

PHI® Pilates

**Comprehensive Teacher Training
Program**

**Student Handbook
Effective: 07-01-2026**

Table of Contents

<i>Welcome</i>	3
<i>About PHI Pilates</i>	3
<i>Our Educational Philosophy</i>	3
<i>Program Goals.....</i>	4
<i>Admissions & Prerequisites.....</i>	4
<i>Program Format</i>	4
<i>Curriculum</i>	5
<i>Practical Experience Requirements</i>	11
<i>Attendance Policy.....</i>	12
<i>Student Expectations</i>	12
<i>Academic Integrity</i>	13
<i>Scope of Practice.....</i>	13
<i>Tuition, Transfers & Refund Policy.....</i>	13
<i>National Certification</i>	14
<i>Continuing Education.....</i>	14
<i>Contact Information</i>	14
<i>Forms and Templates for Logging Hours</i>	15

Welcome

Welcome to the PHI Pilates Comprehensive Teacher Training Program.

Congratulations on taking the next step toward becoming a highly educated Pilates professional.

Whether your goal is to teach Pilates in a fitness environment, integrate Pilates into healthcare, or prepare for the National Pilates Certification Program (NPCP) examination, PHI Pilates is committed to providing an evidence-informed educational experience that combines the original principles of Joseph Pilates with modern movement science.

Throughout your education you will learn not only how to perform Pilates exercises, but more importantly how to critically evaluate movement, adapt exercises for individual needs, and safely teach clients across a variety of populations.

We are excited to be part of your professional journey.

About PHI Pilates

PHI Pilates was founded in 1997 and has educated Pilates professionals around the world for more than three decades. Developed by physical therapists, the PHI Pilates curriculum combines the original work of Joseph Pilates with current research in biomechanics, rehabilitation, motor learning, and movement science.

Our instructors include licensed healthcare professionals and nationally certified Pilates educators committed to providing the highest quality education.

Our Educational Philosophy

At PHI Pilates, we believe:

- Pilates is a movement education system rather than simply an exercise program.
 - Every client deserves individualized instruction.
 - Safe movement is built upon sound biomechanics.
 - Evidence-based practice should guide teaching decisions.
 - Lifelong learning is essential for every instructor.
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Program Goals

Upon completion of the Comprehensive Teacher Training Program students will be able to:

- Teach Pilates safely and effectively.
 - Modify exercises for different populations.
 - Design progressive Pilates programs.
 - Demonstrate professional teaching skills.
 - Recognize contraindications and precautions.
 - Work within their professional scope of practice.
 - Prepare for the NPCP Certification Examination.
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Admissions & Prerequisites

Each course has specific prerequisites.

To complete the Comprehensive Program students must have:

- Pilates Mat Level I (or approved equivalent)
- College-level Anatomy and Physiology

Healthcare professionals are welcome.

Students without anatomy coursework may complete an approved PHI home study or online anatomy course before progressing. Please contact info@phipilates.com to inquire about this.

Program Format

The Comprehensive Program is delivered in a modular format.

Students may attend:

- In person
- Live online through Zoom

Students attending virtually must:

- Have access to all required equipment
- Keep cameras on throughout class

- Participate fully in all practical sessions

Every course includes:

- Online learning modules
 - Practical instruction
 - Competency assessment
 - Practical examinations
 - Written examinations where required
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Curriculum

The PHI Pilates comprehensive training program is designed to be completed one weekend at a time to allow students to learn at their own pace. The courses may be attended live or synchronously through zoom. On successful completion of each course content, practical exam and written exam, students will receive a certificate of completion via email. Students must pass all written tests with a score of at least 70%. Multiple attempts on both the written and practical exams are permitted. Final course certificates are all maintained in our Accredible system. If you should need a new copy of your certificate of completion, you can access it at any time by logging into the Accredible website through this link:

<https://certificates.phipilates.com/issuer/20732/credentials>

PHI Pilates Mat Level I

This 20-hour course includes virtual modules and a 2-day practical workshop (may be attended synchronously via zoom at some locations). This course is the first step to prepare the instructor to teach the original Mat exercises developed by Joseph H. Pilates.

Participants will learn how to properly align the body in any body position and will leave with an understanding of how and when to modify or progress the exercises for the general population. This course includes a practical exam and an online written exam. This is the first course required for all PHI Pilates trainings.

