



Polestar Pilates Asia CEC Policy

Qualifications are valid for 2 years from the date that the exam was passed. In the second year after qualification, the student must requalify before 31 Oct of that year in order to remain current with Polestar.

If a student does not re qualify, their qualification will no longer be valid and their name will be removed from the website.

How to Re-qualify – ([DOWNLOAD THE FORM HERE](#)):

Rehabilitation and Studio Practitioners Re-qualification

In order to remain at the highest quality of teaching and to re-qualify, Rehabilitation and Studio practitioners must:

1. Maintain their PMA®-CPT Credential. ([How do I maintain my PMA®-CPT Credential?](#))

OR

1. Practice Pilates in his or her own body at least 2 hours per week AND
2. Teach Pilates at least 10-15 hours per week AND
3. Complete 16 hours of continuing education from Polestar's Advanced Teacher program over a 2-year period.

The new application form must be filled out, and copies submitted of the courses they have taken to be considered for re-qualification along with their processing fee payment of \$75 USD (or a late fee of \$150 USD).



Reformer and Mat Practitioners Re-qualification Requirements

[DOWNLOAD THE FORM HERE](#)

In order to qualify for re-qualification, Reformer and Mat practitioners must:

1. Practice Pilates at least 2 hours per week AND
2. Teach 2-3 classes per week AND
3. Complete 16 hours of continuing education from Polestar Pilates over a 2-year period.

Any graduate of the Reformer and Mat Programs must complete 16 hours of Polestar Pilates courses every 2 years to be re-qualified.

The new application form must be filled out, and copies submitted of the courses they have taken to be considered for re-qualification along with their processing fee payment of \$75 USD (or a late fee of \$150 USD).

Notes:

- All Polestar courses, workshops and our International Conferences count toward re-qualification. Courses/workshops conducted by Polestar Pilates will be awarded 100% of the contact hour, e.g. a 16-hour course earns 16 hours. Polestar Students who repeat a course will receive 50% of the course contact hours that they can use for re-qualification.
- Graduates can also earn CECs from online learning (workshops conducted by a Polestar Educator). Please note however that Graduates will only earn 50% CECs for Polestar Online workshops (1 for every 2 hours of viewing). AND that only a maximum of 8 CECs can be earned this way.
- Any hours taken with external providers do not count towards Polestar requalification (unless clearly stated).
- Educators can re qualify free of charge.
- Mentors can re qualify at a 50% discount.
- Students need only pay for their Studio re qualification and this will automatically renew their Mat and/or Reformer.
- You can use the same CEC's to re-qualify for multiple qualifications as long as those CECs were earned in the relevant two year period.



- All CECs must be earned between the date of the successful exam and the application deadline date. Any CECs earned over and above the requirement for requalification during this period cannot be carried over to the next period.
- CECs earned after successful requalification can be used for the next requalification.

If you are unsure about your status, or the procedure, please contact us at info@polestarpilatesasia.com