

# **North American Pilates & Movement Institute (NAPMI)**

## **Comprehensive Pilates Instructor Training Program (600 Hours) Level 1**

**Program Overview:** A comprehensive Pilates instructor training program combining in-studio training based on classical and contemporary methods, preparing students for the NCPT exam.

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**Total Hours: 660**

<b>Category</b>	<b>Hours</b>
Lecture/Instruction (in-studio)	240
Self-Practice	120
Practice Teaching	120
Observation Hours	60
Anatomy & Biomechanics	40
Postural Assessment/Movement Safety & Emergency Response (BLS + First Aid)	40
<b>Total</b>	<b>600</b>

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### **Module Breakdown:**

#### **1. Matwork (Essential & Intermediate) – 100 Hours**

- 45 hrs Instruction
- 20 hrs Practice Teaching
- 20 hrs Self-Practice
- 15 hrs Observation

#### **2. Reformer (Essential & Intermediate) – 140 Hours**

- 55 hrs Instruction
- 30 hrs Practice Teaching
- 30 hrs Self-Practice
- 25 hrs Observation

#### **3. Cadillac/Trapeze Table – 80 Hours**

- 35 hrs Instruction
- 15 hrs Practice Teaching
- 15 hrs Self-Practice
- 15 hrs Observation

#### **4. Stability Chair – 60 Hours**

- 25 hrs Instruction
- 15 hrs Practice Teaching
- 10 hrs Self-Practice

- 10 hrs Observation

## **5. Barrels (Spine Corrector, Ladder Barrel, Arc) – 50 Hours**

- 20 hrs Instruction
- 15 hrs Practice Teaching
- 10 hrs Self-Practice
- 5 hrs Observation

## **6. Anatomy & Biomechanics – 40 Hours**

- 40 hrs Lecture

## **7. Postural Assessment & Movement Screening – 20 Hours**

- 20 hrs Instruction

## **8. Injuries, Special Populations & Contraindications – 50 Hours**

- 20 hrs Instruction
- 10 hrs Practice teaching
- 15 hrs Self- Practice
- 5 hrs Observation

## **9. Teaching Methodology, Cuing, Motor Learning – 20 Hours**

- 20 hrs instructions

## **10. Movement Safety & Emergency Response (BLS + First Aid) – 20 Hours**

- Basic Life Support (CPR & AED awareness)
- First aid principles
- Emergency response procedures in studio settings

## **11. Final teaching assessment - 20 hours**

- Practical teaching assessment after each module
- Final teaching assessment: 1 hour
- Written exam: 2 hours (100 points total)

## **Summary**

Module	Instruction	Practice Teaching	Self-Practice	Observation	Total
Matwork (Essential & Intermediate)	45 hrs	20 hrs	20 hrs	15 hrs	100 hrs
Reformer (Essential & Intermediate)	55 hrs	30 hrs	30 hrs	25 hrs	140 hrs
Cadillac/Trapeze Table	35 hrs	15 hrs	15 hrs	15 hrs	80 hrs
Stability Chair	25 hrs	15 hrs	10 hrs	10 hrs	60 hrs

Barrels (Spine Corrector, Ladder Barrel, Arc)	20 hrs	15 hrs	10 hrs	5 hrs	50 hrs
Anatomy & Biomechanics	40 hrs	—	—	—	40 hrs
Injuries, Special Pops, Contraindications	20 hrs	10 hrs	15 hrs	5 hrs	50 hrs
Teaching Methodology	10 hrs	—	—	—	20 hrs
Assessments	—	—	—	—	20 hrs
<b>Total</b>	<b>280 hrs</b>	<b>105 hrs</b>	<b>100 hrs</b>	<b>75 hrs</b>	<b>600 hrs</b>

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### **Class Schedule (16 Weeks):**

- Mon/Wed/Fri: 3.5 hrs/day (Lecture & Apparatus Training)
  - Tues/Thurs: 2 hrs/day (Practice Teaching, Observation)
  - Saturday: 4 hrs (Workshops + Anatomy Focus)
  - Sunday: Self-practice or optional review
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### **Assessment Forms:**

1. **Practical Skills Checklist**
    - Proficiency in Mat/Reformer/Cadillac/Chair/Barrel
    - Safety, cueing, progression/regression strategies
  2. **Written Exam**
    - 50 multiple-choice questions worth 1 point each (50 points)
    - Identification section (20 points)
    - Short essay questions (30 points)
    - Total: 100 points
    - Topics: Anatomy, Biomechanics, Teaching Methodology
    - Passing score: 80%
  3. **Final Teaching Assessment**
    - Teach a 1-hour class
    - Scored on structure, clarity, adaptability, and safety
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**Completion:** Upon finishing all requirements, students will receive a certificate of completion from the North American Pilates & Movement Institute

### **Documentation requirements:**

All students are required to maintain complete documentation, including:

- Self practice logs
- Observation records
- Practice teaching hours
- Instructor sign offs and feedback

**Note:** Documentation (logs, sign-offs, feedback) is essential. Keep all records in your own binder.