

Pilates and Corrective Exercise Assessments

Each element of assessment must be successfully passed in order to receive the award of Pilates and Corrective Exercise Specialist

Summary of Assessments:

Module SS3131: Introduction to Pilates and Corrective Exercise (3ECTS)
Online Assessment and Video of Demonstration of personal ability

Module SS3141: Anatomical & Physiological Aspects of Pilates Corrective Exercise (6 ECTS)
Online Assessment

Module SS3151: Methodology and Application of Pilates & Corrective Exercise (6 ECTS)
Case study

Module SS3161: Programme Development in Pilates and Corrective Exercise 1. (6 ECTS)
Video of Instructional skills in Warm up and Beginner exercises plus evaluation

Module SS3171: Programme Development in Pilates and Corrective Exercise 2. (9 ECTS)
Video of Instructional skills in intermediate and Pilates Stability Ball exercises plus evaluation

Module SS3131: Introduction to Pilates and Corrective Exercise (3ECTS)

1. 10 questions in an online assessment (25%) to include
 - History of Pilates
 - function of Pilates
 - benefits of Pilates to general and specific populations

2. Demonstrate personal ability to perform Pilates exercises from the prescribed lists. Submit a video of student demonstrating solo (75%) (5-10 minute maximum duration for entire assessment)
 - a. any 4 of the listed Basic Mat exercises
 - b. any 4 of the listed Intermediate Mat exercises
 - c. any 1 of the listed Pilates Stability Ball exercises

Basic Mat Pilates Any 4	Intermediate Mat Pilates Any 4	Stability Ball pilates Any 1
Ab prep ½ roll back 1 leg circle Rolling like a ball Single leg stretch 1 leg kick (prone on elbows) Breastroke prep Side kick	Hundred diagonal Full roll up Double leg stretch Full roll over Jack knife Full shoulder bridge with leg movement Scissors Full swan dive rock and catch	Leg pull front Side lying oblique ½ roll back feet on ball Plank variations elbows on ball Plank variations feet on ball

The student must fulfil the following criteria

- Name exercise
- **3 consecutive reps of each exercise must be performed**
- **3 further reps of the exercise with a description of the focus of the exercise – for example – muscles lengthening/engaging throughout each movement of the exercise**
- Demonstrate correct pace
- Demonstrate clear and correct breath pattern for each phase of the exercises

**Module SS3141: Anatomical & Physiological Aspects of Pilates Corrective Exercise
(6 ECTS)**

20 min online assessment A&P content 100%

On Line Assessment

Participants will take an on-line assessment on a specified date (date and time to be advised). Questions will be a mix of multiple choice/multiple answer, matching and diagram labelling. Questions will have varying levels of difficulty and will have varying weightings.

A sample will be available on line in advance of the actual assessment.

Module SS3151: Methodology and Application of Pilates & Corrective Exercise (6 ECTS)

Assessment Case Study - 100% to include

Posture Analysis

- Posture tests
- Give detailed evidence of muscle imbalances
- Plan appropriate exercises to improve these muscle imbalances

Aim of the project: To provide students with the opportunity to demonstrate their understanding and application of Programming for Pilates and Corrective Exercise for the individual client.

Learning Outcomes:

At the end of this project, students will have:

1. Furthered their knowledge in the area of Pilates exercise instruction/delivery on a one to one basis.
2. Demonstrated their understanding, application and evaluation of postural analysis and functional assessment.
3. Improved their interpersonal skill , attitudes and abilities to interact on a one to one basis within a Pilates instructor/client relationship
4. Developed their ability to plan and prescribe Pilates corrective exercise programme.
5. Developed an awareness of their strengths and areas to work on within Pilates exercise instruction.

Project Outline

The project involves detailed posture analysis (incorporating appropriate tests), programme design and implementation, and completing a detailed report (2,500 words) on the experience.

The client should complete a health/lifestyle screening form to include standard health screening form (supplied at student support site), occupation, hobbies and daily activities.

From the profile gathered from lifestyle health screening form:

1. Conduct an appropriate static and functional posture assessment.
2. Design a suitable Main phase Pilates exercise programme for the client, showing modifications and progressions as required to improve the posture presented.
3. The client's posture should be reassessed at the end of the programme and appropriate feedback, advice and an outline plan for the client's future programme direction administered.
4. Project must be submitted on or before date given by course coordinator.
5. Client name should not be included in project submission.
6. Case study is submitted in soft copy on memory stick only in correct format (Word doc, 11pt Arial font, 1.5 line spacing).
7. The student should submit copy to Head office & course coordinator and retain a copy as back up as originals will be kept on file.
8. Client can be of any fitness level or training background.
9. Name, contact number and brief history of the client should be made sent by e mail to the course coordinator on the second weekend of the course.
10. Student should ensure that Pilates exercise is not contra-indicated for the client.
11. Course coordinator may contact the client to monitor progress

To include soft copy typed report of findings, photographic evidence, Pilates fitness assessment, programme development, and self analysis of sessions taught.

Participant will conduct a report detailing client's posture analysis and profile (age, lifestyle, fitness level as per forms on Student support site).

Project layout (Word Doc format)

- Title Page
- Project Title "Pilates and Corrective Exercise Case Study"
- Student name and ID number
- Course (Year and venue)
- Date
- ensure that USB stick works on other PCs before submitting.

