



KINETICODE® PILATES CERTIFICATION

Course 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 extended upwards 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® EDUCATION

The KinetiCode® Pilates 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.

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



KINETICODE® PILATES MAT (KPM) CERTIFICATION

This level 4*, highly qualified, and comprehensive Pilates teacher training program 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.

WHY CHOOSE KINETICODE®

The KinetiCode® Pilates Mat Certification is designed for students who want a complete, method-driven education in Pilates and movement science.



Start Anytime, From Anywhere

Our flexible module structure allows students to **begin at any time**. Students can **study in their own time and pace**. This makes the KPM Certification accessible for students with different schedules, locations, and learning timelines.



Science-Driven Curriculum

The certification integrates classical **Pilates with functional anatomy, biomechanics, neuromuscular control, alignment, and injury prevention principles**. Students learn to understand movement, not only perform exercises.



International Accreditation

The KinetiCode® Pilates Mat Certification is **Level 4 EREPS accredited**, supporting professional recognition across Europe and providing students with a strong foundation for teaching within the Pilates and fitness industry.



Designed by the Founder

All manuals, lectures, and exercises are authored by the **founder of the KinetiCode® method, a recognized movement specialist**, ensuring a direct and authentic foundation in the system's approach to movement science and Pilates education.



Flexible Online Learning

Access KinetiCode® Pilates **theory and practice sessions online**, and watch the lectures at your convenience. The online structure allows you to study from anywhere while staying connected to the learning process.



Extensive Exercise Repertoire

Build an **extensive Pilates Mat exercise library** suitable for group classes, personal training, rehabilitation-informed movement, and sports performance. Students learn how to perform, teach, modify, and apply exercises with purpose and precision.

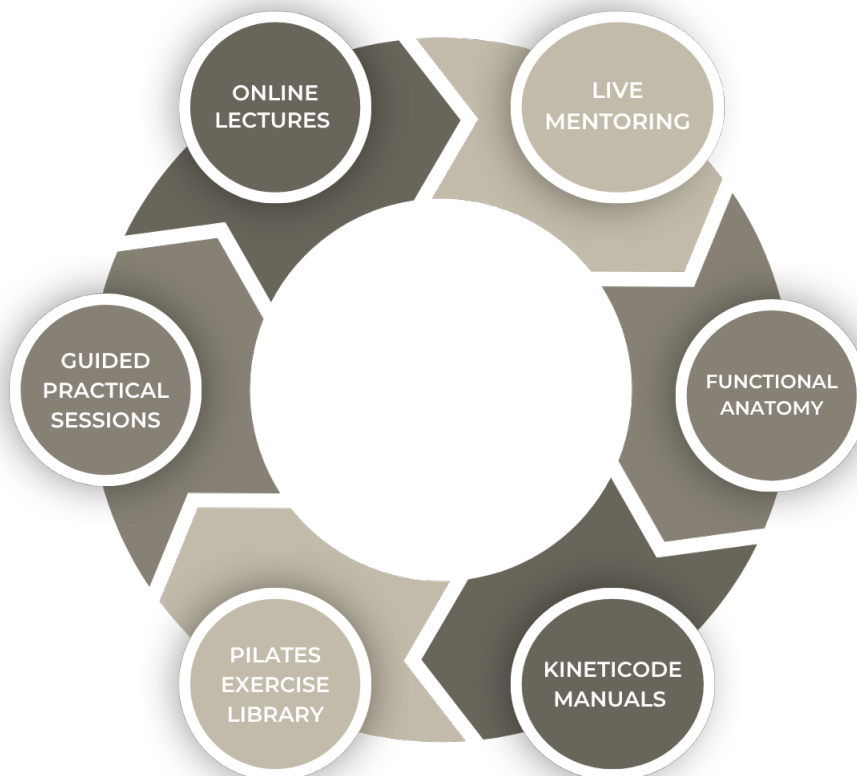
KINETICODE® COURSE STRUCTURE

KPM is divided into 6 modules, designed to guide students step by step through the foundations of the KinetiCode® Pilates method while allowing them to study in their own time and pace. Students progress through the course module by module, continuing to the next module after completing the required study materials and test connected to that module.

Each module focuses on the anatomy, functions, and movement applications of a specific part of the human body. You will learn how to perform, teach, and modify of about 15 exercises linked to the topic of the module. Additionally, you can benefit from Mentor Exercise Reviews with our Master Trainers to practice the Pilates exercises you have been learning.

