

## Certification Course Log Requirements

This document outlines required Observation, Physical Review and Practice Teaching hours for all STOTT PILATES Certification courses.

A number of Observation, Practice Teaching and Physical Review hours are required for all STOTT PILATES Certification courses and should be completed prior to sitting for your STOTT PILATES examination. These hours must be logged outside of class time.

The Practice Logs must be submitted on your examination date (either written or practical examination). If the you fail to submit all the logs within seven (7) days from the last portion of the examination, the entire examination will be void.

### Observation Hours

Observation Hours can be logged during or after the course and can be accrued by watching a STOTT PILATES Certified Instructor teach clients, as well as observing the relevant course videos. We recommend that 80% of Observation hours be completed by watching a Certified Instructor teach. Please contact your nearest Training Center or STOTT PILATES Certified Instructor, to arrange for Observation.

### Physical Review

This means physically performing the exercises learned in class. Taking a class with a STOTT PILATES Certified Instructor or working out with video can qualify as Physical Review hours, and can be completed individually or with other students.

### Practice Teaching

Hours can be fulfilled by instructing family, fellow students, friends or clients through a workout designed for them based on the course materials.

**STOTT PILATES® Certification Courses**

| <b>Comprehensive Matwork &amp; Reformer [CMR]</b>  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>▶ 20 hours Observation (<i>minimum</i>)</li> <li>▶ 70 hours Physical Review (<i>minimum</i>)</li> <li>▶ 40 hours Practice Teaching (<i>minimum</i>)</li> <li>▶ 60 hours Apprenticeship performed upon completion</li> </ul> |   |   |
| <b>Intensive Mat-Plus™ [IMP]</b>   | <b>Intensive Reformer [IR]</b>  |   |
| <ul style="list-style-type: none"> <li>▶ 10 hours Observation (<i>minimum</i>)</li> <li>▶ 30 hours Physical Review (<i>minimum</i>)</li> <li>▶ 15 hours Practice Teaching (<i>minimum</i>)</li> </ul>  | <ul style="list-style-type: none"> <li>▶ 10 hours Observation (<i>minimum</i>)</li> <li>▶ 40 hours Physical Review (<i>minimum</i>)</li> <li>▶ 25 hours Practice Teaching (<i>minimum</i>)</li> </ul> |   |
| <b>Comprehensive Cadillac, Chair &amp; Barrels [CCCB]</b>  |   |   |
| <ul style="list-style-type: none"> <li>▶ 20 hours Observation (<i>minimum</i>)</li> <li>▶ 35 hours Physical Review (<i>minimum</i>)</li> <li>▶ 25 hours Practice Teaching (<i>minimum</i>)</li> <li>▶ 40 hours apprenticeship performed upon completion</li> </ul> |   |   |
| <b>Intensive Cadillac [ICAD]</b>   | <b>Intensive Stability Chair™ [ICAD]</b>  | <b>Intensive Barrels [IBRL]</b>   |
| <ul style="list-style-type: none"> <li>▶ 10 hours Observation (<i>minimum</i>)</li> <li>▶ 15 hours Physical Review (<i>minimum</i>)</li> <li>▶ 10 hours Practice Teaching (<i>minimum</i>)</li> </ul>  | <ul style="list-style-type: none"> <li>▶ 5 hours Observation (<i>minimum</i>)</li> <li>▶ 10 hours Physical Review (<i>minimum</i>)</li> <li>▶ 10 hours Practice Teaching (<i>minimum</i>)</li> </ul>  | <ul style="list-style-type: none"> <li>▶ 5 hours Observation (<i>minimum</i>)</li> <li>▶ 10 hours Physical Review (<i>minimum</i>)</li> <li>▶ 5 hours Practice Teaching (<i>minimum</i>)</li> </ul> |
| <p><b>Please note:</b> There are no hours required for Injuries &amp; Special Populations or Advanced Level courses at this time.</p>  |   |   |

**STOTT PILATES® Rehab Certification**

| <b>Spinal, Pelvic &amp; Scapular Stabilization: Matwork [RM1]</b>   | <b>Peripheral Joint Stabilization: Matwork [RM2]</b>  |
|---|---|
| <ul style="list-style-type: none"> <li>▶ 6 hours Observation (<i>minimum</i>)</li> <li>▶ 10 hours Physical Review (<i>minimum</i>)</li> <li>▶ 10 hours Practice Teaching (<i>minimum</i>)</li> </ul>  | <ul style="list-style-type: none"> <li>▶ 6 hours Observation (<i>minimum</i>)</li> <li>▶ 10 hours Physical Review (<i>minimum</i>)</li> <li>▶ 10 hours Practice Teaching (<i>minimum</i>)</li> </ul>  |
| <b>Spinal, Pelvic &amp; Scapular Stabilization: Reformer [RR1]</b>  | <b>Peripheral Joint Stabilization: Reformer [RR2]</b>   |
| <ul style="list-style-type: none"> <li>▶ 6 hours Observation (<i>minimum</i>)</li> <li>▶ 10 hours Physical Review (<i>minimum</i>)</li> <li>▶ 10 hours Practice Teaching (<i>minimum</i>)</li> </ul>  | <ul style="list-style-type: none"> <li>▶ 6 hours Observation (<i>minimum</i>)</li> <li>▶ 10 hours Physical Review (<i>minimum</i>)</li> <li>▶ 10 hours Practice Teaching (<i>minimum</i>)</li> </ul>  |
| <b>Spinal, Pelvic &amp; Scapular Stabilization: Cadillac, Chair &amp; Barrels [RCCB1]</b>   | <b>Peripheral Joint Stabilization: Cadillac, Chair &amp; Barrels [RCCB2]</b>  |
| <ul style="list-style-type: none"> <li>▶ 10 hours Observation (<i>minimum</i>)</li> <li>▶ 15 hours Physical Review (<i>minimum</i>)</li> <li>▶ 10 hours Practice Teaching (<i>minimum</i>)</li> </ul> | <ul style="list-style-type: none"> <li>▶ 10 hours Observation (<i>minimum</i>)</li> <li>▶ 10 hours Physical Review (<i>minimum</i>)</li> <li>▶ 10 hours Practice Teaching (<i>minimum</i>)</li> </ul> |