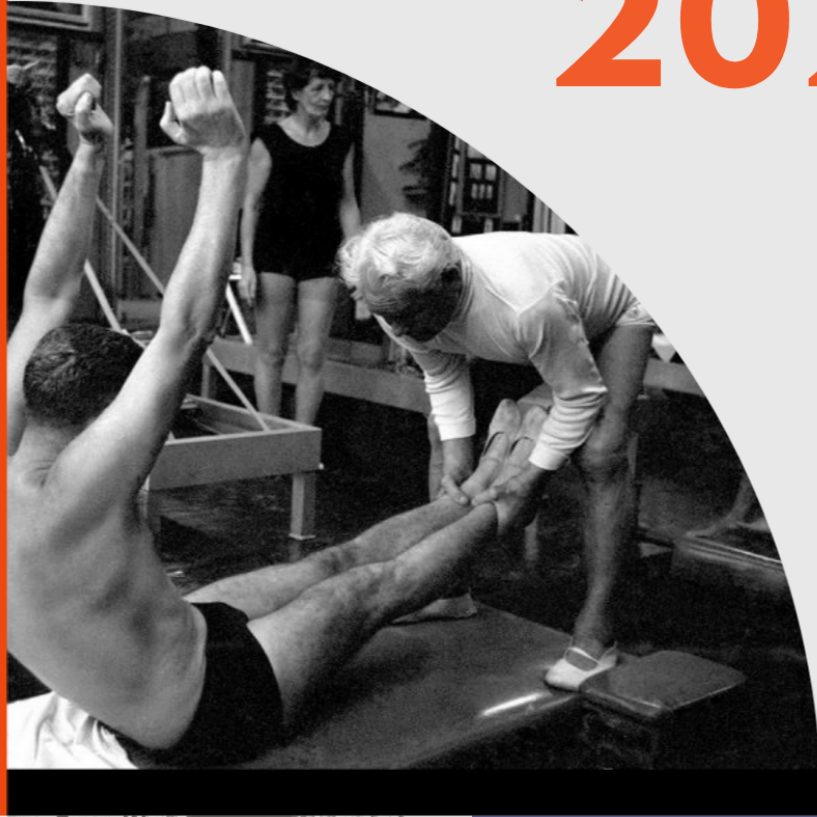


COMPREHENSIVE

2026



**National
Pilates
Certification
Exam**

**Candidate
Handbook**



www.natpcp.org

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Mission

To protect the public and serve the Pilates profession by setting and upholding standards for teacher credentialing and ongoing continuing education.



COMPREHENSIVE

To protect the public and serve the Pilates profession by setting and upholding standards for teacher credentialing and ongoing continuing education.

We assess entry-level competence through the administration of examinations developed following sound psychometric principles. Accredited by the NCCA*, we award credentials to candidates who achieve a passing score and support certificants in their ongoing professional development.

***National Commission for Certifying Agencies**

The NCPT credential is awarded to the Pilates Teacher who has provided evidence they are qualified to teach **Pilates Comprehensive** to individuals who are apparently healthy or have medical clearance to exercise.

To achieve certification, candidates must pass a **125 item (100 scored), multiple-choice** examination. Candidates are allowed **3 hours** to complete the exam. The passing **score is 80** out of the 100 scored.



General Requirements

Candidates for **Pilates Comprehensive** certification must meet the following requirements:

- 18 years of age
- Successful completion of **Comprehensive Pilates education**, including all necessary coursework, assignments, and final exams required by the school or mentor

Program Content Requirements

The Comprehensive Pilates repertoire must cover the following:

- Mat
- Reformer
- Trapeze Table
- Wunda Chair
- Ladder Barrel
- Spine Corrector
- Magic Circle

The program of study must be a minimum of 450 hours in length.

Curriculum Requirements

The curriculum must address the following:

- **History of Pilates:** Content may be pre-recorded, but a quiz must support the learning outcome
- **Anatomy:** Content may be pre-recorded, but a quiz must support the learning outcome
- **Pilates Repertoire:** Content includes teaching techniques, modifications, contraindications, progressions and cueing and must have an in-person or live-virtual component
- **Special Populations:** Must have an in-person component
- **Observation Hours:** Must include a portion under the guidance of an instructor approved by the school or teacher training program
- **Practice Teaching:** Must include a portion under the guidance of an instructor approved by the school or teacher training program

- **Self-Practice Hours:** Requirements to be specified by the school or teacher training program

Definition of Terms:

- **In-person** - Both the teacher and students are present simultaneously at the same location
- **Live virtual** - Teachers and students engage and interact in real-time from different locations, virtually
- **Pre-recorded** - Students access online materials at their own pace. A quiz must support these materials

Verification of comprehensive education is obtained from the school, mentor, or authorized person.