This course focuses on building an excellent foundation for Pilates group class teachers or personal trainers.

Each module includes:



- **Access to the KinetiCode® digital theory and practical manual** for the specific topic of study. This includes theoretical material on functional anatomy and biomechanics, exercise explanations, theory reviews, videos, and an extensive Pilates exercise library.
- **Online lectures** as a part of the academic digital environment, covering functional anatomy, Pilates exercise application, and teaching skills.
- **Mentor Exercise Reviews** to receive in-depth feedback on every Pilates exercise and refine your teaching skills with one-on-one guidance from our Master Trainers.

ONLINE LEARNING PLATFORM

Students receive access to the KinetiCode® Pilates Academy online platform, where the course materials are organized by module.

The platform is designed to support your learning process throughout the certification, giving you one place to access your study materials, lecture recordings, practical exercise content, and learning tools.

To get a better understanding of how the online learning environment works, you can watch a short overview video [HERE](#).

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:

- The eight principles of the KinetiCode® Pilates methodology
- 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

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 course material will be in English. Students will receive the digital KinetiCode® theory manual and KinetiCode® exercise manual.

STUDY HOURS & EXAMINATION PROCESS

The KPM Certification includes a total of **250 study hours**. These hours are designed to support the development of theory knowledge, practical understanding, teaching skills, and professional confidence.

In total the course is structured in:

- ✓ 6 Lectures **18 hours**
- ✓ Exercise Mentor Review **min. 27 hours**
- ✓ Observation Practice **min. 20 hours**
- ✓ Self Practice **min. 40 hours**
- ✓ Physical Review **min. 40 hours**
- ✓ Practice Teaching **min. 20 hours**
- ✓ Home work/Theory studies **min. 80 hours**
- ✓ Written Exam **2 hours**
- ✓ Practical Exam **2 hours**
- ✓ Certification Exam **1 hour**

Total course time = 250 hours

Module Tests

Each module includes a **multiple-choice test** designed to support your learning and check your understanding of the module content.

Students are required to complete and pass the test at the end of each module before continuing to the next module. This ensures that each stage of the course is completed with a solid understanding of the theory, terminology, and practical application covered in that module.

The 3-Step Final Exam

- **Theory Exam** - A multiple-choice test designed to assess your theoretical understanding of the course material.
- **Practical Exam** - Submit a video demonstrating the requested series of Pilates exercises, either performing or teaching them.

- **Certification Exam** – A final live or in-person exam covering all aspects of theory, practice, and teaching studies, and the student’s ability to apply the KinetiCode® method.

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.

KINETICODE® COURSE PRICING

The KinetiCode® Pilates Mat Certification is an investment in your development as a Pilates professional. Over the 6 modules, students are guided through a complete learning journey that combines functional anatomy, movement science, Pilates practice, teaching skills, and mentorship.

This certification is designed to give students more than access to course material. It provides a structured educational pathway, created to help you understand the body, develop your teaching confidence, and build a professional foundation within the Pilates and fitness industry.

Course fee: €2.500

Excluding VAT, reclaimable where applicable.

Prefer to pay in instalments?

Contact K/C Move Academy at academy@kcmove.nl to discuss the available payment plan options.

BUY NOW

The course fee includes:

- Lectures with KinetiCode® Master Trainers
- Mentor Exercise Reviews for practical guidance and feedback
- Digital study materials authored by the founder of the KinetiCode® method
- Access to the KinetiCode® Pilates Exercise Library, including videos and detailed teaching instructions
- Check for Learning tools in each module to support exam preparation
- Final examinations, including theory, practical, and live review components

For questions about pricing, payment options, or enrollment, please contact: academy@kcmove.nl.

READY TO TAKE THE NEXT STEP?

The KinetiCode® Pilates Mat Certification is designed for students who want to build a serious foundation in Pilates, functional anatomy, and movement education.

If you are considering joining the program and would like to understand whether it is the right fit for your goals, we would be happy to guide you.

READY TO ENROLL?

You can [buy the KinetiCode® Pilates Certification directly online](#) and begin your learning journey right away.

HAVE QUESTIONS?

If you would like to know more about the course structure, study expectations, or whether the certification is the right fit for your goals, we would be happy to guide you.

You can email us directly or [schedule a free 15-minute consultation call](#) with one of our teachers or coordinators to discuss any of your questions.



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