

ACCREDITATION HANDBOOK

International Pilates Instructorship Certification System

North American Pilates & Movement Institute (NAPMI)

SECTION 1 — INSTITUTIONAL OVERVIEW

1.1 About NAPMI

The **North American Pilates & Movement Institute (NAPMI)** is an international education and certification authority dedicated to advancing professional standards in Pilates and movement instruction.

NAPMI provides structured, comprehensive instructor education grounded in **classical Pilates principles**, contemporary movement science, and professional teaching methodology. All programs emphasize safety, ethical responsibility, and readiness for professional practice in international studio environments.

1.2 Mission

NAPMI's mission is to establish and uphold **international standards of excellence** in Pilates and movement education through rigorous, safety-driven, and professionally accountable training systems.

1.3 Educational Philosophy

NAPMI's education framework is guided by the following principles:

- Integration of **classical and contemporary Pilates methodology**
 - Emphasis on **movement quality, control, alignment, and breath**
 - Application of **functional anatomy, biomechanics, and load management**
 - Development of **effective teaching, cueing, and motor learning skills**
 - Clear adherence to **non-clinical scope of practice**
 - Commitment to **professional ethics and duty of care**
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SECTION 2 — CERTIFICATION FRAMEWORK

2.1 Stand-Alone, Tiered Certification Model

NAPMI offers a **tiered, stand-alone certification system** consisting of three independent professional credentials:

- **Level 1 — International Pilates Foundational Instructorship Certification**
- **Level 2 — Tenured Practice Instructorship Certification**
- **Level 3 — Special Cases & Advanced Applications Certification**

Each level is **professionally complete and independently recognized**. Progression between levels is optional and not required for professional practice eligibility.

2.2 International Positioning & Third-Party Certification

NAPMI certification programs are designed to prepare graduates for **professional Pilates instruction at an international standard** and for eligibility to pursue **third-party international certification examinations**, including those administered by the **National Pilates Certification Program (NPCP)**.

NAPMI maintains independent assessment standards and does **not guarantee examination outcomes**.

SECTION 3 — LEVEL 1: INTERNATIONAL PILATES FOUNDATIONAL INSTRUCTOrship CERTIFICATION

3.1 Program Positioning

Level 1 is a **complete, stand-alone professional certification**.

Completion of Level 1 alone prepares graduates to teach Pilates professionally in studio environments worldwide.

3.2 Scope of Practice — Level 1

Graduates are qualified to:

- Teach Mat and apparatus-based Pilates to apparently healthy individuals
- Conduct private and group sessions in professional studios
- Apply basic postural assessment to exercise selection and cueing
- Design safe, structured Pilates programs
- Modify exercises within recognized non-clinical scope

Graduates are **not trained to diagnose, treat, or rehabilitate medical conditions**.

3.3 Program Hours — Level 1 (600 Hours)

- Lecture & Instruction (In-Studio): 240
 - Self-Practice: 120
 - Practice Teaching: 120
 - Observation: 60
 - Anatomy & Biomechanics: 40
 - Postural Assessment: 20
 - Movement Safety & Emergency Response (BLS + First Aid): 20
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3.4 Level 1 Learning Outcomes

Graduates will be able to:

- Demonstrate technical proficiency across Mat and essential Pilates apparatus
 - Apply functional anatomy and biomechanics to instruction
 - Conduct basic postural and movement assessments
 - Design safe Pilates programs for individuals and groups
 - Apply effective cueing and motor learning strategies
 - Respond appropriately to basic movement-related or medical emergencies
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SECTION 4 — LEVEL 2: TENURED PRACTICE INSTRUCTOrship CERTIFICATION

4.1 Program Positioning

Level 2 advances instructors to **intermediate—advanced professional practice**, emphasizing program design, progression, and teaching mastery.

This level is a **stand-alone credential** and is not required for professional teaching eligibility.

