
NORTH AMERICAN PILATES INSTITUTE

Teacher Training Certification Standards

Comprehensive Teacher Training Program
600-Hour Curriculum Framework

Edition 2026 · Version 1.0

Effective: January 1, 2026

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ABOUT THIS DOCUMENT

This document constitutes the official Certification Standards of the North American Pilates Institute (NAPI) for its Comprehensive Teacher Training Program. It governs curriculum structure, hour requirements, assessment standards, competency frameworks, graduation criteria, and professional conduct expectations for all candidates enrolled in NAPI teacher training programs.

These Standards apply to all NAPI-authorized delivery sites, training directors, and candidates worldwide. Where local regulatory requirements differ, the more rigorous standard shall apply.

INSTITUTIONAL NOTICE

NAPI maintains recognition status with selected international professional organizations accredited by the National Commission for Certifying Agencies (NCCA). Current recognition details are available on the official NAPI website.

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I

Institutional Mission & Philosophy

The North American Pilates Institute (NAPI) exists to advance the art, science, and professional practice of Pilates through rigorous, principle-based teacher education. We believe that exceptional teaching is built upon an integrated foundation of anatomical knowledge, refined movement practice, and disciplined pedagogical skill.

NAPI's Comprehensive Teacher Training Program is designed to develop instructors who embody intellectual curiosity, professional integrity, and a commitment to lifelong learning — instructors who are not merely competent technicians, but thoughtful movement educators capable of serving diverse populations with safety, precision, and care.

Our standards reflect a belief that teacher training must be held to the same rigor as any serious professional education. The 600-hour curriculum framework reflects this commitment — exceeding minimum international benchmarks and positioning NAPI graduates among the most thoroughly prepared Pilates instructors in the profession.

Core Institutional Values

- Rigor without exclusion — high standards accessible to committed learners
- Evidence-informed pedagogy rooted in movement science
- Professional integrity in teaching, documentation, and conduct
- Inclusivity across body types, movement backgrounds, and learning styles
- Continuous refinement of standards in alignment with evolving best practices

II

Candidate Eligibility & Program Scope

Who This Certification Is For

NAPI's Comprehensive Teacher Training Program is designed for individuals who seek to teach Pilates at a professional level. The program is appropriate for:

- Fitness and wellness professionals seeking a rigorous Pilates credential
- Movement educators, dance artists, and somatic practitioners

- Physical therapists, rehabilitation specialists, and allied health professionals
- Personal trainers and group fitness instructors expanding their scope
- Career changers and dedicated practitioners pursuing professional teaching credentials

Admission Prerequisites

Candidates are expected to have a foundational familiarity with Pilates movement prior to enrollment. While prior formal training is not required, candidates should possess:

- Basic functional fitness and body awareness
- Capacity to engage in sustained movement practice throughout the program duration
- Commitment to the full 600-hour program requirement
- Professional conduct consistent with NAPI's Code of Ethics

Program Scope

The NAPI Comprehensive Teacher Training Program is a full-scope, apparatus-inclusive program covering Mat, Reformer, Cadillac, Wunda Chair, Ladder Barrel, and Spine Corrector, in addition to small apparatus and specialty applications. Upon successful completion, graduates are prepared to teach group and private Pilates sessions across studio, wellness, rehabilitation, and fitness environments.

III

Program Architecture & Hour Requirements

The NAPI Comprehensive Teacher Training Program requires a minimum of **600 documented contact and practice hours**, distributed across five defined training components. This structure ensures balanced development of theoretical knowledge, physical mastery, observational skill, and pedagogical confidence.

Training Component	Hours Required	% of Program
Lecture & Instruction	200	33.3%
Self-Practice	150	25.0%
Assisted Teaching	100	16.7%
Practice Teaching	100	16.7%
Observation	50	8.3%
TOTAL PROGRAM REQUIREMENT	600	100%

Weekend & Evening Pathway

NAPI's Weekend and Evening Pathway is designed for working professionals, career changers, and students who require scheduling flexibility without compromise to instructional rigor. The pathway combines weekday evening theoretical sessions with Saturday intensive laboratories and Sunday practice integration.

Session	Time Window	Max Hours	Primary Focus
Weekday Evenings (Mon–Fri)	6:00 PM onward	3 hrs/evening (up to 15/wk)	Lecture, anatomy, theory, exercise analysis, cueing
Saturday Intensive	Full day	8 hours	Practical labs, apparatus, supervised teaching
Sunday Practice	Half day	4 hours	Technique refinement, observation, self-practice

Illustrative Program Progression

Phase	Months	Primary Focus
Foundation	1–2	Lecture & Instruction · Exercise Competency · Anatomy Principles
Development	2–4	Observation · Self-Practice · Movement Mastery
Application	3–5	Practice Teaching · Assisted Teaching · Feedback Integration
Certification	Final Phase	Written Examination · Practical Assessment · Competency Review

Note: Actual completion timelines may vary based on cohort pacing, candidate availability, holiday schedules, and assessment readiness. All required hours, logs, and assessments must be completed regardless of timeline.

