



KINETICODE® PILATES MAT CERTIFICATION (KPM)

Student Handbook

A woman in a purple leotard and black shorts is performing a handstand in an industrial setting. She is standing on a concrete floor, with her hands flat on the ground and her legs raised high, one leg straight up and the other bent. In the background, there is a large, rusted metal structure with graffiti, and a building with large windows is visible in the distance.

EMPOWER YOUR BODY
**AS THE BEST PLACE
TO LIVE**

KINETICODE® VISION

The KinetiCode® Pilates high-standard Certification is more than just a teacher training; it is a deep, science-driven education in movement. It is rooted in an intelligent and efficient approach to mastering functional anatomy, advanced teaching skills, and an extensive range of Pilates exercises, from rehabilitation to elite sport.

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KINETICODE® METHODOLOGY

World Class Education

Driven by the latest research, it is our goal to encourage the highest level of education to provide quality programming and highly educated teachers who promote health benefits and top level fitness to people around the world.

KINETICODE® PILATES MAT (KPM) CERTIFICATION

This level 4* highly qualified and comprehensive 7-month education teacher training program that provides 250 study hours which consist of theory, observation and practical experience to help the student master the extensive KinetiCode® Pilates repertoire.

KinetiCode® education digs deep in on the functional anatomy and principles of movement science which is applied to the specific Pilates vocabulary. This extensive training varies from the original exercises of Joseph Pilates to the KinetiCode® functional Pilates exercise series.

A KinetiCode® certification is 4 level EU-wide recognized and allows one to be registered in EREPS as a qualified KinetiCode® Pilates teacher.

KINETICODE® COURSE STRUCTURE

KPM is divided into 6 modules, delivered over a 7-month academy course. The live lectures introduce the topic of the month, usually during the first weekend. If you miss a live lecture or would like to rewatch it, a recorded version will be available for all months. Each month, you will study in depth the anatomy, functions, and movement applications of a specific part of the human body. You will learn how to perform, teach, and modify a minimum of 20 exercises linked to the theoretical topic of the month. Additionally, you can benefit from a Mentor Exercise Review to practice the Pilates exercises you have been learning in the lectures. This course focuses on building an excellent foundation for Pilates group class teachers or personal trainers.

Each month includes:

- Access to the KinetiCode® digital theory and practical manual on the specific topic of study. This includes all theoretical material, exercise reviews, videos, and an extensive Pilates exercise library.
- 2 days of live lectures on Functional Anatomy, Pilates exercise application, and teaching skills (total 12 hours).
- Mentor Exercise Review - offered 4 times per month, available to register online to review the Pilates exercises of the month.

Make sure to leave enough time for self-study of the digital material and to complete your homework during the month.

Course duration: 7 months (with one month of break)

The 3-Step Exam:

- **Theory Exam** - Multiple-choice test with 70 questions.
- **Practice Exam** - Submit a video demonstrating the requested series of Pilates exercises, either performing or teaching them.
- **Certification Exam** - Live or in-person final exam covering all aspects of theory, practice, and teaching studies.

The first exam dates are available 15 days after the end of the course. You have 3 months to complete the entire 3-step examination process.

In total the course is structured in:

- 12 Live Lectures in 6 months, 6 hours each day (total of 72 hours)
- Exercise Mentor Review min. 15 hours
- Observation Practice min. 20 hours
- Self Practice min. 30 hours
- Physical Review min. 30 hours
- Practice Teaching min. 20 hours
- Home work/Theory studies min. 60 hours
- Written Exam 2 hours
- Certification Exam 1 hour

Total course time = 250 hours

KINETICODE® COURSE OUTLINES

FUNCTIONAL ANATOMY

Students will gain a deep understanding of the anatomy of the human body in relation to movement science, studying material in the KinetiCode® manuals written to understand anatomy applied in movement.

The main study points are:

- Complete functional anatomy of the human body
- Basic principles of dynamic postural alignment: skeletal placement with focus on pelvis and breathing techniques
- Anatomical movement analysis: axes, planes, and movement terminology
- Myology: study of the muscular system with names, insertions, and relationships of the large muscle groups
- Osteology: study of all the bones of the human body in relation to the two skeletal systems
- Exercise physiology: study of the effects of physical exercise, types of muscle contractions, and their relationships
- Comprehensive study of the skeletal muscle system in its structure and function
- Principles of alignment and posture assessment: correct posture and plumb line
- Components of physical training: sliding filament theory, types of fibers, and muscle contractions
- Training skills: elements of teaching skills and the art of cueing
- The eight principles of the KinetiCode® Pilates methodology

PILATES EXERCISES

Students will learn how to perform and teach the extensive KinetiCode® Pilates repertoire of exercises through live practice and review in the digital exercise library.