4.2 Scope of Practice — Level 2

Graduates are qualified to:

- Teach intermediate to advanced Pilates repertoire
 - Design long-term, progressive Pilates programs
 - Apply load management and progression principles
 - Modify programming for diverse capacities and goals
 - Demonstrate refined professional teaching presence
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4.3 Program Hours — Level 2 (600 Hours)

- Lecture & Instruction (In-Studio): 220
 - Self-Practice: 140
 - Practice Teaching: 140
 - Observation: 60
 - Anatomy, Pathology & Load Management: 40
 - Program Design & Progression: 40
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4.4 Level 2 Learning Outcomes

Graduates will be able to:

- Design structured, progressive Pilates programs
 - Apply regression and progression strategies with precision
 - Integrate motor learning principles into advanced teaching
 - Teach confidently across intermediate–advanced apparatus
 - Demonstrate professional adaptability across teaching contexts
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SECTION 5 — LEVEL 3: SPECIAL CASES & ADVANCED APPLICATIONS CERTIFICATION

5.1 Program Positioning

Level 3 prepares instructors to work with **special populations and complex movement presentations**, while maintaining strict non-clinical boundaries.

5.2 Scope of Practice — Level 3

Graduates are qualified to:

- Apply Pilates principles to special populations within non-clinical scope
 - Identify contraindications and referral indicators
 - Design individualized programs for complex movement cases
 - Communicate effectively with allied health professionals
 - Demonstrate ethical and professional judgment
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5.3 Program Hours — Level 3 (600 Hours)

- Advanced Instruction & Workshops: 200
- Self-Practice: 150
- Practice Teaching: 150
- Observation: 50
- Special Populations & Case Studies: 30

- Ethics, Scope & Referral Systems: 20
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5.4 Level 3 Learning Outcomes

Graduates will be able to:

- Apply Pilates safely to special populations
 - Conduct advanced postural assessment and movement analysis
 - Design case-based programs for complex presentations
 - Identify red flags requiring referral
 - Uphold ethical and professional standards
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SECTION 6 — TEACHING & ASSESSMENT STANDARDS

6.1 Assessment Methods

Assessment methods include:

- Practical teaching assessments
 - Apparatus skill demonstrations
 - Written examinations
 - Case-based programming evaluations
 - Final teaching assessments (1-hour class delivery)
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6.2 Passing Standards

- Minimum passing score: **80%**
 - Completion of all required hours and documentation
 - Remediation may be required for unmet competencies
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SECTION 7 — SAFETY & PROFESSIONAL RESPONSIBILITY

All certification levels include instruction in:

- Basic Life Support (CPR & AED awareness)
 - First Aid principles
 - Emergency response procedures in studio settings
 - Instructor duty of care and professional decision-making
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SECTION 8 — ETHICS, SCOPE & REFERRAL

NAPMI instructors are trained to:

- Operate strictly within non-clinical scope
 - Avoid diagnosis or treatment of medical conditions
 - Refer clients to qualified healthcare professionals when appropriate
 - Maintain professional boundaries and confidentiality
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SECTION 9 — DOCUMENTATION & QUALITY ASSURANCE

9.1 Documentation Requirements

Candidates must maintain:

- Self-practice logs
 - Observation logs
 - Practice teaching records
 - Instructor evaluations and sign-offs
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9.2 Quality Assurance

NAPMI maintains:

- Curriculum review protocols
 - Instructor and assessor qualification standards
 - Assessment consistency across cohorts
 - Ongoing program evaluation and improvement
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APPENDICES

APPENDIX A — APPEALS POLICY

NAPMI provides a fair and impartial appeals process for assessment or administrative decisions. Appeals must be submitted in writing within **14 calendar days**, reviewed by an independent panel, and resolved within **30 calendar days**. Decisions are final.

APPENDIX B — REMEDIATION POLICY

Candidates scoring **70–79%** or demonstrating partial competency may undergo structured remediation. A maximum of **two reassessment attempts** is permitted per competency. All remediation is documented.

APPENDIX C — RE-CERTIFICATION & CONTINUING PROFESSIONAL DEVELOPMENT

Certifications are valid for **two (2) years**. Re-certification requires:

- Minimum **16 CPD hours**
 - Current **BLS & First Aid**
 - Professional conduct declaration
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APPENDIX D — CERTIFICATION TITLES & USAGE

- **NAPMI Certified Pilates Instructor — Level 1**
(International Pilates Foundational Instructorship Certification)
- **NAPMI Certified Pilates Instructor — Level 2**
(Tenured Practice Instructorship Certification)
- **NAPMI Certified Pilates Instructor — Level 3**
(Special Cases & Advanced Applications Certification)

Titles may be used **only while certification is active**.

NPCP-ALIGNED POSITIONING STATEMENT

NAPMI certification programs prepare candidates for professional Pilates instruction and eligibility to pursue third-party certification examinations. NAPMI does not guarantee examination outcomes and maintains independent assessment standards.

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