IV

Observation Standards

Observation is a structured, analytical component of NAPI teacher training, not a passive activity. Candidates are required to complete a minimum of **50 observation hours** under protocols defined below.

Observation Requirements

- Observations must be conducted in NAPI-authorized settings or studios operating under the instruction of a NAPI Certified Instructor or equivalent credential

- Candidates must observe both private sessions and group classes to develop full instructional context
- A minimum of 20 observation hours must be completed on Reformer-based instruction
- All observation sessions must be recorded in the official NAPI Observation Log, including date, instructor name, session type, and candidate reflections
- Observation logs are reviewed by the Training Director and are subject to audit

Observation Log Standards

Each observation entry must include a minimum written reflection of 100 words addressing: teaching methodology observed, cueing strategies, client or class management, and one identified learning takeaway. Incomplete logs will not be accepted toward hour totals.

V

Practice Teaching Standards

Practice Teaching constitutes a minimum of **100 hours** of candidate-led instruction delivered to real participants, supervised by a NAPI-credentialed instructor or Training Director. This component bridges theoretical learning and professional readiness.

Structure & Supervision

- Practice Teaching begins no earlier than the completion of the Foundation Phase and at least 80 hours of Lecture and Instruction
- A minimum of 50 Practice Teaching hours must be delivered in one-on-one or small group settings (3 participants or fewer)
- Sessions must be conducted under direct or indirect supervision of a credentialed NAPI instructor who may observe, intervene, or debrief
- Candidates must accumulate practice teaching hours across multiple client populations and apparatus settings

Assisted Teaching

An additional **100 hours** of Assisted Teaching — conducted alongside a Certified Instructor in a co-instructional capacity — is required. Assisted Teaching hours may not substitute for Practice Teaching hours. Candidates serving as the primary instructor of record earn Practice Teaching hours; those supporting an active class earn Assisted Teaching hours.

Documentation

All Practice Teaching and Assisted Teaching sessions must be logged in the NAPI Teaching Log, co-signed by the supervising instructor. Logs must include session date, duration, apparatus or format, client population descriptor, and supervising instructor name and credential.

VI

Self-Practice Requirements

Embodied physical practice is foundational to NAPI's pedagogical philosophy. Candidates cannot teach what they do not know from the inside. A minimum of **150 self-practice hours** are required to develop the movement fluency, kinesthetic sensitivity, and physical authority expected of NAPI graduates.

Self-Practice Standards

- Self-practice sessions must be documented in the NAPI Self-Practice Log with date, duration, apparatus or format, and brief reflection
- Practice should encompass Mat, Reformer, and at least two additional apparatus forms across the program duration
- A minimum of 30 self-practice hours must take place in guided or supervised class settings; the remainder may be independent
- Self-practice hours accrued as a student in an NAPI program class may be credited toward this requirement at the Training Director's discretion
- Consistent self-practice is an assessed competency reviewed during the practical examination

VII

Assessment & Passing Standards

Certification is awarded only upon demonstration of competency across all five assessment domains. Completion of hours alone does not constitute eligibility for certification.

Assessment Domain	Minimum Standard	Format
Written Knowledge Examination	88%	Closed-book written exam
Practical Teaching Examination	88%	Live supervised teaching assessment
Professional Conduct	Pass / Fail	Training Director evaluation
Attendance	90% minimum	Session attendance record
Required Hours & Logs	100% completion	Verified documentation

Written Knowledge Examination

The written examination assesses candidate knowledge across anatomy and kinesiology, Pilates history and principles, exercise analysis, programming, contraindications, and professional practice. A minimum score of 88% is required. Candidates who do not achieve the minimum score may retest once following a mandatory review period determined by the Training Director.

Practical Teaching Examination

The practical examination requires candidates to deliver a structured teaching session assessed against NAPI's Practical Competency Rubric. Evaluators assess instructional clarity, cueing precision, observation and correction skills, client safety, programming logic, and professional demeanor. A minimum score of 88% is required.

Attendance Policy

Candidates are expected to attend all scheduled instructional sessions. A minimum attendance rate of 90% is required for certification eligibility. Missed instructional hours may require make-up sessions at the discretion of the Training Director. Required practical hours, observation logs, self-practice logs, and teaching hours must be completed in full regardless of attendance percentage. Attendance compliance alone does not guarantee certification.

VIII

Core Competency Framework

NAPI evaluates candidates against six core competency domains. Each domain encompasses both knowledge (assessed through written examination) and application (assessed through practical and observed performance).

