

Pilates & Posture Correction Specialist



For exam prep & peer/self evaluation to test Specialist instructional skills

Core Instructional Skills	Ex1	Ex2	Ex3	Ex4	Ex5	Ex6	
Personal technique							<i>A= performed seamlessly – must be perfect to receive A</i>
Appropriate teaching and safety points							
Specific observation skills - attention to detail							<i>B= performed well but minor room for improvement</i>
Correction skills (visual/tactile)							
Follow through on correction							<i>C=adequate – accurate, some good attention to detail but needs more follow through</i>
Implementation of appropriate Adaptations							
Specific correction skills (appropriate verbal/tactile)							
Implementation appropriate modifications							
Effective verbal & visual cueing for Pilates							
Correct use of breath patterns							<i>D = not enough attention to detail, not specific to specialist level - needs work</i>
Application of theory to practice							
Supplementary Instructional Skills	Ex1	Ex2	Ex3	Ex4	Ex5	Ex6	
Exercise Choice							
Appropriate Level of exercises taught							
Order of exercises/flow							
Ability to care for individuals + group							
Clear and competent in presentation							
Communication skills/Competency in presentation							
Appropriate motivation skills/Voice							
Class Education							
Key Feedback:							