Note: In cases where a candidate receives training through multiple schools over a period of years, one school or trainer must verify the education based on review or assessment of comprehensive competency.



Candidates must provide all required personal information as well as the name and contact information of the school or mentor that provided the comprehensive training.

Attention: Candidate's name must be their legal name as it appears on government issued forms of identification.

Once completed, candidates must attest to the accuracy of all information on their application.

The application fee is **\$300**; this includes **application processing, test administration, and the first two years of certification.**

Payments can be made in U.S. Dollars using **Visa, MasterCard, Discover or American Express.**

*There is an additional \$105 fee for testing at a testing center **outside of the US and Canada.**

➔ The application fee is non-refundable.

Applications for the NPCP exam may be refused for the following reasons:

- ➔ Failure to meet eligibility requirements
- ➔ Falsification and/or misrepresentation of application date



Exams are available at Testing Centers and Remote Proctored (home/office)

Applications are available on the NPCP website www.natpcp.org and must be accessed online following the order below:

1. Candidates create an account with username and password
2. Candidates will be prompted to choose between going to a **testing center** or taking the exam **remotely**
3. **Submission of the online application requires payment.** Once payment is processed, the candidate will receive a confirmation email and a receipt for payment, and the application is sent for **review**
4. Candidates are notified of application status via email within 24 hours of submission
5. Approved candidates will receive a link to schedule their exam. Scheduling is available 24 hours a day.
*Candidates may schedule their exam at a later date, but testing must be completed within **3 months (90 days) of application submission.** Choose your time zone carefully before scheduling.
6. After scheduling an exam date, candidates will receive an email confirmation that contains the test date, time, and site address and directions if applicable.



For online **application** and **scheduling** assistance contact certification@natpcp.org

For assistance **after scheduling**, contact Measure Support Team:

- Phone number: 1-855-772-8678, Option 1
- Email: testingsupport@meazurelearning.com
- Livechat: <https://auto.proctoru.com/chat>

Measure Learning is the test administration company that administers all examinations for the NPCP on the ProctorU platform.



Candidates choosing to take their exam at a testing center may reschedule up to **48 hours prior to their exam** without forfeiting the exam fee.

Candidates opting for a proctored at-home exam may reschedule **up to the date and time of the exam** without forfeiting the exam fee.

****Cancellations made at any time will incur a retake fee.**

To reschedule, candidates must access their online account at <https://npcp.ysasecure.com>.

For scheduling assistance contact Meazure Support Team:

Phone number: 1-855-772-8678, Option 1

Email: testingsupport@meazurelearning.com

- If the candidate does not show for a testing session and has not rescheduled prior to the scheduled test date, the **testing fee will be forfeited**.
- Exceptions to this policy will be made only for **substantiated emergencies**. Notification of emergencies should be directed to certification@natpcp.org
- For questions regarding the application process, please contact: certification@natpcp.org

NOTE: No applicant for NPCP certification will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation. Candidates are expected to provide truthful and complete information.



We understand that unexpected situations can arise. However, to ensure **fairness and consistency for all candidates**, the following policy applies to individuals who are marked as **absent** from their scheduled exam:

A candidate is considered **absent** if they:

- Fail to sign in or enter the exam platform at the scheduled date and time.
- Experience technical difficulties that prevent them from joining the exam.
- Miss the exam due to scheduling errors, such as confusing AM/PM or time zone differences.
 - Arrive after the exam window has closed.

Please note that **no exceptions** will be made for these situations, and the exam will be recorded as a **missed attempt**.

What happens next?

If you are marked as absent:

- The missed exam will count as your **first attempt**.
- You will need to **restart the application process**.
- A **retake fee of \$155** will apply.
- You will have **two additional opportunities** to take and pass the exam.
- If you do not pass within those three total attempts, you will need to wait **12 months** before reapplying.

Tips to avoid being marked absent

- Double-check your exam time and time zone.
- Ensure your device, internet connection, and login credentials are working well ahead of time.
- Sign in **at least 30 minutes early** to avoid any last-minute issues.

We encourage you to plan carefully and reach out in advance if you have any concerns or questions regarding your exam schedule. Your success is important to us, and we're here to support you through the process.