Course Objectives:

1. Student will be able to demonstrate and explain the concepts of neutral spine and neutral pelvis as they apply to the exercises of Joseph Pilates.
2. Student will be able to instruct patients in a Pilates based personal training or rehabilitation session depending on their specialty.

3. Student will present modifications and building blocks to teaching the mat exercises.
4. Student will be able to demonstrate effective Pilates-based breathing.
5. Student will list conditions that would benefit from Pilates exercise and specific exercises for common conditions.
6. Student will be able to demonstrate Pilates style breathing and standing posture.

Pre-requisites: College level anatomy and physiology or recommended coursework.

Required textbook: Pilates Mat Work for Fitness and Rehabilitation Professionals 2nd Edition

Tuition: \$475.00

PHI Pilates Mat Level II

This 10-hour course includes asynchronous online modules and a 1-day practical workshop. Pilates Mat Level II will lay the foundation for critical thinking for the Mat Pilates instructor. Less emphasis is placed on the performance of advanced level exercises, and more emphasis is placed on preparing the instructor to handle the challenging participant. Participants will learn to develop a program that will meet client goals, adjust to special needs, mix advanced and beginner students, and some new advanced exercises. This course includes an online written exam through PHI Pilates Connect.

Course Objectives:

1. Participants will report general contraindications and indications for Pilates exercise with clients who have osteoporosis, total joint replacements, arthritis and other conditions.
2. Participants will demonstrate modifications for special populations including seniors with Pilates mat exercises.
3. Participants will demonstrate the advanced level mat exercises with builds and modifications.
4. Participants will identify and describe common postures in participants and choose appropriate mat-based exercises for each posture.
5. Participants will demonstrate appropriate actions within their scope of practice with special populations.

Pre-Requisites: Pilates Mat Level I

Required textbook: Pilates Mat Work for Fitness and Rehabilitation Professionals 2nd Edition

Tuition: \$350.00

PHI Pilates Mat with Props

This 10-hour course includes asynchronous online modules and a 7-hour practical workshop that teaches choreography to simulate Pilates exercises using the ring and foam roller. These exercises are designed for group Mat work, personal training, or rehabilitation and will provide many creative ideas for modification and progression of traditional Mat exercises.

Course Objectives:

1. Participants will demonstrate 20 Pilates exercises using the foam roller.
2. Participants will demonstrate 20 Pilates exercises using the ring.
3. Participants will describe the use of a prop for support, feedback or challenge.
4. Participants will be able to create a group class or private session using the foam roller and ring.

Pre-Requisites: Pilates Mat Level I

Required Textbook:

Tuition: \$350.00

PHI Pilates Reformer Foundations I

This 20-hour course includes asynchronous virtual modules, an online written exam and a 14-hour practical workshop. The basic foundations of teaching on the Reformer apparatus are introduced as well as proper use and maintenance of the equipment. Participants will learn to use the moving carriage to teach proper movement patterns and progress or modify a client's exercise program. After completing this course, the instructor will be able to create a basic group Reformer class. This course includes a practical exam and an online written exam and is a required course in the curriculum progressing to full Pilates training through PHI Pilates.

Course Objectives:

1. Student will be able to list benefits of Pilates based exercise and know its origin.
2. Student will be able to operate the reformer safely and understand maintenance.
3. Student will be able to describe the Powerhouse and teach neutral spine to a client.
4. Student will be able to effectively teach 28 basic exercises.
5. Student will be able to demonstrate modifications of exercises.
6. Student will be able to list methods of client retention.
7. Using the program and class format provided with the course, the student will be able to create and instruct an effective basic reformer class or private session.

Pre-Requisites: Pilates Mat Level I

Required Textbook: Reformer Reformation

Tuition: \$699.00

PHI Pilates Reformer Foundations II

This 20-hour course includes asynchronous virtual modules and a 14-hour practical workshop that will prepare the Pilates instructor to teach more advanced Reformer classes and personal training sessions on the Reformer. A discussion on developing client goals based on posture is included as well as more advanced Reformer choreography. This course includes a practical exam. Reformer Foundations II is a required course in the curriculum toward full Pilates training through PHI Pilates.

Course Objectives:

1. Student will be able to effectively teach 32 intermediate exercises.
2. Student will be able to demonstrate modifications for exercises.
3. Student will be able to design and carry out a 1 hour personal training workout for a client on the reformer.
4. Student will be able to demonstrate exercises using the jump board and box for variety and progression.
5. Student will understand layering of exercises for progression in the group and personal training workout.
6. Student will be able to evaluate a client's posture and decide which exercises would help to create a balanced body.

