

PRACTISE HOURS REQUIRED BY STOTT PILATES[™] AFTER COURSES

A minimum number of Observation, Physical Review and Practice Teaching hours are required for all courses and should be completed and logged prior to the exams. Log sheets are submitted at the time of the practical exam.

Log sheets can be found at the back of Mat/Reformer Support Materials Book (Green Book).

	HOW TO EARN HOURS	IMP	IR
OBSERVATION HOURS	<ul style="list-style-type: none"> • By watching sessions taught by a STOTT PILATES[™] Certified Instructor • By watching relevant STOTT PILATES[™] DVDs (only 20% of hours) 	10 hrs	10 hrs
PHYSICAL REVIEW HOURS	<ul style="list-style-type: none"> • By attending group or private sessions with STOTT PILATES[™] Certified Instructor • By practicing the repertoire with STOTT PILATES[™] DVDs • By being a body for a fellow student who is Practice Teaching 	30 hrs	40 hrs
PRACTICE TEACHING HOURS	<ul style="list-style-type: none"> • By instructing family, fellow students, friends or clients 	15 hrs	25 hrs