The NPCP monitors candidate compliance with established certification requirements through the review of all initial applications. The NPCP will verify **proof of age** and the required **training** for eligibility.

The review must be completed prior to the candidate scheduling their exam.

In cases where compliance is questionable:

- The NPCP will contact the candidate for a copy of any **non-expired government-issued photo ID** form of identification that confirms the date of birth
- The NPCP will contact the school or mentor identified on the application to confirm that the candidate has completed the training eligibility

Candidates will be alerted of application status via email within **24 to 48 hours after payment submission**.

- If the candidate is deemed ineligible during the review, the candidate will be notified by email
- If the required verifications are not obtained within 30 days, the candidate will be notified by email and the application will be closed
- If an application is closed, candidates must re-apply for initial certification and pay the required fees to be reconsidered



Candidates desiring to appeal the results of an application denial, must comply with the following:


1. An appeal must be made in writing (via email) and received by the Certification Coordinator within 15 calendar days of the adverse decision. Appeals are sent to certification@natpcp.org.
2. The candidate is responsible for demonstrating that the appeal should be considered by providing all details supporting their request for the reversal of the adverse decision.


The NPCP Board President and two other Directors appointed by the President will review the appeal. The appeals committee will investigate all related details and report its findings and recommendation to the Executive Director who will notify the candidate of the decision.

Decisions regarding candidate appeals are final.



The NPCP Certification Exam is a multiple-choice exam and is administered:

 **TESTING CENTERS** (on a computer with a live proctor)

 **REMOTE LIVE PROCTORED** (home / office)

In both formats, candidates are allowed three **3** hours to complete the exam.

Candidates must provide **non-expired government-issued photo ID**. Acceptable forms of identification include driver's licenses, passports, and government-issued identification cards. All forms of identification must be in **Latin script**.

- ➔ The name on identification **must match exactly** the name on the exam application
- ➔ At testing centers, candidates must arrive **30 minutes prior** to the scheduled time
- ➔ Online, candidates should be available **30 minutes prior** to the scheduled time to prepare



Prohibited Items

- Cameras, cell phones, optical readers, or other electronic devices that are enabled to photograph, photocopy or otherwise copy test materials
- Book bags, purses, handbags or luggage
- Headphones, calculators, computers, or other electronic devices
- Pencils, pens, highlighters, or notepaper
- Watches
- Food
- Hats, hoods, or other headgear
- Coats and jackets (sweaters and sweatshirts without pockets or hoods are permitted)
- Weapons of any kind



Candidates Are Allowed

- **ONE 5-minute** washroom break
- Direct translation dictionary book
- Beverage



Test/ Prepare Your Equipment

- A functioning microphone (some web cameras have them built-in); the microphone should not be part of headphones.
- A compatible browser: [Guardian \(If applicable\)](#), Google Chrome, or Mozilla Firefox
- If you are using a work-issued device, Admin access is required to download
- Ensure your device is fully charged or plugged in to avoid any interruptions during the exam. It is the candidate's responsibility to have a functioning device, and if any issues arise, retaking the exam will be necessary.



Review the following **MINIMUM** and **RECOMMENDED** requirements for your camera, operating system, upload/download speeds, RAM, ports, microphones, and browsers [here](#).

Review the following list of technology **not currently supported by ProctorU.**



Not Supported

- Connecting from within a virtual machine. You will be asked to reconnect using your host operating system to take your exam
- Apple Boot Camp
- Remote Access Software
- Inactive Version of Windows and Test Builds/Test Mode
- Microsoft Edge browser
- Windows 10 and 11 in S mode or Surface RT
- Linux operating systems
- Google Chromebooks (with Guardian Browser)
- Google Chromebooks for Live+ or Review+
- Tablets (Nexus, iPad, Tab, Note, etc.)
- Smartphones



How to Test Your Equipment


To test your computer, log into your ProctorU account [here](#) and click the button that says "Test Your Equipment".



We recommend testing the equipment prior to exam day to troubleshoot any issues.



