

Frequently Asked Questions about Rehabilitation Courses & Certification Examinations

The following questions and answers help explain the procedure to obtain your STOTT PILATES® Certification.

Where Can I Take My Exam?

Option 1

It is strongly recommended that you take your practical exams with a Rehab Instructor Trainers at our Corporate Training Center or at any of our Licensed Training Centers or at one of our Hosting Centers that offer the Rehab Program.

Option 2

If you are unable to visit our Corporate Training Center or any of our LTCs offering the Rehab Program, you can submit by DVD, USB stick/key or secured link. The purpose of the practical examination is to observe you as you lead a “patient” through a workout.

The videotaped workout will be

- ▶ **1.5 hours** for RM1 & RM2 exam, **or** RR1 & RR2 exam, **or** RM1 & RR1 (RMR1) exam
- ▶ **2 hours** for RM1, RR1, RM2 & RR2 (RMR1 & RMR2) exam, **or** RM1, RR1 & RCCB1 (RMR1 & RCCB1) exam, **or** RM1, RR1, RM2, RR2 & RCCB1 (RMR1, RMR2 & RCCB1) exam, **or** Full Certification exam.

Technical Considerations

- ▶ Position the camera to observe a side view of the subject’s body and allow for an additional three feet on either end ensuring enough room to move about. Keep the view close enough to allow details in the movement and the interaction between you and your subject.
- ▶ Test the video equipment and sound level to make sure that it records properly and that your voice can be heard on the tape.
- ▶ Face the camera (instruct on the far side of their subject to not obstruct the view). Camera adjustments should be performed at natural breaks in the examination process (i.e. between the postural analysis and Matwork or between the Matwork and Reformer segments).
- ▶ The recording should NOT be stopped at any point during the examination. The workout must be continuous.
- ▶ Video editing is NOT permitted.
- ▶ The use of notes or manuals is NOT permitted
- ▶ The submission must be sent in by DVD (mini DVD or DVD, must be a brand name e.g. Sony), USB stick/key or secured link.

Conducting the Exam

Please read all information about practical exams in this section for more details. Follow the timelines and minimum requirements outlined. State your name and the name of your exam as you start recording. The test patient must be appropriate for the required repertoire associated with your exam.

How Do I Schedule an Exam?

Please contact our Corporate Training Centers or Licensed Training Centers to make arrangements to compete your exam in person.

How Long Do I Have to Complete My Course Examination?

You must take your exam within six months of completing your last STOTT PILATES Education course (this includes ISP and Functional Anatomy). For Comprehensive Program students, your apprenticeship is also to be completed within the six months after the last course date. We encourage you to take some time afterward to practice and synthesize the information prior to taking the exam; however, you are welcome to take the exam immediately after you complete the course if you and your Instructor agree you are ready.

Rehab Course & Exam Frequently Asked Questions cont'd

What If My Course Finished Longer Than Six Months Ago?

If you have failed to meet the six-month requirement to complete your examination, you must complete private review hours with a Rehab Instructor Trainer to reinstate your eligibility. Material covered will be specific to your needs to better prepare you for the exam. The number of hours required is based on the course material that must be covered and the demands of the course repertoire.

The MINIMUM private session requirements are:

- ▶ RM1 & RM2 – 1 hour
- ▶ RR1 & RR2 – 1 hour
- ▶ RM1 & RR1 (RMR1) – 1 hour
- ▶ RM1 & RR1 & RM2, RR2 (RMR1 & RMR2) – 1 to 2 hours
- ▶ RM1 & RR1 & RCCB1 (RMR1 & RCCB1) – 1 to 2 hours
- ▶ RM1, RR1, RM2, RR2 & RCCB1 (RMR1, RMR2 and RCCB1) – 2 to 3 hours
- ▶ Full Certification – 2 to 3 hours

The Instructor Trainer may recommend further privates or study as preparation.

How Long Does It Take to Receive Notification of My Results?

Exam results will be sent directly to you, normally by email. The LTC and/or Instructor Trainer that conducted the exam will also be informed of the marks. Marking takes between four to six weeks from the date of the exam.

Please note exams are not returned but can be reviewed upon request.

Pass or Fail

You must receive a score of 80% in order to achieve certification. If you have to retake the exam, this should happen within six months of the date of the original exam. This ensures that the information remains relatively fresh but allows time to study and improve in the necessary areas.