Pre-Requisites: PHI Pilates Mat Level I & PHI Pilates Reformer Foundations I

Required Textbook: Reformer Reformation

Tuition: \$699.00

PHI Pilates Reformer Foundations III

This 20-hour course includes asynchronous virtual modules and a 14-hour practical workshop that presents creative and effective choreography to add new life to your classes and privates. Exercises range from sport-specific to rehabilitative. We will explore the core, the shoulder girdle, the hip, the foot and the knee with exercises to enhance posture and promote healthy movement patterns while making your classes more interesting and challenging.

Course Objectives:

1. Participant will demonstrate 27 new innovative exercises on the reformer.
2. Participants will describe common problems in the lower extremity that can be identified by watching simple Pilates footwork.

3. Participants will design a Pilates reformer workout to address a certain postural type's needs.
4. Participants will describe the role of the latissimus dorsi and understand how being weak and tight can affect a participant's movement.
5. Participants will describe the role of the gluteus maximus and understand how being weak and tight can affect a participant's movement.

Pre-Requisites: PHI Pilates Mat Level I, PHI Pilates Reformer Foundations I, and PHI Pilates Reformer Foundations II

Required Textbook: Reformer Reformation

Tuition: \$699.00

PHI Pilates Wunda/Combo Chair Course

This 10-hour course includes a 7-hour practical session and 3 hours of asynchronous virtual education. Students will learn the original Chair exercises of Joseph H. Pilates and methods for modification and progression. These exercises can be combined for either a group exercise class or a personal training session. This course serves as a requirement for full training through PHI Pilates.

Course Objectives:

1. Participants will gain respect of a historical perspective of Joe Pilates.
2. Participants will demonstrate the safe use of the Pilates Chair both as an instructor and as a participant.
3. Participants will demonstrate the use of spring tension to increase or decrease the difficulty of a chair exercise.
4. Participants will explain the safe spinal progression of a chair class or session.
5. Participants will demonstrate teaching of 25 intermediate to advanced chair exercises.

Pre-Requisites: PHI Pilates Mat Level I

Required Textbook: The Pilates Chair: Challenging the Core

Tuition: \$399.00

PHI Pilates Arc and Barrel Course

This 10-hour course includes a 7-hour practical workshop and 3 hours of asynchronous virtual modules. It will enhance your Pilates skills by teaching the use of the Baby Arc and Spine Corrector (Low Barrel). Participants will explore the versatility of these two unique pieces and their ability to enhance a private training or build an innovative group class. They will leave with new choreography for clients that will build core strength and hip and spine mobility.

Course Objectives:

1. Participants will demonstrate 15 exercises on the low barrel.
2. Participants will demonstrate 15 exercises on the baby arc.
3. Participants will be able to create a 50-minute group class using the barrel and arc.
4. Participants will be able to perform a personal training session using the low barrel and arc.

Pre-Requisites: Pilates Mat Level I

Required Textbook: Pilates Using Small Props for Big Results

Tuition: \$399.00

PHI Pilates Tower/Cadillac Course

This 20-hour course includes a 14-hour practical workshop and asynchronous virtual modules. Choreography for the Tower/Cadillac is presented for either group exercise or personal training. Students will learn the original repertoire, exercise modifications and progressions, and new innovative combinations. This course is a requirement for full training with PHI Pilates.

Course Objectives:

1. Participants will demonstrate 15 exercises on the Tower and Cadillac.
2. Participants will describe and demonstrate safe use of the push through bar and safety strap.
3. Participants will describe the use of the different tensions and sizes of springs on the Tower/Cadillac.
4. Participants will create a beginner class on the Tower/Cadillac for a private session or group class.

Pre-Requisites: PHI Pilates Mat Level I

Required Textbook: Training on the Pilates Trapeze Table

Tuition: \$699.00

PHI Pilates Ladder Barrel: Dynamic Support for Mobility, Strength and Alignment

This course includes 3 hours of asynchronous online modules and 7-hours of practical workshop that introduces the foundational Pilates Ladder Barrel repertoire along with additional applications for movement restoration, postural alignment and functional conditioning. Participants will learn a variety of exercises, including modifications and progressions, to address individual needs and enhance movement efficiency.