 **Testing Center Exam**

 **Be Early**

Arrive at the exam center at least **30 minutes early**

 **Bring**

- A non-expired government-issued photo ID
- Copy of confirmation letter
- A beverage. No food is allowed
- Earplugs are allowed (noise canceling only)
- You are allowed to use direct translation dictionary book

 **Do Not Bring**

- If you wear a watch, leave it at home
- No electronic devices are allowed
- Be prepared to secure your belongings



Remote Proctored Exam (home / office)



Be Early

Be at your computer desk at least **30 minutes early**



Bring

- A non-expired government-issued photo ID
- **Have your cell phone with you**
- A beverage. No food is allowed
- You are allowed to use direct translation dictionary book



Clear Your Desk

- You must test at a hard surface like a desk or table
- Remove any notes, books, and electronic devices from your desk
- If possible, position your desk with a closed door behind you
- Ensure your room is private and free of distractions
- If you wear a watch, remove it
- Headphones are not permitted



Use a Personal Computer

- If you're using a work or school computer, check with your IT team to confirm that you can download and install programs
- Make sure your computer has a **webcam** and **microphone**



Test / Prepare Your Equipment

- Use the 'Test It Out' button on your exam page
- Disconnect any dual monitors. Only one screen is permitted on exam day
- Review the [equipment requirements](#). *You need to be logged in to see
- Install [Google Chrome](#)
- [Disable the pop-up blocker](#)
- Make sure to [download the Guardian Browser](#). *Meazure Learning highly recommends **downloading the secure browser in advance of your test session**
- For additional preparedness, review the [Remote Proctoring FAQ Page](#) regarding remote proctoring and preparedness for exam day.



Try the Platform Tutorial – **HIGHLY RECOMMENDED TO TRY BEFORE THE EXAM DAY**

- Login to your candidate portal and try the **Platform Tutorial**
- The tutorial is designed to help you get familiar with the exam software. **Try it as many times as you'd like!**



Launch Your Exam

- Login to your candidate portal
- Click the 'Launch Exam' button at your exam time
- You will be redirected to the ProctorU platform
- You will be connected to a proctor within 15 minutes
- Your proctor will walk you through a series of steps outlined in [this video](#). *You need to be logged in to watch it
- This process does not count toward your exam time



Best Practices

- Download the [Guardian Browser](#) before exam day
- Candidates should **restart their computers before the exam** to ensure **all unpermitted applications are closed** and to free up space on their computers.
- If possible, use a **hardwired internet connection** and ensure laptops are plugged into a power source



Exam Features

- You will have access to an **online notepad** during the exam
- If you require technical assistance on exam day, use the “**Need Help? Chat Now!**” chat box. The chat box will appear in different locations depending on device that's being used. **We recommend watching [this video demonstrating how the chat box will pop up once installed](#).**
- Candidates will be able to **Chat in BOTH English and Spanish** with their Proctor through the Chat feature. They will be able to toggle between **English and Spanish** during the exam.



Live Proctor Monitoring During Test Session

During the exam, candidates may communicate with the proctor through chat.

The proctor can view and hear the candidate, but the candidate cannot view or hear the proctor. Proctors will be focused on detecting prohibited behavior such as unusual eye movements, removing oneself from the field of vision, mouth covering, etc. The proctor will be able to speak with the candidate when necessary (in the event of an incident) but the candidate will not be able to view the proctor at any point in time.

NOTE: Your “webcam view” and your “screen” will be recorded throughout the duration of your exam.



Prohibited Actions

It is illegal and unethical to memorize and share questions that are on any NPCP certification exam. Memorizing and sharing questions from the exam violates the confidentiality agreement and Federal Copyright Laws. At exam registration, candidates are required to agree to a confidentiality statement attesting to their intent to keep the contents of the exam confidential. Violation of this security agreement may result in suspension or revocation of certification and suspension or denial of eligibility for future exams.

Cheating, disruptive behavior, and refusal to cooperate with exam proctors may result in revocation of certification and denial of eligibility for future exams. Notification of such behavior is forwarded to the Certification Board President for review. The candidate is contacted with a determination based on the circumstances.

Test site supervisors complete a summary report following each test administration. The report describes any irregularities that arose, their resolution, and recommendations for improvements.



EXAM RESULTS

Candidates who **pass** the exam will:

- See the results immediately after the exam submission
- Receive a welcome email that provides **renewal information**, and invitation to **update their profile** on the NPCP website
- Receive informational email with link to access their **electronic badge** that can be used on websites, emails, and social media as well as a **personalized certificate** and a **wallet card** for printing purposes
- **All emails will be sent within five business days of passing an exam**

Candidates who **do not pass** the exam will:

- See the results immediately after the exam submission
- Be able to retake the exam **15 days** following the most recent attempt. If a passing score is not achieved in 3 attempts, candidates must wait **12 months** after the third attempt to retake the exam.
For more information, go to “**Retaking Exam**” on the following page



Appeals

Candidates wishing to appeal their test results or disciplinary actions, must submit a written request to certification@natpcp.org care of the NPCP Board President. This request must clearly indicate the basis for the appeal. Appeals must be received by the NPCP no later than 30 days following the release of examination results.