If you take your exam for the first time and fail, you have one more opportunity, within six months, to successfully pass the exam. If you fail both a second time, you must wait six months before retesting.

What Type of Exam Can I Choose?

There is only a practical component for the Rehab Certification (i.e. no written exam), which is conducted in the presence of a Rehab Instructor Trainer. Depending on the training and certification courses that you have completed you may choose the following exams.

- ▶ RM1 & RM2
- ▶ RR1 & RR2
- ▶ RM1 & RR1 (RMR1)
- ▶ RM1, RR1, RM2 & RR2 (RMR1 & RMR2)
- ▶ RM1, RR1, RCCB1 (RMR1 & RCCB1)
- ▶ RM1, RR1, RM2, RR2 & RCCB1 (RMR1, RMR2 & RCCB1)
- ▶ Full Certification

Additional information

- ▶ Exam material is cumulative
- ▶ You must receive a score of 80% in order to achieve certification
- ▶ Different clients may be used if the exam is longer than 1.5 hours
- ▶ You must provide an appropriate patient for your examination

Rehab Course & Exam Frequently Asked Questions cont'd

How do I Prepare for the Practical Portion of My Exam?

In addition to fully understanding the material conceptually and physically reviewing the exercises, the best preparation for the practical exam is the practice teaching of as many different people as possible (family, friends, classmates) to apply your knowledge, adapt it to many different body types, improve your teaching skills, and become comfortable with your teaching experience. Practice teaching within the specified timelines and meeting, at least, the minimum number of exercises.

What is Required Prior to Sitting My Exam?

RM1, RM2, RR1, and RR2

- ▶ 18 hours class instruction and supervised teaching (each course)
- ▶ Minimum 6 hours observation
- ▶ Minimum 10 hours physical review
- ▶ Minimum 10 hours practice teaching

RCCB1

- ▶ 24 hours class instruction and supervised teaching
- ▶ Minimum 10 hours observation
- ▶ Minimum 15 hours physical review
- ▶ Minimum 10 hours practice teaching

RCCB2

- ▶ 16 hours class instruction and supervised teaching
- ▶ Minimum 10 hours observation
- ▶ Minimum 10 hours physical review
- ▶ Minimum 10 hours practice teaching

Completion of all required course hours; in class, observation, physical review and practice teaching for each course. You will be required to submit your logs to your examiner on the date of your exam.

If the student fails to submit all the logs within 7 days from the exam, the entire exam will be void.

What Will I be Asked to Do for My Practical Exam?

The time allotment for each practical exam is as follows.

- ▶ RM1 & RM2 – 1.5 hours
- ▶ RR1 & RR2 - 1.5 hours
- ▶ RM1 & RR1 (RMR1) - 1.5 hours
- ▶ RM1, RR1, RM2 & RR2 (RMR1 & RMR2) – 2 hours
- ▶ RM1, RR1 & RCCB1 (RMR1 & RCCB1) – 2 hours
- ▶ RM1, RR1, RM2, RR2 & RCCB1 (RMR1, RMR2 and RCCB1) – 2 hours
- ▶ Full Certification – 2 hours

Rehab Course & Exam Frequently Asked Questions cont'd

Information Gathering, 5-10 minutes

In the initial five minutes of the exam you should clearly describe the case history of your subject. You will be required to discuss the following.

- ▶ Relevant demographics of the patient (age, social, workplace demands)
- ▶ Diagnosis or movement dysfunction
- ▶ Relevant diagnostic assessment information
- ▶ Pain history – severity, irritability, nature, provoking movements/positions
- ▶ Contraindications/precautions of movements/positions/loads
- ▶ Functional impairments
- ▶ Relevant contributing factors to consider:
 - ▶ Postural contributions
 - ▶ Areas of gives and restrictions
 - ▶ Form closure, force closure, motor control and emotions/awareness dysfunction
 - ▶ Local and global system muscle dysfunction

Stated Focus, 5-10 minutes

Based on your case history. You are also required to provide a goals and stated focus of workout.

You should consider the following.