Competency Domain	Key Learning Outcomes
Movement Science & Anatomy	Applied anatomical knowledge; joint mechanics; muscle function in Pilates movement; safe range of motion; contraindications and modifications for diverse populations
Pilates Principles & Methodology	Classical and contemporary Pilates lineages; the six original principles; breath mechanics; apparatus history and design rationale; system-wide progression logic
Exercise Analysis & Programming	Exercise-by-exercise biomechanical analysis; apparatus-specific programming; client assessment and goal alignment; session design for diverse populations
Pedagogical Skill & Cueing	Verbal, tactile, and visual cueing strategies; observational accuracy and correction; real-time client feedback; motivational communication
Client Safety & Professional Practice	Risk assessment and contraindication screening; intake protocols; scope of practice boundaries; referral standards; liability and privacy standards
Professional Conduct & Identity	Ethical standards and obligations; commitment to ongoing professional development; reflective practice habits; collegial conduct; representation of the profession

IX

Graduation Requirements

NAPI certification is awarded upon verified completion of all requirements listed below. No single requirement may be waived. Partial completion does not entitle a candidate to provisional certification.

Requirement	Standard
Hour Completion	All 600 program hours completed and verified: 200 Lecture, 150 Self-Practice, 100 Assisted Teaching, 100 Practice Teaching, 50 Observation
Written Examination	Minimum score of 88% on the NAPI Written Knowledge Examination
Practical Examination	Minimum score of 88% on the NAPI Practical Teaching Examination
Attendance	Minimum 90% attendance at all scheduled instructional sessions, with any deficiency addressed through approved make-up
Documentation	Complete, co-signed Teaching Logs, Observation Logs, and Self-Practice Logs submitted and reviewed by Training Director
Professional Conduct	Satisfactory evaluation by Training Director; no outstanding conduct concerns or unresolved policy violations
Code of Ethics	Signed acknowledgment of NAPI Code of Ethics and Professional Conduct prior to final certification award

NAPI reserves the right to defer, deny, suspend, or revoke certification at any stage in cases including fraudulent application or records, academic dishonesty, falsification of teaching hours or assessments, ethical violations, or breach of institutional policies.

X

Code of Ethics & Professional Conduct

All NAPI candidates and certified instructors are bound by the NAPI Code of Ethics and Professional Conduct. Adherence to this Code is a condition of enrollment, program completion, and ongoing certification maintenance. Violations may result in suspension, program dismissal, or certificate revocation.

Professional Integrity

Candidates and instructors shall represent their qualifications accurately, refrain from misrepresentation of NAPI certification status, and conduct all professional activities with honesty.

Client Safety & Welfare

The physical, psychological, and emotional safety of clients shall be the primary consideration in all instructional decisions. Candidates shall not exceed their scope of competency.

Scope of Practice

NAPI-certified instructors shall not diagnose, prescribe, or provide medical advice. When client needs exceed scope, timely referral to appropriate professionals is required.

Confidentiality

Client information, session content, and personal health disclosures shall be held in strict confidence in accordance with applicable privacy standards.

Professional Relationships

Instructors shall maintain appropriate professional boundaries with clients, colleagues, and students. Exploitative, discriminatory, or harassing conduct is grounds for revocation.

Continuing Development

Certified instructors are expected to pursue ongoing professional development to maintain and advance their competency. NAPI may establish renewal requirements governing this.

Representation of the Profession

Instructors shall conduct themselves in a manner that upholds the dignity, credibility, and public trust of the Pilates profession.

A signed acknowledgment of the NAPI Code of Ethics is required prior to certification award and is retained in the candidate's permanent file.

XI

Certificate Verification

NAPI maintains a certificate verification process to promote transparency, credential integrity, and public trust in certified instructors. All issued certificates are recorded in the official NAPI Certification Registry.

Verification Methods

- **Certification Registry:** Graduates may be verified through the official NAPI Certification Registry at northamericanpilates.com
- **Email Verification:** Employers, studios, institutions, and third parties may request credential verification at certification@northamericanpilates.com

Information Required for Verification Requests

- Graduate Full Name
- Certificate Number (if available)
- Certification Title

- Approximate Date of Certification

Information Released Upon Verification

NAPI will confirm or deny certification status against the official registry. Information that may be released includes: Graduate Name; Certification Title and Certificate Number; Certification Status and Date Awarded; Expiration or Renewal Status (if applicable).

Status	Definition
ACTIVE	Certification valid and in good standing
INACTIVE	Certification recognized but not currently maintained
EXPIRED	Renewal requirements not fulfilled within the required period
REVOKED	Certification withdrawn due to policy breach or professional misconduct

NAPI reserves the right to deny, suspend, revoke, or invalidate certifications in cases including but not limited to: fraudulent application or records, academic dishonesty, falsification of teaching hours or assessments, ethical violations, or breach of institutional policies.

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