To protect the integrity of the certification examination, **exam content is not available** for review. In addition, NPCP or Meazure Learning staff members will not discuss specific questions on any section of the examination.

The NPCP Board President and two other Directors appointed by the President will review the appeal. The appeals committee will investigate all details related to the appeal and report its findings and recommendation to the Certification Manager who will notify the candidate of the decision. **Decisions regarding candidate appeals are final.**



Candidates that do not pass may retake the exam **15 days** following the most recent attempt. If a passing score is not achieved in 3 attempts, candidates must wait **12 months** after the third attempt to retake the exam.

The retake fee is **\$155.00** (plus an additional \$105 for testing outside US and Canada). To schedule a retake, candidates must log back into the online application at www.natpcp.org.

Reasonable Accommodations

Reasonable accommodations are provided for candidates who have any sort of impairment e.g., walking, talking, hearing, reading, performing manual tasks, etc.

To apply for reasonable accommodations, the candidate **must submit documentation** provided within the past 12 months by a **medical professional** on the professional's letterhead. The documentation must **reference a diagnosis** of the disability and specific recommendations for accommodations.

Reasonable accommodations are considered based on the candidate's request, disability, documentation submitted, and appropriateness of the request. Reasonable accommodations do not include steps that fundamentally alter the purpose or nature of the exam

➡ To request special accommodation, candidate contacts NPCP **45 days prior to scheduling their exam** and provides necessary documentation: certification@natpcp.org.



The **Pilates Comprehensive Certification Exam** was constructed following established norms that include the development of a **Job Task Analysis** that clearly establishes the role of a Pilates teacher. The Job Analysis for Pilates Comprehensive identifies the **Exam Content Outline** with four domains and the tasks associated with each domain.

The Exam Content Outline serves as the “blueprint” for the exam’s construction.

For more information on the **Job Task Analysis** go [here](#).

Exam Content Outline

Below are the four domains and the list of tasks associated with each, as well as the number of questions that will appear on the exam for each domain.

1	Critical Observation	20
A	Intake	
B	Initial observation	
C	Determining movement capabilities	
D	Ongoing observation	
E	Outcome review	
2	Teaching	30
A	Comprehensive Pilates repertoire	
B	Basic Pilates philosophy and history	
C	Program design (e.g., sequencing, load, tempo, spatial orientation) of a balanced, safe, and effective Pilates exercise program	
D	Program implementation	
E	Ongoing program development	
F	Pilates specific teaching skills (e.g., cuing, tactile, spotting, verbal, imagery)	
3	Technical Expertise	30
A	Basic movement sciences (e.g., anatomy, biomechanics, kinesiology)	
B	Accommodations for common health conditions and anatomical variations	
C	Equipment set-up, use, maintenance, and safety	

4	Professionalism	20
A	Work environment maintenance and protocol	
B	Personal conduct and presentation	
C	Self-care (e.g., hours of teaching, hours between clients)	
D	Client communication	
E	Professional boundaries	
F	Best business practices	
G	Client documentation (e.g., intake form, waivers, lesson notes, incident reports)	
H	Continuing education	
I	Pilates Scope of Practice and Code of Ethics (see NPCP website)	



For candidates who have been out of school for a while, or even recent graduates who feel they need additional preparation, several tools are available:

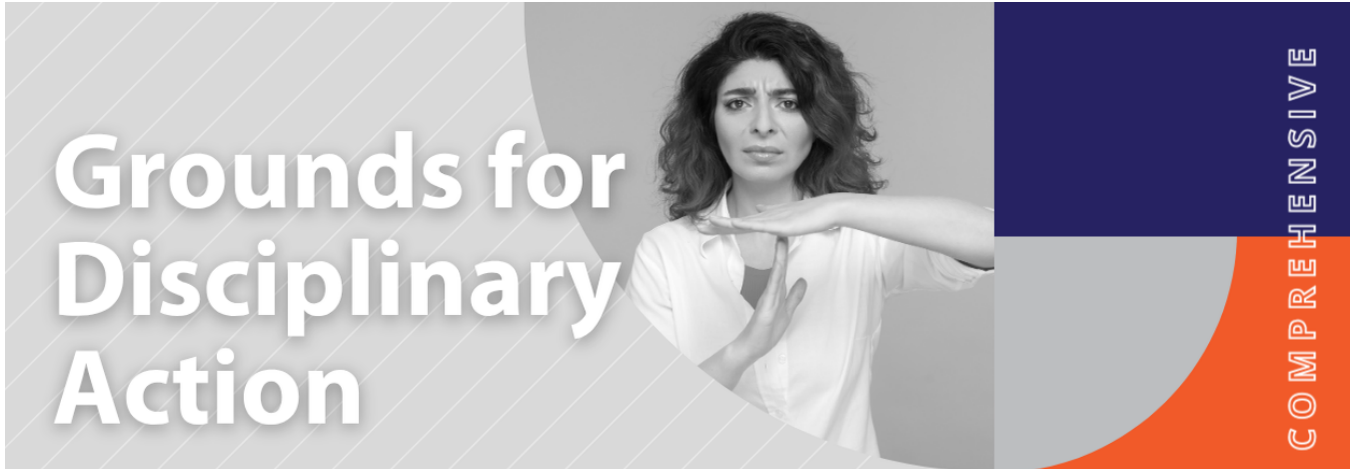
- The NPCP Pilates Certification Exam – Study Guide
- The NPCP Pilates Certification Exam – Practice Questions
- Return to Life by Joseph Pilates

All three texts are available on [Amazon.com](https://www.amazon.com).



An **online practice test**, which simulates a testing experience, is available on the [NPCP website](https://www.npcp.com).

The practice test includes **60 multiple-choice questions** that reflect the content areas, level of difficulty, and serves to familiarize candidates with the exam language. The practice test fee is **\$60** and must be paid by credit card (MasterCard, Visa or American Express). After purchase, it will be available for **60 days**.



The National Pilates Certification Program may refuse to certify, suspend, or revoke an existing certification in the event of any of the following:

- Ineligibility for certification or certification renewal.
- Irregularity in connection with any certification exam.
- Unauthorized possession, use, or distribution of exam score reports, trademarks, logos, written materials, answer sheets, certificates, certificant or applicant files, or other confidential or proprietary materials (registered or otherwise) of the National Pilates Certification Program or the testing body.
- Material misrepresentation or fraud in any statement to the National Pilates Certification Program, to an employer or potential employer, or to the public, including but not limited to statements made to help the individual apply for, obtain, or retain certification.
- Any physical, mental, or emotional condition of either a temporary or permanent nature, including, but not limited to, substance abuse, which impairs or has the potential to impair competent and objective professional performance.
- Negligent and/or intentional misconduct in professional work, including, but not limited to, physical or emotional abuse, disregard for safety, or the unauthorized release of confidential information.
- The timely conviction, plea of guilty, or plea of nolo contendere in connection with a felony or misdemeanor that is directly related to public health and/or Pilates instruction or education and that impairs or has the potential to impair competent and objective professional performance and/or public confidence in the profession. These include, but are not limited to, rape, sexual abuse, actual or threatened use of a weapon or violence, or the prohibited sale, distribution, or possession with intent to distribute a controlled substance.
- Cheating, disruptive behavior, or breach of a confidentiality agreement at a testing center.
- Non-compliance with the [Code of Ethics and Scope of Practice](#).



Certification Renewal

The NPCP requires all certificants to renew their certification **every 2** years.

To renew, certificants must earn **16 CECs** during the 2 years, submit a **Certification Renewal Application** and pay a **renewal fee**.

For more details, see “Renew” page on the NPCP [website](#).



The National Pilates Certification Program maintains an **online directory** of **NPCP Certified Teachers** on its website.

It is the policy of the NPCP to publish only the information necessary to determine whether an individual is currently certified.

➔ No information related to a certificant's scores are reflected on the certificant directory.
All NPCP team members are required to sign an acknowledgement of this policy as a requirement for employment.

Confidential information will not be disclosed without the written consent of a candidate or certificant. The following are considered confidential information:

- Application status
- Certification exam score
- Phone number(s) and residential address(s)

The following is NOT considered confidential information and is held in the public domain:

- Certification status
- Certification number
- Email address – certificants can request to have **email address excluded from the directory**
- Country and City

➔ Certificants may log in to the NPCP database and add their contact information, additional information regarding their training or experience, and a photo to their listing.

To view the **NPCP Privacy Policy** go [here](#).