

## HERE'S THE SPM'S 10-POINT GUIDE ON WHAT TO LOOK FOR IN A PILATES TEACHER TRAINING PROVIDER

### Clear Structure and Route Plan

You need to be given a defined pathway covering entry requirements, levels, and progression, with clearly defined outcomes and clear assessment criteria. This should be laid out on a training provider's website. If they cannot explain the full pathway to become a qualified Pilates teacher in one conversation, they may not have one.

### Qualified Educators

Look for the depth of experience of the tutors and how long they have been delivering training, not at their social media reach. Look at where they trained as a teacher and at their ongoing education – a good teacher never stops learning. Look for an ability to explain why, rather than just the ability to deliver choreography.

### Online vs In-Person Training

It is of vital importance that a Pilates teacher training course has a significant face to face element covering tuition and assessments, including the opportunity for teaching practice under guidance and for feedback from tutors.

### Recognised Frameworks

Training should map to national or international standards where they exist, with clear links to, and auditing by, Awarding Organisations or similar bodies. Beware if a training provider just says their course is 'equivalent to' another qualification or is 'endorsed by' an organisation.

### Assessment Matters

Expect interaction with tutors through the course with observation and feedback, especially through your teaching practice. Understand that you may need to retake a written or practical assessment – just like a driving test, not everyone passes first time.

### Student Support

Education is much more than a one-way transfer of information, it's a joint commitment and journey between student and training provider. Students should have access to tutors or to student support staff with the expectation of reasonable response times. Those tutors or staff should be able to give clear guidance on what to do if a student is struggling with any element of the course.

### Transparency on Costs

Fees must be stated upfront with full transparency on what they cover and on any additional costs that may arise. There should be no surprises or additional charges during the course, and no pressure on students during training sessions to sign up for something else.

### Fact-based Evidence over Trends

Course content should reference functional anatomy and biomechanics and be up to date and in line with established research in those areas, not whatever is popular this month. The language used by course tutors should be precise and relevant, and they should be able to explain why an exercise is given, its purpose, and how to modify it for an individual's specific needs.

### **Ethics and Scope**

Training information must provide clear boundaries on what graduates are qualified to do and insured to teach, i.e. Scopes of Practice must be well defined. No inflated titles, no claims or suggestion of being able to step into clinical territory and diagnose without the necessary professional qualifications. Pilates teachers teach movement and must know when and how to refer clients to other qualified practitioners.

### **Ongoing Development**

Good training providers encourage Continued Professional Development (CPD) and ongoing personal practice. They do not pretend that completing one course is the end of your professional journey. For any committed, professional Pilates teacher, the learning never stops.

### **And finally....**

Taking the decision to sign up to a Pilates teacher training course and perhaps a change of career is a BIG decision. You should take the time and information to ensure that you are taking the correct decision. If a training provider avoids or does not fully answer your questions, oversells what the course delivers, is vague about outcomes, or puts pressure on you to sign up quickly, that tells you everything you need to know about them, about how they work. With so many Pilates teacher training options available now our advice, above all, is do your research, ask questions, and take your time to come to a decision.

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The Society for the Pilates Method  
[www.thesocietyforthepilatesmethod.com](http://www.thesocietyforthepilatesmethod.com)