

2020 Pilates Educators Summit

November 6-8, 2020
Virtual event

Report Structure:

- Overview
- Presenters
- Content of 3 Days
- Conclusion

Overview:

- November 6, 2020, 12pm-1.15pm: Opening Session / 2pm-3pm: one workshop
- November 7, 2020, 12pm-2.30pm: 2 one-hour workshops
- November 8, 2020, 12pm-1pm: one workshop / 1.30pm-2.15pm: Closing Session

On November 6-8, 2020, the PMA held its first virtual Pilates Educators Summit. Approximately 65 teacher trainers and administrators from a wide range of Pilates schools attended each session.

The Summit addressed:

- the creation of standards for teacher trainers,
- the importance of objective standards,
- the skills necessary to embody the role of an educator,
- strategies to nurture classroom dynamics that are conducive to effective teaching and learning,
- the responsibility educators have in the future development of the Pilates industry.

Presenters:

PMA Staff:

- Orienne Tairum, MA, MAS.ED, Pilates School Approval Manager
- Ray Infante, MA, LMT, National Pilates Certification Program Manager

Pilates Educators Group:

- Deborah Mendoza, BA, NCPT, Fletcher Pilates, Director of Education
- Jolita Trahan, M.ED, NCPT, Pilates Network, Technical Director & Owner
- Shelly Power, BS, NCPT, Polestar Pilates Education, Curriculum Director

Content of 3 days:

Standards for Teacher Trainers (Opening Session, Nov. 6, 2020, 12pm-1.15pm)

Presented by Orianne Tairum, Ray Infante, Deborah Mendoza, Jolita Trahan and Shelly Power.

Orianne started by introducing the idea that the creation of standards is a notion that is consistent throughout all established industries. She explained that the driving force for the development of industry standards is the professional association. In the case of Pilates, it is the Pilates Method Alliance.

Ray reviewed the standards that the PMA created over the years: the Code of Ethics, the Scope of Practice, the standards that allowed the creation of the only third-party certification for Pilates, the educational standards and the mechanism by which to approve schools that meet these standards (the Pilates School Approval Program).

Ray then established the next step for the Pilates industry: standards for teacher trainers. As a preface to the introduction of the progress made in this area, Ray introduced three Pilates teacher trainers: Deborah Mendoza, Jolita Trahan and Shelly Power.

They all shared their story on how they became teacher trainers and how they form the current generation of teacher trainers, which illustrated the differences and the commonalities that currently exist in the training of Pilates teachers. Their testimonials also showed the need for common standards.

Orianne introduced the standards that the taskforce, comprised of herself, Ray Infante, Deborah Mendoza, Jolita Trahan and Shelly Power, are in the process of developing. She explained how the standards are structured.

Managing a Classroom for Student Success (Workshop 1, Nov. 6, 2020, 2pm-3pm)

Presented by Jolita Trahan and Shelly Power

This workshop discussed how to achieve successful classroom management by creating a learning environment with clear expectations that is free of behaviors that detract from the learning experience. Jolita and Shelly discussed proactive strategies, preventative measures and positive solutions to nurture classroom dynamics that are conducive to effective teaching and learning. They introduced methods to help neutralize potential disruptive behaviors and they discussed standard 2: learning environments.

The Role of Standards: Determining Competency for Teacher and Teacher Trainers (Workshop 2, Nov.7, 2020, 12pm-1pm)

Presented by Orianne Tairum and Ray Infante

In this workshop, Orianne and Ray defined standards and explained how objective measures of competency are constructed. They emphasized the importance of objectivity and compared the structure of standards used by the National Pilates Certification Program to standards for teacher trainers. They explained how assessments created using objective standards differ from those used in educational settings.

Essential Aspects of Being an Educator (Workshop 3, Nov. 7, 2020, 1.30pm-2.30pm)

Presented by Deborah Mendoza and Jolita Trahan

This workshop discussed what it means to be an educator. Deborah and Jolita analyzed the skills necessary to embody this role and examined the responsibility educators have to the future development of the Pilates industry. They explored the impact diverse teaching styles have on the classroom environment and on the effective learning experience of students. They presented strategies that build learner ownership. Deborah and Jolita discussed standard 1 (learner development) and standard 5 (planning for instruction).

Exploring the Learning Process for Effective Teaching (Workshop 4, Nov. 8, 2020, 12pm-1pm)

Presented by Deborah Mendoza and Shelly Power

This workshop explored how different learning styles can affect the learning process. Deborah and Shelly discussed how different approaches can help teacher trainers create effective learning opportunities. They also presented techniques to build curriculum that supports a variety of learning styles. Deborah and Shelly reviewed standard 5: planning for instruction.

The Importance of the Role of Educators (Closing Session, Nov. 8, 2020, 1.30pm-2.15pm)

Presented by Orianne Tairum, Ray Infante, Deborah Mendoza, Jolita Trahan and Shelly Power.

Orianne started with a reflection on how education sciences have evolved over the years. Each student is now recognized as an individual with unique needs, with a social and cultural background and with unique interests. She explained that standards for teacher trainers are aligned with these developments as they address topic like learner development, learning environment and student progress.

She also talked about how the role of educators has become broader: educators now work with community members, politicians and professional associations to set standards for knowledge, schools, teachers and the profession.

Deborah Mendoza, Jolita Trahan and Shelly Power then shared their personal experience as teacher trainers and mentioned the different roles they took on in addition to being educators (such as members of the PMA board of directors or commissioners of the NPCP certification commission).

Ray ended the session by reminding attendees that it is educators that drive industry development.

Conclusion:

For the first time, the Summit was held virtually and discussed the idea of standards for teacher trainers. Each session had a Q&A, giving attendees a chance to interact with the presenters. At the time of the Summit, standards for teacher trainers were not finalized. The taskforce plans to finish and present its complete work in 2021.