

**EMD UK SCOPE OF PRACTICE**  
**Pilates Studio Reformer**  
**Instructor**

**Level 3**  
**Pilates Studio Reformer Instructor**

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## SCOPE OF PRACTICE: Pilates Studio Reformer Instructor

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### ABOUT THIS SCOPE OF PRACTICE

This document is an EMD UK Scope of Practice overview for professional recognition membership of the national governing body for group exercise. Determining what is and is not part of your scope of practice will be for you to decide using your professional judgement. When deciding whether a particular activity falls within your scope of practice, or when moving into a new scope of practice, you will need to consider whether the training and support you've received adequately equips you to perform the activity safely and effectively. This document defines the scope of practice, training and skills of a Level 3 Pilates studio reformer Instructor and the general scope of practice to teach this activity safely and effectively.

**You may find it helpful to speak to the professional recognition membership team who may be able to offer further advice in this area**



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# 1. Overview

## SCOPE OF PRACTICE: Level 3 Pilates Studio reformer Instructor

Scope of practice refers to those activities that a person licensed to practice is permitted to perform. An individual must decide their scope of practice. Your scope of practice is the limit of your knowledge, skills and experience and you must ensure that you work within your scope of practice. Your scope of practice is likely to change over time as your knowledge, skills and experience develop. The health and safety of participants is threatened when professionals, are permitted to perform services that are beyond the boundaries of what they have been educated and trained to do.

This scope of practice overview sets clear expectations of our members' knowledge, skills and abilities as a Level 3 Pilates Studio Reformer Instructor

As you progress in your career, you may enter more specialist practitioner roles where you are no longer meeting all the standards of proficiency. Your scope of practice will develop with you and may become narrower in scope.

The Level 3 Pilates Studio Reformer Instructor sits in the scope of practice of the Core Pilates Instructor in the exercise and fitness profession.

The agreed industry prerequisite to commence training to become a Level 3 Studio reformer instructor is to hold a Level 3 Diploma in Mat Pilates or a Level 2 Group Training Certificate with one years teaching experience and attended Pilates sessions as a participant for a minimum of 3 months. Training providers may have their own additional pre-requisites to take part in their training.

To gain professional recognition for scope of practice as a Level 3 Pilates Studio reformer instructor you must hold a qualification certified from a Pilates school recognised by the Society for the Pilates Method, The Pilates Teaching Association or The Pilates Method Alliance or EMD UK. The certifications must include assessment for one to one studio reformer sessions and group sessions to be recognised to teach individuals and groups within the scope of practice. To retain professional recognition for scope of practice you must meet the requirements set by EMD UK of 10 hours of 'Professional Development' per year.



### Agreed scope of practice educational products logo

Educational products that meet the requirements of EMD UK's scope of practice may display this official EMD UK scope of practice logo.

## 2. Scope of a Level 3 Pilates Studio Reformer Instructor

Level 3 Pilates Studio Reformer Instructors are fitness professionals who teach, lead, and motivate groups of individuals through intentionally designed Pilates studio reformer sessions. They are responsible for engaging, facilitating, supporting, educating and instructing safe and effective Pilates studio reformer classes using the Pilates method. Instructors design and teach Pilates studio reformer sessions that are taught within the Pilates method with the intention and structure inspired by Joseph Pilates and or the Pilates Elders.

Pilates studio reformer instructors will provide Pilates studio reformer sessions that:

- Motivate clients to engage with exercise and physical activity to promote a positive experience.
- Pre-exercise screen clients and identify when individuals should be referred to other exercise or health professionals.
- Provide safe and effective Pilates studio reformer individual sessions or studio reformer classes, providing ongoing supervision, monitoring, and session review.
- Take responsibility for health and safety and cleaning relevant to their role and environment.
- Support the client/s to progress and provide adaptations to meet the individuals needs within the sessions or classes.
- Teach Pilates studio reformer to groups and individuals to include the Pilates method educating clients on the fundamentals and principles of the Pilates method and system.
- Teach Pilates studio reformer exercises, including adaptations of original mat-based Pilates exercises for group classes and 1-1s.
- Develop an understanding of the full Pilates system including apparatus.

Pilates studio reformer instructors may teach in-person classes or online classes and the latter may require a further set of skills and knowledge.

### 3. EMD UK membership eligibility

Instructors who meet the requirement within this scope of practice will meet the requirements to be a professionally recognised member of the national governing body for group exercise to work within the identified scope of practice.

They will:

#### **UNDERSTAND:**

- How to work with a Group of healthy clients with unique needs, in different types of environments, aged between 15 and 65 or above 65 without any long-term conditions.
- Working with adults above the age of 65 may require further skills and training. If adaptations to work with any clients/individuals/groups above the age of 65 requires specialist adaptations related to a long-term condition, then further training relevant to the required specialist professionals' standards will be required.
- Working outside the scope of practice age and target group range may require further skills and training if adaptations to work with clients falls outside what would be considered normal fitness related adaptations, modifications, or progressions.

#### **HAVE DEMONSTRATED:**

- Competence of working with a group of clients, in a single environment relevant to Pilates studio reformer sessions

Additional specialist training to meet further scopes of practice for varied populations, environment or technical ability can be added to this scope of practice to widen the scope of the role and enable an individual to show their expertise in additional populations, in different environments and with technical specialisms.

#### **Examples of specialisms that may be added:**

- Working with children.
- Working with clients with long term-controlled conditions.
- Working with older adults.
- Working in an outdoor fitness environment.
- Working in a water environment.