

5th Teacher Training Summit

June 9 -12, 2016
Marriott Hollywood Beach, Hollywood, FL

Report Structure:

- Overview
- Content of 3 Days
- The 4 Workshops
- Conclusion
- Next Steps

Overview

June 9: 6pm – 8pm, Evening Welcome Reception
June 10: 9am – 5pm, General Session
June 11: 9am – 5pm, 3 two-hour Workshops
June 12: 9am – 1pm, 1 two-hour Workshop
and final stakeholder feedback session

On June 9 – 12, 2016, the PMA held its fifth “Teacher Training Summit” in Hollywood Beach, FL. Approximately 80 teacher trainers and administrators from a wide range of Pilates schools and lineages spanning seven countries attended. The Summit addressed the creation of minimum educational standards for comprehensive Pilates teacher-training programs, and the creation of the PMA Pilates School Approval Program.

The Registry of Schools will be phased out, as the introduction of a School Approval Program will offer greater transparency and validation for both the general public and the industry in general (more details below).

Presenters included:

PMA Staff:

- **Elizabeth Anderson**, PMA Executive Director
- **Ray Infante**, PMA Certifying Agency Manager & Summit Content Developer
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Summit Development Committee:

- **Shelly Power**, PMA®-CPT; PMA Board President; Curriculum Director, Polestar Pilates
- **Jo Ann Graser**, PMA®-CPT; PMA Board Vice President; Chair of the Summit Development Committee, and owner of Tensile Strength Studio

- **Amanda Jessee**, PMA®-CPT; Director of Education, Personal Best Pilates Instructor Academy
- **Marissa Lins**, PMA®-CPT; Owner, Pilates3T™ (*unable to attend*)
- **Carrie Macy**, PMA®-CPT, National Pilates Training Manager, Equinox Pilates Training Institute
- **Deborah Mendoza**, PMA®-CPT, PMA Board Treasurer; Director of Education, Fletcher Pilates

School Approval Program – Task Force:

- **Kim Gibilisco**, MA, MFA, PMA®-CPT; Co-owner of Intuit Movement Lab; PMA Board Member; Director of Pilates Training at Mason Gross School of the Arts, Rutgers University
- **Craig Ruby**, PT, D.Ed, MPT, PMA®-CPT; Program Director, Doctor of Physical Therapy Program, Wheeling Jesuit University; PHI Pilates
- **Jolita Trahan**, PMA®-CPT; Director and Founder of Pilates Network Italy; Masters Degree in International Education Administration; Former Head of American International High School, Florence, Italy

Content of 3 Days

- **Friday June 10:** Presented by Ray Infante. Established the context for developing minimum educational standards for comprehensive Pilates teacher training, as well as a need for an approval process to acknowledge those schools that meet established standards. The presentation included a historical review of the creation of the PMA's minimum educational components template, the Registry of Schools, the development of educational Standards, and an introduction to the School Approval Program.
- **Saturday June 11:** Delivery of workshops that addressed a variety of subjects specific to teacher training, as well as how to position these subjects within the framework of the new school approval process.
- **Sunday June 12:**
 - Initial segment led by Elizabeth Anderson, reviewing the purpose of the fifth Teacher Training Summit, which was to deliver the information related to the next step in the development of the Pilates profession as an industry: an approval process for comprehensive educational programs.
 - Last workshop on foundational components for program approval
 - Final segment led by Craig Ruby reviewing stakeholder feedback on the educational Standards proposed for deliberation by PMA Staff and Board.

The 4 Workshops

1. Curriculum Development

Presented by:

Amanda Jessee, PMA®-CPT; Director of Education, Personal Best Pilates Instructor Academy

Shelly Power, PMA®-CPT; PMA Board President; Curriculum Director, Polestar Pilates

This workshop explored the development of a school's curriculum and the syllabus upon which it is based.

Topics covered included:

- specific course content, including Pilates and non-Pilates material
- the development of learning outcomes and objectives
- various delivery methods including: lecture, laboratory, self-study, online, distance learning, homework, and internships
- learning styles
- graduation requirements
- curriculum review and update
- the definition and role of primary and secondary educators
- the coordination of curriculum and assessment

2. Creating Meaningful Assessments

Presented by:

Carrie Macy, PMA®-CPT, National Pilates Training Manager, Equinox Pilates Training Institute

Deborah Mendoza, PMA®-CPT, PMA Board Treasurer; Director of Education, Fletcher Pilates

This workshop explored the topic of meaningful assessments and how they relate to the school's curriculum.

