

Santa Monica College
Pilates Apparatus Teacher Training Certificate of Achievement

Effective Fall 2026

The Pilates Apparatus Teacher Certificate prepares students to safely utilize the complete repertoire of Pilates Apparatus equipment. Upon completion, students will be able to lead group classes, one-on-one private and semi-private training sessions at health clubs, fitness and wellness centers, community centers, corporate settings and private studios. The program emphasizes principles, techniques, assessment tools, history, and movement theory behind Pilates training, as well as applied kinesiology and anatomy. Students will learn to safely and effectively instruct using the equipment. Students are required to participate in Pilates sessions, observe classes, and fulfill student teaching hours. This program prepares students for the National Pilates Certification Exam, (NPCP).

Program Learning Outcomes:

Demonstrate Apparatus Teaching Skills and be ready to instruct others on various Pilates Apparatus.
Create Pilates Apparatus sequences for individuals and groups, including all the various equipment.
Effectively utilize various Apparatus equipment for instruction.

Required Core Courses:

Units: 6.0

PRO CR 90 Introduction to Applied Kinesiology and Anatomy	3.0
PRO CR 91 Pilates Teaching Methodology and Principles	3.0

Required Mat Courses:

Units: 3.0

PRO CR 92 Pilates Mat Instructor Training	2.0
PRO CR 93 Pilates Mat Teaching Practicum	1.0

Required Apparatus Courses:

Units: 3.0

PRO CR 96 Pilates Apparatus Instructor Training	2.0
PRO CR 97 Pilates Apparatus Teaching Practicum	1.0

Total: 12.0