



The PMA Pilates Certification Exam Study Guide

By Deborah Lessen

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The purpose of the PMA Pilates Certification Exam Study Guide is to provide a comprehensive review of topics specific to the Pilates Method as a tool for a candidate preparing for the PMA Pilates Certification Exam. The development of a valid examination for the PMA certification process began with a clear and concise definition of the knowledge, skills, and abilities needed for competent job performance. The knowledge and skill bases for the questions on the multiple-choice examination were derived from the actual practice of a diverse group of established Pilates teachers as out-lined in the 2005 PMA Role Delineation Study, and updated by a new group in 2011.

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