The complete program focuses on:

- Learning the extensive KinetiCode® Pilates exercise program, applying biomechanical principles of core stability, breathing, and alignment
- Pilates history: Joseph H. Pilates, the classical and contemporary Pilates approaches

- Developing the ability to perform the fundamental, intermediate, and advanced exercises and demonstrate correct technique
- A complete breakdown of each exercise
- Use of correct KinetiCode® Pilates terminology
- Exercise goals, muscular initiation and movement sequencing, target muscles, and observations
- Modifications for specific body types and postural issues, and to increase or decrease exercise intensity
- Optimizing movement patterns to teach comprehensive and safe KinetiCode® Pilates programs tailored to groups or individual clients
- A variety of programming options to keep clients motivated and to teach different class levels
- Effective communication: verbal cues, anatomical cues, and imagery for performance enhancement and client motivation
- Developing clear, complete and effective teaching skills

* All the material will be in English.

* We will provide with you with all the study material, including the digital KinetiCode® theory manual and KinetiCode® exercise manual.

KINETICODE® PROGRAM REGULATIONS

STUDENT RESPONSIBILITIES

Students will be required to meet the terms, conditions and graduation requirements of the courses in which they are enrolled, including successfully passing each section of the 3-Step KinetiCode® Exams. These courses and graduation are not a guarantee of employment in the Pilates or related industries such as fitness and health. However, holding a formally recognised Pilates qualification is highly regarded by studios when employing instructors.

CODE OF CONDUCT

- Professional Conduct, we conduct all of our activities professionally and with integrity and expect the same from our students.

- Change of Name and Address Details. Upon change of name and/or address and/or contact details, you must notify K/C Move Academy in writing of the updated details. You may submit this via email to hello@kcmove.nl.
- Market my services and products ethically and in a clear, factual manner. I will not provide false or misleading information in any promotional, marketing materials or programs. I will not draw any false or misleading comparisons with any other organisation and I will not engage or participate in anti-competitive behaviour.
- Ensure that I work within the scope of practice applicable to my qualifications.
- Work with integrity, respect, fairness, responsibility and professionalism at all times.

KINETICODE® SCOPE OF PRACTICE

To work within the scope of your training:

- Work with apparently healthy, low-risk clients under the guidance of KPM. A Pilates teacher must not diagnose or give advice beyond their scope of practice or the Pilates modality.
- A Pilates teacher must not continue training a client who has a condition or injury beyond their scope of practice, or who displays any unusual symptoms.
- Work within an allied health network and recognize when and where to refer clients.
- Appropriately screen and guide clients in a group class or private session, record and track client information and progress, and write reports if required.
- Behave in a professional, courteous, and appropriate KinetiCode® manner at all times.
- Maintain the highest levels of safety in the practice and instruction of the KinetiCode® Pilates Method.
- Uphold equity and access in accordance with EU standards and promote a respectful working environment.
- Maintain consistent self-practice and adherence to the KinetiCode® and EU Pilates Method.
- Promote exercise to improve overall health.

KINETICODE® COURSE GUIDELINES

General

- Students must register for live lectures and Mentor Exercise Reviews at least 48 hours before the start date.
- Students are responsible for bringing their own writing materials and organizing their own home study.

During Practice Lessons:

- Students must wear appropriate sports clothing.
- The practice area must be used without shoes.
- Students must bring and use a towel during practice lessons.
- Students must show respect for all training equipment.
- Students and trainers must show mutual respect at all times.
- Any form of discrimination will not be tolerated.
- Students must inform the teacher immediately if injured.
- Recording videos or taking pictures is not allowed unless required by the KinetiCode® teacher.
- Questions about lessons should first be directed to the teacher.

If Attending In-Person:

- Proper personal hygiene must be maintained, including showering regularly, wearing clean clothing, and using deodorant.
- Please refrain from using perfumes or fragrant lotions, as these may be offensive to others.

