

## Choosing the Right Pilates Comprehensive Teacher Training School

### A Guide for Future Teachers

The journey to becoming a certified Pilates teacher is both rewarding and demanding. To help you find the best Pilates teacher training program for your needs, we have provided a list of schools that claim to meet the necessary criteria to sit for the NPCP Comprehensive Exam. Please note that this list of schools is not sanctioned or endorsed by the NPCP, as it is not our role to do so. It is your responsibility as a prospective student to thoroughly research and verify that the school meets the required standards for certification.

To further assist you in making an informed decision, we have compiled a list of important questions to ask the directors of the schools you are considering. These questions will help you assess whether the program aligns with both the NPCP standards and your personal goals as a Pilates Teacher. Remember, the quality of your education is crucial, so take the time to find a program that best fits your needs.

#### **Disclaimer:**

*The NPCP provides the list of schools for informational purposes only. Although we have verified these schools, we do not endorse any school's compliance with the NPCP's requirements. **It is up to each student to confirm that their chosen school meets the necessary standards for sitting for the comprehensive exam.***

*This list is a helpful guide to get you started, but it's not exhaustive, and not every question may be relevant to your specific needs. Use it as a foundation to ask what matters most to you when choosing the right program.*

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## Questions to Ask Before Registering for a Pilates Teacher Training Program

### About the Program

#### **1) Is this program recognized as meeting the criteria to sit for the NPCP Comprehensive Exam?**

Confirm whether the school's curriculum meets the NPCP educational requirements (e.g., total hours, anatomy instruction, observation, practice teaching, etc.). *Pilates Comprehensive eligibility requirements [here](#).*

#### **2) How many total hours of training does the program include? (min 450 hrs required for comprehensive exam)**

Ask for details on classroom instruction, observation hours, and practice teaching requirements.

#### **3) Does the program cover the full Pilates repertoire? (Mat, Reformer, Trapeze Table/ Cadillac, Wunda Chair, Ladder Barrel, Spine Corrector, Magic Circle)**

Ensure that the program provides comprehensive training, not just Mat or Reformer.

#### **4) What are the prerequisites for enrolling in this program?**

Find out if prior Pilates experience or anatomy coursework is required.

#### **5) Does the program offer specialized training for working with special populations, such as seniors, pregnant clients, or individuals with specific health conditions?**

Inquire about whether special population modules are included in the program and if they require additional hours or costs.

#### **6) What is the predominant style of Pilates taught in this program (Classical, Contemporary, hybrid, athletic, etc.)?**

Confirm that the style aligns with your interests and intended approach to teaching.

#### **7) What happens if I miss part of the course due to unforeseen circumstances?**

Ask about the program's makeup policy, including any associated fees for rescheduling missed sessions.

**8) What is the total cost of the program?**

- Tuition: What is the base cost of the program?
- Additional fees: Are there registration fees, exam fees, or certification costs?
- Materials: Are course materials like manuals, videos, or props included in the cost, or do they need to be purchased separately?

**9) Are payment plans available?**

- Can the total cost be paid in installments? If so, what is the schedule and any interest or fees associated with the payment plan?
- Is there a discount for paying in full upfront?

**10) Are there additional costs beyond the training program?**

- Workshops and Continuing Education: Will additional workshops or continuing education be required during or after the training? If so, what is the typical cost?
- Practice hours: Are trainees expected to pay for studio time to complete required practice hours? If not, what is the arrangement for completing these hours?
- Observation hours and private instruction: Are there additional costs for observation hours, using the studio for practice, or required private instruction?

**11) Is financial aid or scholarship support available?**

- Does the program offer any financial aid or scholarships for students in need?
- Are there external grants or scholarships that the training program can recommend or partner with?

**12) Are there any hidden costs or additional requirements?**

- Are there other expenses for travel, accommodations, or workshops not included in the tuition?
- Does the program recommend or require specific apparel or equipment?

**13) What is the refund policy?**

- If I am unable to complete the program, is there a refund or credit policy?
- What is the process for withdrawing from the program?

## About the Teachers

**1) What are the qualifications and experience of the lead teacher trainers?**

Ask about their background, teaching experience, and certifications. Ensure that they are seasoned professionals with substantial teaching hours and mentoring experience.

**2) How many teacher trainers are involved in the program, and what is their role?**

Clarify whether multiple teachers are involved in the teaching process and who will oversee your progress.

## Class Structure & Learning Environment

**1) What is the size of each training cohort?**

A smaller class size can allow for more individualized attention, while larger groups may offer less personal feedback.

**2) What is the ratio of students to teachers in both practical and theory classes?**

Understanding this ratio will give you a sense of how much direct interaction you'll have with your teachers.

**3) Is the program conducted in-person, online, or as a hybrid of both?**

If it's hybrid or online, ask about how the practical teaching components are handled.

## Additional Support & Requirements

**1) What kind of ongoing support is provided to students during and after the program?**

Inquire if the school offers mentorship, job placement assistance, or continued education opportunities.

**2) Is there a mentorship or apprenticeship component to the training?**

Mentorship can be an invaluable part of your training, providing direct feedback and guidance from experienced teachers.

**3) Does the program provide opportunities for practice teaching, observation, and feedback?**

Make sure you'll have the chance to practice teaching under supervision and receive feedback to help you grow.

**4) Are there any additional costs for practice teaching or observation hours?**

Understand if there is an extra fee for using the studio for practice teaching, observation hours, or any required private instruction.

**5) Does the program offer job placement assistance or connections to Pilates studios after certification?**

Ask if the school helps with finding employment or provides connections to local studios.

**6) What are the anticipated costs of maintaining certification?**

Does maintaining certification require annual fees or continuing education credits? How much should you expect to spend annually to stay certified?

## Personal Considerations

**1) How does this program align with my personal and professional goals as a Pilates teacher?**

Reflect on whether this program fits your long-term aspirations, including the style of Pilates you wish to teach and the type of clientele you want to serve.

**2) What is the program's teaching philosophy, and how does it approach Pilates education?**

Ensure the school's philosophy aligns with your own views on teaching and learning Pilates.

**3) How does the program handle assessments and exams?**

Ask about the structure of both practical and written exams, as well as any assessments that are required throughout the course.

**4) Can I speak with past graduates of the program?**

Connecting with alumni can provide valuable insight into the program's strengths and any potential challenges.

**5) What is the average starting salary for graduates of this program, and how long does it typically take to recoup the investment in training?**

If possible, ask about job placement rates and expected earnings post-certification.

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By asking these questions, you can gather the information needed to make the best decision for your Pilates teaching career. Remember, the right school is the one that meets both the professional standards set by NPCP and your personal learning style and goals.