



Pilates Mat Syllabus

Course Overview

The Pilates Mat Teacher Training provides participants with the knowledge, practical skills and teaching experience needed to safely and effectively teach Pilates Mat to individuals and groups, from beginner through to advanced level.

Starting with the foundations and principles of Pilates, the training combines functional anatomy with the Pilates Mat repertoire, including modifications and progressions.

The course aims to develop a strong understanding of the Pilates Method alongside the practical teaching, communication and class-planning skills needed to confidently teach Pilates.

Course Content

The Pilates Mat Teacher Training covers:

- Pilates history, philosophy and principles
- Pilates fundamentals
- Pilates breathing and the anatomy of breathing
- Applied anatomy for Pilates
- Pilates warm-up exercises
- Pilates Mat exercises from fundamental to advanced level
- Exercise set-up and execution
- Modifications and progressions
- Teaching skills and effective cueing
- Verbal and visual communication
- Postural analysis and its application to Pilates
- Class planning and sequencing
- Cautions and contraindications
- General health and safety
- Advanced Pilates exercises
- Small equipment
- Individual case studies and applied Pilates
- Business, hospitality and professional ethics

Practical Pilates Repertoire

Throughout the training, participants explore the Pilates Mat repertoire in detail, including:

- Supine exercises
- Articulating exercises
- All-fours exercises
- Plank-based exercises
- Seated exercises
- Prone exercises

- Side-lying exercises
- Fundamental and beginner exercises
- Intermediate and advanced exercises
- Modifications and progressions
- Small-equipment variations

Practical sessions combine personal practice, exercise analysis, demonstration and teaching practice.

Anatomy & Physiology

The training includes a Pilates-specific anatomy module focusing on the practical application of anatomy to Pilates movement and teaching.

To receive Pilates Mat certification, trainees must also hold a recognised **Level 3 Anatomy & Physiology qualification or equivalent**.

Trainees who already hold an appropriate A&P qualification through a relevant health or fitness qualification do not need to complete an additional general A&P course.

Those who do not already hold the required qualification can complete a supplementary online **Level 3 Anatomy & Physiology course** through our education partner.

The A&P qualification must be completed before Pilates Mat certification can be issued.

Prerequisites

Participants must have completed a minimum of **20 Pilates classes** before commencing the training.

This ensures trainees begin the course with an appropriate level of familiarity with Pilates Mat exercises and principles.

Observation Hours

All trainees are required to complete **12 Pilates Mat classes** as a student or apprentice, commencing from Day 1 of the training.

Classes must:

- Be Pilates Mat classes
- Be completed with a qualified Pilates teacher or teachers of your choice
- Be recorded in the logbook provided by PTTI
- Be completed within **6 months**

Observation hours must be completed before certification can be issued.

Assessment

To successfully complete the Pilates Mat Teacher Training, trainees must complete:

- A written assessment
- A demonstration assessment
- A teaching assessment

The required pass mark for each assessment is **70%**.

Trainees must also complete all required observation hours and hold the required Anatomy & Physiology qualification before certification can be issued.

If an assessment is not passed, trainees will have the opportunity to retake or resubmit the relevant assessment during a future assessment window. Additional fees may apply.

Attendance

A minimum of **90% attendance** is required to successfully complete the training.

If a trainee falls below the required attendance, missed hours must be made up with a PTTI tutor before certification can be issued. Additional fees may apply.

Live Zoom sessions should be attended where possible. Recordings are available for **2 months**.

Certification

Certification is awarded once the trainee has successfully:

- Completed the required training
- Met the minimum **90% attendance requirement**
- Achieved a minimum of **70% in each required assessment**
- Completed the required **12 observation hours**
- Provided evidence of the required Anatomy & Physiology qualification

The Pilates Mat Teacher Training is endorsed by the **International Institute for Complementary Therapists (IICT)**.

The qualification currently allows successful graduates to teach in **25 countries worldwide**.

Graduates are qualified to teach Pilates Mat in person and online, to individuals and groups from beginner through to advanced level, including the use of small equipment.

Course Materials

All required course materials are provided as part of the training.

Trainees also receive access to supporting online content, including:

- Pilates practice and teaching labs
- Pilates breathing tutorials
- Pilates anatomy content
- A selection of Pilates classes

