

Santa Monica College
Pilates Comprehensive Teacher Training Certificate of Achievement

Effective Fall 2026

Pilates Comprehensive Teacher Certificate prepares students to instruct the complete repertoire of Pilates Mat, Reformer, and Apparatus equipment exercises in group classes and one-on-one private or semi-private training sessions at health clubs, fitness and wellness centers, community centers, corporate settings, or private studios. The program includes instruction in the principles, techniques, teaching skills, history, movement theory behind Pilates training, and applied kinesiology and anatomy. Students are required to complete and document personal Pilates sessions, observation hours, and student teaching hours. In this course, students will focus on the methods, principles, and industry standards of teaching and developing Pilates training programs. Students will also learn the history, benefits, assessment tools, and goals of Pilates training. Students can learn to safely and effectively instruct Pilates Reformer Equipment exercises using Pilates principles for all skill levels and accommodations for various health conditions. This program enables students to be prepared to take the National Pilates Certification Exam, (NPCP).

Program Learning Outcomes:

Demonstrate all Comprehensive Teaching Skills and be ready to instruct others in all aspects on the various Comprehensive Pilates Equipment, including Mat Work.

Create Comprehensive Pilates sequences for individuals and groups, including mat work and all the various equipment. Effectively utilize Mat, Reformer, and 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 Reformer Courses:	Units: 3.0
PRO CR 94 Pilates Reformer Instructor Training	2.0
PRO CR 95 Pilates Reformer 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: 15.0