

**EMD UK SCOPE OF PRACTICE**  
**Core Pilates Mat Based  
Instructor**

**Level 3 Pilates Mat Based Instructor**

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**SECOND EDITION:** 5<sup>th</sup> June 2025

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**REVIEW DATE:** 5<sup>th</sup> June 2026

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## SCOPE OF PRACTICE: Level 3 Pilates Mat Based 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 have 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 Mat Based 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.**



SYSTEM PARTNER

**Published by:**

EMDP Ltd T/A EMD UK

National Governing Body for Group Exercise

Publication date: 5<sup>th</sup> June 2025

First edition: V2

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# 1. Overview

## SCOPE OF PRACTICE: Level 3 Pilates Mat Based Instructor

Scope of practice refers to those activities that a group exercise/Pilates teacher/instructor is licensed to practice and is permitted to teach in a group exercise setting. An individual teacher/instructor must decide their own scope of practice and be able to evidence this through their qualifications, skills, experience, or knowledge. 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 Mat Based 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 Mat Based Instructor sits in the scope of practice of the Core Pilates Mat Based Instructor in the exercise and fitness profession.

This is an entry level qualification and as such there is no pre-existing qualification required to attend training to become a Level 3 Pilates Mat Based Instructor. The agreed industry prerequisite to commence training to become a Level 3 Mat Based instructor is to have 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 Mat Based instructor you must hold a qualification certified by an approved centre of an Awarding Organisation who is regulated by Ofqual and approved to certificate the Level 3 Diploma in Teaching Mat Pilates or a Mat Pilates certification from a Pilates school recognised by the Society for the Pilates Method, The Pilates Teaching Association, The Pilates Method Alliance or EMD UK. 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 Mat Based Instructor

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

Pilates mat based instructors will provide Pilates mat based 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 mat based classes, providing ongoing supervision, monitoring, and session review.
- Take responsibility for health, safety, and cleaning relevant to their role and environment.
- Support the client to progress and provide adaptations to meet the individuals needs within the classes.
- Teach Pilates mat based to groups and individuals to include the Pilates method educating clients on the fundamentals and principles of the Pilates method and system.
- Teach Pilates mat based 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 mat based 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 normal healthy clients with different needs, in different types of environments, aged between 15 and 65.
- Teaching group exercise to adults with a long-term health condition of any age including above the age of 65 may, require further skills and training. If adapting exercise programmes/classes/sessions requires the teacher to apply 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 mat based 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.