

MOTR™

TEST OUT APPLICATION

CONGRATULATIONS, YOU ARE ALMOST THERE!

Now that you have completed the course work and hours for the MOTR program, it is time to take the practical exam and receive your certificate of completion! To test out, this application must be submitted to Balanced Body 30 days prior to your scheduled test date. Exam dates are scheduled with your Master Instructor or 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 along with documentation of required personal practice and student teaching hours. 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 – Application review.

Balanced Body reviews the completed application and notifies you and your MOTR Master Instructor of the application status by email.

Step 3 – Schedule your test.

Your MOTR Master Instructor will work with you to arrange the test out date and Balanced Body will post the test online. Once it is posted, you must register and pay for the test prior to the test out date.

Step 4 – Take the test.

The test consists of a practical exam on teaching the exercises from Tracks 1, 2 & 5 (approximately 20-30 minutes) to a client or class. Once the test is over, the Master Instructor will provide you with feedback and a copy of your teaching evaluation. A copy of your evaluation and your status will be sent to Balanced Body by your Master Instructor.

Step 5 – Receive your Certificate of Completion

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 what you need to do before retesting.

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 _____

I am applying for:

() MOTR Instructor Test Out

Location of Test Out? _____

I HAVE MET THE FOLLOWING REQUIREMENTS

Fundamentals Module & Practice		Comprehensive Module & Practice		Location	Date
MOTR™ Fundamentals Module	Yes () No ()	MOTR™ Comprehensive Module	Yes () No ()		
30 Personal Sessions	Yes () No ()	20 Personal Sessions	Yes () No ()		
30 Student Teaching hours	Yes () No ()	28 Student Teaching hours	Yes () No ()		
Anatomy (recommended)	Yes () No ()	Anatomy (recommended)	Yes () No ()		

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

FREQUENTLY ASKED QUESTIONS

What will the practical exam consist of?

All students completing the MOTR practical test out will teach the following Tracks:

- » Track 1: Core Integration
- » Track 3: Balance
- » Track 5: Plank

Instructors will be evaluated based on the following criteria:

- » Stating track name, exercise name and purpose
- » Correct set-up, cueing and correcting of exercises
- » Application of Movement Principles
- » Client safety
- » Smooth Transitions
- » Personality

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 Balanced Body host sites, at Pilates on Tour conferences or at your facility.

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 ()

SUBMIT COMPLETED APPLICATION AND DOCUMENTATION TO

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

Need more info? Contact us at 1-800-Pilates (800-745-2837) or by email at education@pilates.com.

We look forward to having you join the MOTR family of instructors!