Designed for immediate application, this course prepares instructors to confidently integrate Ladder Barrel exercises into both private sessions and group class environments. Emphasis is placed on proper technique, alignment, and effective cueing to support safe and meaningful outcomes for a wide range of clients.

Beginning in 2027, this course will be a required component of PHI Pilates comprehensive training in preparation for the NPCP exam.

Course Objectives:

1. Identify the parts and features of the Ladder Barrel, including safety considerations for its use and maintenance.
2. Demonstrate and effectively teach Ladder Barrel exercises, applying appropriate modifications for private and semi-private sessions.
3. Apply Ladder Barrel exercises to address common postural deviations and support postural correction.
4. Explain the benefits of the Ladder Barrel and determine appropriate applications for various populations.

Pre-requisites: PHI Pilates Mat Level I

Required Textbook: Included in PHI Pilates Connect APP

Tuition: \$400.00

NPCP CEU's: 7

Practical Experience Requirements

To qualify for the NPCP examination, students must complete a total of 450 educational hours.

These include:

Requirement	Hours
Didactic Education (PHI modular coursework)	150
Observation hours	75 minimum
Apprenticeship hours	75 minimum
Self-practice hours	75 minimum
Additional hours spread among within the categories above	75 minimum

Descriptions of the three types of Practical Experience:

Self-Practice Hours: These are hours that you spend taking classes from other teachers or doing online or video classes with experienced teachers such as our PHI Pilates Connect Workouts. This could also be time that you spend reading Joe Pilates' books or other research or publications on Pilates.

Apprenticeship Hours: These are hours spent teaching others. This can be a free lesson to a friend or group of family members or could be teaching at a facility under the direction of an approved Pilates teacher.

Observation Hours: These are hours you spend observing another approved/certified Pilates teacher teaching a class or a private session. You should not be participating in this class. Attending a conference or participating in a CEU course could also be counted for this category.

Students must document all practical experience before approval to sit for the NPCP examination. Please refer to the appendix for sample forms for recording your hours.

Attendance Policy

Students are expected to attend all scheduled instructional hours.

Students attending via zoom must have the camera on and be present at all sessions.

Because Pilates education builds progressively, missed instructional time may require makeup work before a certificate can be awarded.

Student Expectations

Students are expected to:

- Arrive on time.
- Dress professionally.
- Obtain necessary textbooks.
- Participate in practical activities.
- Practice respectful communication.
- Complete assigned online modules and tests.
- Complete required reading before class.
- Always demonstrate professionalism.

Academic Integrity

Students are expected to complete all examinations independently.

Cheating, plagiarism, falsification of practical experience logs, or misrepresentation of credentials may result in dismissal from the program.

Scope of Practice

PHI Pilates educates professionals from many backgrounds including:

- Physical Therapists
- Occupational Therapists
- Athletic Trainers
- Personal Trainers
- Fitness Professionals
- Group Exercise Instructors

Students are responsible for practicing only within the legal scope of their professional license or certification.

Completion of the PHI Pilates program does not expand an individual's legal scope of practice.

Tuition, Transfers & Refund Policy

- Tuition is subject to change.
 - Payment is due before class.
 - No refunds are issued.
 - Students cancelling within 14 days of the course may transfer once for a \$50 administrative fee.
 - Transfers are valid for one year.
 - Cancellation requests must be submitted in writing to PHI Pilates.
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National Certification

Completion of the PHI Comprehensive Program prepares students to apply for the National Pilates Certification Program (NPCP) examination.

Students are responsible for meeting all current NPCP eligibility requirements before applying.

Certification is renewed directly with the NPCP every two years.

Continuing Education

Professional learning continues after certification.

PHI Pilates encourages instructors to pursue advanced coursework, specialty certifications, conferences, and continuing education to maintain excellence throughout their careers.

PHI Pilates offers many continuing education opportunities including the annual PHI Pilates Rehab Summit, asynchronous courses via the PHI Pilates Connect APP, and live workshops at PHI training site locations. All of these opportunities are accredited by the NPCP.

Contact Information

PHI Pilates

Website: www.phipilates.com

Email: info@hipilates.com

Phone: 412-563-1807

Social Media: @hipilatesstudio

Apple/Android APP: PHI Pilates Connect

Forms and Templates for Logging Hours

PHI Pilates provides templates for logging your observation, apprenticeship and self-practice hours. A link to download the forms will be provided when you take your first Pilates course with PHI. These forms should be completed and retained for potential audit by NPCP when applying for the National Pilates Certification Exam.