Trainer Responsibility

- Trainers will provide all teaching materials at the beginning of each month of the course.
- Trainers are not responsible for any missed classes or lectures during the course.
- Trainers are not responsible for any injuries sustained during the course.
- Trainers will do their best to deliver lessons safely and provide clear guidelines.

Complaint handling

- Comments or complaints regarding the teaching program must be submitted in written form to K/C Move Academy.
- Comments or complaints regarding exams must be submitted in written form to K/C Move Academy.
- For all other concerns, students should first attempt to resolve the issue directly with the teacher.

Waiver of Liability

Participants engage in physical programs and exercises at their own risk. In consideration of being permitted to participate in the KinetiCode® Pilates Teacher Certification, the participant, on behalf of themselves, their spouse, heirs, or assigns, releases KinetiCode® Pilates, its teachers, and employees from liability for any injury, death, loss, or damage to personal property, or any claim, demand, injury, or damage of any kind.

Photo/video release

- Filming or taking pictures during the KinetiCode® Pilates Teacher Certification is not allowed.
- Occasionally, KinetiCode® Pilates may take photographs or promotional videos during the course for marketing purposes.
- KinetiCode® Pilates retains full rights to use these materials to promote its educational programs.

I hereby declare that I have read and understood the above statements and agree to act accordingly.

KINETICODE® TERMS AND CONDITIONS

Student Obligations

- You are responsible for arranging and completing your self-studies, self-mastery, and observation hours at your own expense. These form an essential part of your growth as a professional.

- You are expected to complete all reading, writing, and practical assignments, and to actively engage with your KinetiCode® materials and research. Consistency in these areas will help you build confidence and mastery.
- KinetiCode® course material will be issued to you at the beginning of each month, providing the resources you need to progress step by step through the course.

Registration Policies

- I understand that I will attend the KinetiCode® course, if in person use the facilities at my own risk. I can confirm that I have disclosed all medical conditions and injuries, both past and present and have obtained clearance from my general practitioner with regards to such conditions. I will take it upon myself to discuss any changes to my current health with my instructor. I recognise that the instructor is not able to provide me with medical advice with regard to my medical fitness and that the information provided is used as a guideline to the limitations of my ability to exercise.
- All registrations require a valid email address.

Student Cancellations & Transfers

Statutory Right of Withdrawal – In accordance with Dutch consumer law, you may cancel your enrollment within 14 days for a full refund, unless you have already accessed digital course materials.

Loss of Withdrawal Right – By accessing digital content (e.g., streaming videos, downloadable PDFs), you expressly waive your right to statutory withdrawal.

Ineligibility Refunds – If it is determined that you do not meet the eligibility requirements (e.g., prerequisites, competition restrictions, or other checks), K/C Move Academy may cancel your enrollment and issue a refund.

Refund Requests – All refund or cancellation requests must be submitted in writing to academy@kcmove.nl.

Processing Time – Refunds, where applicable, will be processed within 30 days of approval.

Non-Attendance – Failure to attend or complete a course does not entitle you to a refund.

Course Date Changes or Cancellations

KinetiCode® reserves the right to postpone or cancel any course at any time. While it is

always our intention to run every KinetiCode® Course or Exam as scheduled, unexpected situations may arise.

- If a course is cancelled, you will have the option to transfer to another course that suits your availability.
- If a course is postponed and you are unable to attend on the new dates, you may transfer to another course or receive a credit valid for one year.

Intellectual Property (IP) Rights

Ownership – All course content, including but not limited to videos, live session recordings, PDFs, manuals, graphics, and online platforms (“Materials”), are the exclusive property of KinetiCode B.V.

Permitted Use – Materials are provided solely for your personal study and professional development during your enrollment.

Prohibited Acts – You may not:

- Share, copy, resell, or redistribute Materials in any form
- Record live sessions
- Publish or upload Materials to any third-party platform
- Circumvent digital security systems used to protect Materials

Enforcement – KinetiCode® employs systems to detect unauthorized use or distribution. Any violation will result in:

- Immediate termination of access
- Liability for damages, fines, and legal fees
- Additional financial penalties for each day of infringement, in accordance with Dutch copyright law

Knowledge Application – You may apply the knowledge gained for personal or professional teaching **only after successful certification**. Sharing actual course content with non-students is strictly prohibited.