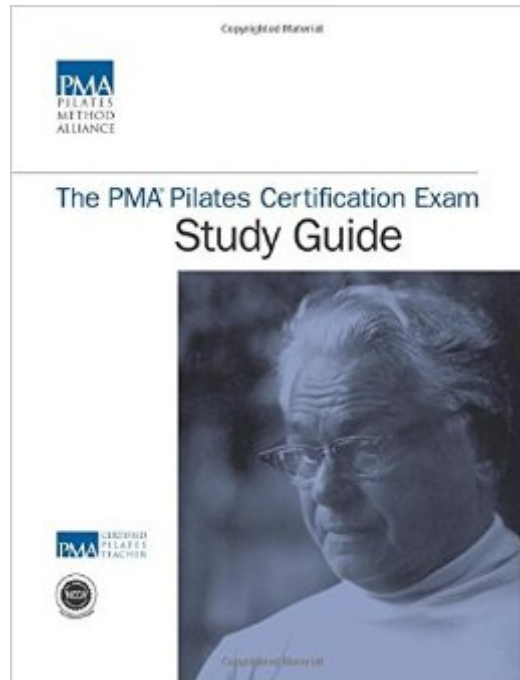# The PMA Pilates Certification Exam Study Guide

Synopsis

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.

Book Information

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Customer Reviews

Exactly what I was looking for. The material is clear and to the point. If you have tested out of Comprehensive Training through Balanced Body, Polestar, Stott...this is a good refresher presented in a concise format with additional information pertaining to the Pilates profession that may not be covered in your training manuals (PMA Code of Ethics, Insurance, Legal matters, etc). Worth having in your library as well.

I had hoped for some practice tests but this book only offers a flat somewhat boring list of items in the PMA test. Necessary but not very helpful for practice.

Perfect condition. The guide to use to get Pilates certified.

Good book for future Pilates teacher.5 stars

Not as much information as I would have expected in the book, but it shipped quickly and well.

Covered alot of useful information, a great reference tool.

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