The workshop included the following topics:

- the basic structures of assessments in general, including the various types
- summative, formative, and diagnostic
- the modes of application
- written, performance, and practical
- the determination of what is being assessed (competencies)
- criteria (principles) used in the assessments
- Pilates, basic, or other
- the administration of assessments
- written / performance
- the scoring / grading system applied

- necessary objectivity and frequency of assessments
- the application of assessments as they relate to distance learning and transfer of credits

3. Catalog & Enrollment Agreements

Presented by:

Ray Infante, Certifying Agency Manager, PMA Certification Program

This workshop explored two of the most fundamental requirements for vocational school licensure, (and in most cases, accreditation), and their inclusion as a requirement for PMA school approval. As not all established Pilates training programs are state licensed, the workshop content was adapted to the needs of the workshop attendees (whether or not their school was licensed.)

The objective of this workshop was to explore the basic elements of both a School Catalog and Enrollment Agreement as public expression of a school's policies. These policies relate to the delivery of the program, and the obligations of both the school and the student, in contractual form.

The discussion of the School Catalog covered elements including:

- the organization of the school
- admissions requirements
- transfer of credits
- academic requirements and standards of progress
- student, financial and academic records
- attendance, tardiness and leaves of absence
- probation, dismissal and re-admittance
- tuition, fees and refunds
- curriculum outline and subject descriptions

Note: Schools that do not have a catalog or specific policies and procedures in place will find that the process of creating one will assist them in addressing other Standards in the PMA school approval process.

The discussion of the Enrollment Agreement covered elements including:

- program tuition
- fees and acceptable forms of payment
- schedule of payments
- refund policy
- a student complaint policy

4. Articulating Your Program's Key Components - Mission, Goals, Job Descriptions, Policies and Procedures

Presented by:

Jo Ann Graser, PMA®-CPT; PMA Board Vice President; Chair, PMA Summit Development Committee; Owner, Tensile Strength Studio

Ray Infante, Certifying Agency Manager, PMA Certification Program

This workshop explored several of the institutional aspects of a school and its program as these relate to PMA school approval.

This presentation covered information on writing your Mission, Goals, Job Descriptions, and Policies and Procedures. The discussion in this session will also pull together all the topics addressed in the other workshops at this event, and further the understanding to what is required for PMA school approval.

- Mission statement
 - Purpose, especially as it relates to program delivery and institutional organization
 - Longevity
 - Application within the program
 - Construction
- Goals
 - Purpose
 - Short and long
 - Goals in relation to the Standards
- Job descriptions
 - Structure
 - Purpose
 - Value
 - Construction
- Policies and procedures
 - Why, what and how
 - Level of detail
 - Specificity relating to segments in the school catalog
 - Policies and procedures in relation to the Standards

Conclusion

This Summit was characterized by the extremely focused and serious engagement of the delegates in learning about the topics of educational Standards and the PMA's imminent School Approval Program. The first day's presentation created the context for the entire undertaking of the Summit, which was followed by 4 practical Workshops that served to explore and explain how school administrators can engage with the approval application process to be launched in 2017. The final hour where feedback was requested about the Standards brought forward some comments and questions from the delegates about how best to provide the requested evidence that their school meets the PMA's educational Standards. There were also questions about the pricing of the program and the length of the approval period. Following the Summit, the PMA sent out a Survey to all delegates asking them to document their questions and concerns as they pertained to each of the 10 Standards. The PMA Staff and Board will consider how best to address these issues and those decisions will be incorporated into the final School Approval Program. The feedback about this event was extremely positive, with delegates expressing 1) their intention to participate in the School Approval Program and 2) their appreciation for the work, dedication and expertise that's been invested in creating this important initiative.

Next Steps:

April 1, 2017 - The School Approval Program will be open for online applications.

The Registry of Schools will be phased out, as the introduction of a School Approval Program will offer greater transparency and validation for both the general public and the industry in general.

June 30, 2017 - The last date that renewals or new applications for the Registry of Schools will accepted. The Registry of Schools will remain in existence through June 30, 2018, at which point it will be closed. During the final year of the Registry, those that wish to cancel their participation in the Registry of Schools (as they engage in the School Approval Program), may request a prorated refund for the remaining time they have paid to be on the Registry, by emailing Kelly Garcia (kellyg@pilatesmethodalliance.org).

End.