

Balanced Body® CoreAlign®

TEST OUT APPLICATION

CONGRATULATIONS, YOU ARE ALMOST THERE!

Now that you have completed all required CoreAlign 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. Exam dates are listed on the Education Finder at pilates.com.

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 CoreAlign Master Instructor are notified of the application status by email. This email will include test out procedures.

Step 3 – Schedule your test. You and your CoreAlign 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 covering exercises as well as the Balanced Body Movement Principles and a practical exam on teaching the exercises (approximately 30 minutes). 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.

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 _____

Location of Test Out? _____

I HAVE MET THE FOLLOWING REQUIREMENTS

Modules and Hours Completed	Location	Date
CoreAlign 1: Foundations	yes () no ()	
CoreAlign 2: Progressions	yes () no ()	
Personal Practice	yes () no ()	
Observation	yes () no ()	
Student Teaching	yes () no ()	
Anatomy	yes () no ()	

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

MEETING THE PREREQUISITES

The prerequisites for completing the CoreAlign® instructor training program include having a basic level of anatomy, kinesiology knowledge, and previous experience as a movement educator. Please indicate how you have met these prerequisites and send supporting documentation to Balanced Body with your application.

ANATOMY

Students can meet this requirement through any of the following:

_____ A degree in Kinesiology, Physical Education, Exercise Science or equivalent

_____ Licensure as a rehabilitation professional including PT, ATC, DC, MD or equivalent

_____ Completion of a basic anatomy course offered through a college, Pilates instructor training program or equivalent

_____ Satisfactory completion of an anatomy test available through Balanced Body (under development)

PREVIOUS TRAINING AS A MOVEMENT EDUCATOR

This requirement can be met through any of the following:

_____ A degree in Kinesiology, Physical Education, Exercise Science or equivalent

_____ Licensed rehabilitation professional including PT, ATC, DC or MD

_____ Nationally recognized Personal Training certification such as NASM or ACSM

_____ Completion of a comprehensive Pilates Instructor Training program

SUBMIT COMPLETED APPLICATION AND DOCUMENTATION TO

Balanced Body
Attn: Test Out Coordinator
5909 88th Street
Sacramento, CA 95828
Fax: +1-916-388-0609

FAQS

What will the written exam consist of?

The written exam will consist of multiple choice, fill in the blank questions and an essay. Questions will focus on CoreAlign theory, the Balanced Body movement principles, exercise foundations and progressive chains.

What will the practical exam consist of?

Your examiner will provide you with a series of exercises and exercise chains from each of the modules. Your teaching skills will be evaluated for correct set-up and execution of exercises, client safety, understanding and application of the CoreAlign principles, cueing, and your ability to communicate successfully with your client.

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 CoreAlign host sites or at Pilates on Tour conferences.

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 programs 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.