work must reflect the student's own learning and understanding.

11. Final Notes

PEAR is committed to high educational standards and individual development.

Programme details may be reviewed and adjusted where necessary.