Pilates Fitness assessments - (Static & Dynamic Postural Assessments) 30%

- 4 Photos of Static Posture – anterior view, both side views & posterior view
These must be well lit images taken of the client, barefoot in fitted shorts and singlet with hair tied up on a clear background (2%)
- Health Screening/Lifestyle questionnaire and detailed notes to include structures affected (10%)
- Your analysis of the client's state of health / fitness and needs (8%)
- Details of muscles to be strengthen/lengthened to correct posture issues (10%)

Pilates Programming - Planning & application 70%

- 4 Detailed Main phase Session plans for 1-1 teaching of individual to achieve posture improvement (4%)
- Rationale for your selection of specific corrective exercises for each session. (16%)
- List of actual exercises used for main phase only, levels and specific variations used and why.
Selection to include a variety of planes of movement to include flexion, extension, rotation exercises). A minimum of 15 exercises to be used in each session (16%)
- Evaluation of each session taught - each lesson plan should reflect a development and choice of exercises made based on this evaluation (16%)
- Future plans for direction of programme for this client. Show **specific** pathway of progression of how you plan to develop exercises to improve posture (8%)
- Self Evaluation of the one to one teaching – strengths/ areas to work on (7%)
- Summary – what you learned from this process (3%)

Module SS3161 Programme Development in Pilates and Corrective Exercise 1. (6 ECTS)

Video of Warm up and Basic exercises for group session (4-6 participants) 95%
(maximum duration 5-8 minutes)

Self Evaluation of Video 5%

To plan, organise, instruct and evaluate a basic Pilates group sample class session and record on video. The Student is required to teach any **2 Warm up** and any **2 Basic exercises** from the prescribed lists below to a minimum 4-6 individuals

A minimum of 4 clear repetitions of each exercise should be performed

Warm up – any 2 exercises	Basic – any 2 exercises
Hip release	Ab prep
Hip rolls	Breaststroke prep
Scapula isolation	Half roll back
Arm Circles	Rolling like a ball
Shoulder shrugs	Spine twist
	Single leg stretch
	Obliques roll back
	Side leg series 1,2,3,4
	Swimming prep

Choice of exercises should aim to improve postures of the group if similar postures are evident. If a mix of postures in the group, a mix of exercises should be selected with modifications appropriate for each individual performed with minimum disruption to the flow of the class.

Routine should show:

- Advanced group instructional skills.** A level of demonstration should be evident from the instructor as part of the “teach as you go” process. All class participants are required to perform the exercises together at an appropriate level/pacing/correct breath patterns as would be expected in a pilates class format.
- Care of individual clients and group. Exercises should be taught at the level of the individuals within the group to show the instructor’s ability to multi-task and modify within the group.
- Ability to modify and adapt for specific needs with minimum disruptions
- Maintenance of flow between exercises selected to ensure smooth transitions and avoid stop/start teaching. Smooth linking of exercises should be performed using “teach as you go” methodology, and ability to keep clients warm and moving while teaching (limit delays to a minimum)
- Use of appropriate cueing and correction

Evaluation 5% Report of session: 200 words (soft copy)

- Rationale for your selection of exercises/modifications used and why (2%)
to include
 - Strengths (1%)
 - Areas to work on (1%)
 - Detailed notes of teaching experience (0.5%)
 - Overall evaluation of the experience gained. (0.5%)

Module SS3171 Programme Development in Pilates and Corrective Exercise 2 (9 ECTS)

Video of main workout exercises for group session (4-6 participants) 95%

(Maximum duration 15 minutes)

Self Evaluation of Video 5%

To plan, organise, instruct and evaluate an intermediate/advanced Pilates group sample class session and record on video. The Student is required to teach any **4 Intermediate mat Exercises** and any **1 Stability Ball Pilates exercise** from the prescribed lists below to a minimum 4-6 individuals

A minimum of 4 clear repetitions of each exercise should be performed

- 4 intermediate exercises from the prescribed list
- 1 Pilates on Stability Ball exercises from the prescribed list

It is recommended that all participants are instructed to their ideal positions of the exercise with minimum disruption. The group should then be cued to start and perform the exercise at the same time and pace to show advanced instructional skills of the student.

The intermediate level exercises and the stability ball exercise from the list must be performed by **at least 1 participant** (this individual may change with each exercise) while remaining participants may perform basic modifications of same exercise on the ball at the same time. All of the group are required to participate in all exercises

Intermediate Mat Pilates – any 4 exercises	Stability Ball Pilates – any 1 exercise
Hundred diagonal – perform full 100 Full roll up Double leg stretch Slow double leg stretch Full roll over Open Leg Rocker Jack knife Full shoulder bridge with leg movement Scissors Teaser 3 4 Full swan dive rock and catch	Leg pull front Side lying oblique ½ roll back feet on ball Plank variations elbows on ball Plank variations feet on ball Swan dive - full

Choice of exercises should aim to improve postures of the group if similar postures are evident. If a mix of postures in the group, a mix of exercises should be selected with modifications appropriate for each individual performed with minimum disruption to the flow of the class.

Routine should show:

1. **Advanced group instructional skills.** All class participants are required to perform the exercises together at an appropriate level/pacing/correct breath patterns as would be expected in a pilates class format.
2. Care of individual clients and group. Exercises should be taught at the level of the individuals within the group to show the instructor's ability to multi-task and modify/progress within the group.
3. Ability to modify/progress and adapt for specific needs with minimum disruptions
4. Maintenance of flow between exercises selected to ensure smooth transitions and avoid stop/start teaching. Smooth linking of exercises should be performed using "teach as you go" methodology, and ability to keep clients warm and moving while teaching (limit delays to a minimum)
5. Use of appropriate cueing and correction

Evaluation 5%

Report of session: 200 words (Word doc soft copy)

- Rationale for your selection of exercises/modifications used and why (2%)
to include
 - o Strengths (1%)
 - o Areas to work on (1%)
- Detailed notes of teaching experience (0.5%)
 - o Overall evaluation of the experience gained. (0.5%)