

Balanced Body[®]

Pilates Test Out Application

CONGRATULATIONS, YOU ARE ALMOST THERE!

Now that you have completed all required Mat, Reformer and/or Apparatus course work and hours, it is time to take the final written and practical exam to receive your certificate of completion from Balanced Body. To test out, this application must be submitted to Balanced Body 30 days prior to your scheduled test date.

THIS STEP-BY-STEP GUIDE EXPLAINS THE TEST OUT PROCESS

Step 1 - Apply for test out. Complete this application form and send it to Balanced Body with all completed documentation of hours, proof of anatomy requirement, and any additional documentation. Incomplete applications will not be processed or kept on file. **Please allow 30 days for your application to be processed.**

* Rush applications will be charged a \$50 fee.

Step 2 - Balanced Body reviews the completed application. Upon approval, you and your Balanced Body Master Instructor is notified of the application status by email. This email will include test out procedures.

Step 3 - Schedule your test. You and your Balanced Body Master Instructor arrange the test out date. Your Master Instructor will work with Balanced Body to post your scheduled test online. You must register and pay for your test prior to the test out date.

Step 4 - Take the test. The test has two components, a written exam (approx. 1 hour) and a practical exam (approx. 1 hour). Once complete, the Master Instructor will provide you with feedback and a copy of your teaching evaluation. Your completed test, copy of evaluation and status will be sent to Balanced Body by your Master Instructor.

Step 5 - Once Balanced Body receives the completed test, a final certificate is mailed to you within 30 days. If you do not pass the test, Balanced Body will communicate with you and your Master Instructor regarding next steps.

- » Students completing only the Mat program can test out after completing Movement Principles, Mat 1, Mat 2, and Mat 3 and additional hours.
- » Students completing only the Reformer program can test out after completing Movement Principles, Anatomy, Reformer 1, Reformer 2, and Reformer 3 plus additional hours.
- » Students completing Mat and Reformer can test out after completing Movement Principles, Anatomy, all Mat and Reformer modules and additional hours.
- » Students completing the full program can test out after completing Movement Principles, Anatomy, all the modules and additional hours.

APPLICATION

Please **print legibly**. Complete and forward as directed on back of application.

Date _____

Name _____

Title _____

Address _____

City, State/Province _____

Zip/Postal Code, Country _____

Phone _____

Fax _____

Email _____

Studio Affiliation _____

I am applying for:

Mat Test Out

Reformer Test Out

Mat and Reformer Test Out

Comprehensive Test Out

Location of Test Out? _____

Are you a Balanced Body Bridge student? yes () no ()

(Continued on back)

I HAVE MET THE FOLLOWING REQUIREMENTS

Module Completed		Location	Date
Movement Principles	yes () no ()		
Mat 1	yes () no ()		
Mat 2	yes () no ()		
Mat 3	yes () no ()		
Reformer 1	yes () no ()		
Reformer 2	yes () no ()		
Reformer 3	yes () no ()		
Trap/Tower	yes () no ()		
Chair	yes () no ()		
Barrels	yes () no ()		
Anatomy	yes () no ()		

*Balanced Body certificates do not need to be submitted with application.

If any of the above modules, including Anatomy, were not completed through Balanced Body, supporting documentation MUST be provided with an explanation below:

SUBMIT COMPLETED APPLICATION AND DOCUMENTATION TO

Balanced Body
 Attn: Test Out Coordinator
 5909 88th Street
 Sacramento, CA 95828

FAQS

What will the written exam consist of?

The written exam is 30 questions in a multiple choice and short answer format. It will take approximately one hour to complete. To prepare for the written exam, study your module tests and manuals.

What will the practical exam consist of?

During your practical exam you will teach a one-hour session to a client or a class. Your teaching skills will be evaluated for correct set-up and execution of exercises, client safety, appropriate sequencing, appropriateness of the exercises to the client or class, your understanding and application of the Pilates principles, cueing, and the ability to communicate.

You can receive a list of exercises you are required to teach prior to your test out date. For a list of exercises, please contact the Balanced Body Master Instructor who will administer the test. On the date of your test out, you will be given three additional exercises to teach during your practical exam.

Is there a fee to test out?

Yes, a fee is charged for the final test out. The amount of the fee depends on the location of the test out and the number of students attending. Test outs are available at Balanced Body host sites or at Pilates on Tour conferences. We can also send a Master Instructor to your facility.

Are there continuing education requirements?

Yes, Balanced Body requires sixteen hours of continuing education every two years to maintain an active status as a Balanced Body instructor. Continuing education credits can be earned through workshops from Balanced Body, Pilates on Tour, any of our affiliated educators, or approved continuing education providers.

Can I be listed on the Balanced Body Instructor Directory?

Students who successfully complete Balanced Body's instructor training program and continuing education requirements are automatically listed as a Balanced Body Instructor on pilates.com.

() If you do NOT want to be listed, please check here

Need more info? Contact us at 1-877-Pilates (877-745-2837) or by email at education@pilates.com.