- ▶ Rehabilitation goals
- ▶ Specific positions or movement patterns that you will be avoiding
- ▶ Specific positions or movements patterns that you will be facilitating
- ▶ Specific props and modifications you will use
- ▶ Specific Basic Principles that will be focused on
- ▶ General description of the muscles that you determine should be the focus of the workout and other areas of concern (range of motion, gives & restrictions, facilitating or inhibiting local and global muscle systems) and how you will address them

Five Basic Principles, 5-10 minutes

Next you will take your subject through the Five Basic Principles in proper sequence, using clear imagery and movement cues to help the subject properly achieve biomechanical body awareness. You must clearly explain why each of the principles is important. To understand the key points that should be mentioned as well as the proper cueing and correcting of the subject that should be demonstrated.

The Workout, remaining time (see chart)

The remainder of the practical exam is dedicated to taking your subject through an appropriate workout. The time allotted for the workout portion of the exam will not allow for the completion of all exercises in the full repertoire. You must ensure that the exercises chosen represent a well-rounded workout that address all aspects of movement (i.e. flexion, extension, rotation, etc.) and cover the minimum required number of exercises, while being appropriate to your 'patient'.

RM1 & RM2, approximately 90 minutes

It is important to incorporate the Fitness Circle®, Flex-Band® and Arc Barrel into the workout

- ▶ Matwork
 - ▶ include a minimum of 7 RM1 exercises
 - ▶ include a minimum of 7 RM2 exercises

RR1 & RR2, approximately 90 minutes

- ▶ Reformer
 - ▶ include a minimum of 7 RR1 exercises

Rehab Course & Exam Frequently Asked Questions cont'd

- ▶ include a minimum of 7 RR2 exercises

RM1 & RR1 (RMR1), approximately 90 minutes

It is important to incorporate the Fitness Circle®, Flex-Band® and Arc Barrel into the workout

- ▶ Matwork
 - ▶ include a minimum of 7 RM1 exercises
- ▶ Reformer
 - ▶ include a minimum of 7 RR1 exercises

RM1, RR1, RM2 & RR2 (RMR1 & RMR2), approximately 120 minutes

RM1 & RR1 (RMR1), 50-55 minutes

- ▶ Matwork – 25-30 minutes
 - ▶ include a minimum of 7 RM1 exercises
- ▶ Reformer – 25-30 minutes
 - ▶ include a minimum of 7 RR1 exercises

RM2 & RR2 (RMR2), 50-55 minutes

- ▶ Matwork – 25-30 minutes
 - ▶ include a minimum of 7 RM1 exercises
 - ▶ include a minimum of 7 RM2 exercises
- ▶ Reformer – 25-30 minutes
 - ▶ include a minimum of 7 RR1 exercises
 - ▶ include a minimum of 7 RR2 exercises

RM1, RR1 & RCCB1 (RMR1 & RCCB1), approximately 120 minutes

RM1 & RR1 (RMR1), 50-55 minutes

- ▶ Matwork – 20 minutes
 - ▶ include a minimum of RM1 exercises
- ▶ Reformer – 30 min
 - ▶ include a minimum of 7 RR1 exercises

RCCB1, 50-55 minutes

- ▶ Cadillac – 15 minutes
 - ▶ include a minimum of 4 exercises
- ▶ Stability Chair – 15 minutes
 - ▶ include a minimum of 4 exercises
- ▶ Ladder Barrel – 10 minutes
 - ▶ include a minimum of 2 exercises
- ▶ Spine Corrector- 5 minutes
 - ▶ include a minimum of 2 exercises
- ▶ Arc Barrel – 5 minutes
 - ▶ include a minimum of 2 exercises

Rehab Course & Exam Frequently Asked Questions cont'd

RM1, RR1, RM2, RR2 & RCCB1 (RMR1, RMR2 & RCCB1), approximately 120 minutes

RM1, RR1, RM2 & RR2 (RMR1 & RMR2), 50-55 minutes

- ▶ Matwork – 20 minutes
 - ▶ include a minimum of 4 RMR1 exercises
 - ▶ include a minimum of 3 RMR2 exercises
- ▶ Reformer – 30 min
 - ▶ include a minimum of 6 RMR1 exercises
 - ▶ include a minimum of 3 RMR2 exercises

RCCB1, 50-55 minutes

- ▶ Cadillac – 15 minutes
 - ▶ include a minimum of 4 exercises
- ▶ Stability Chair – 15 minutes
 - ▶ include a minimum of 4 exercises
- ▶ Ladder Barrel – 10 minutes
 - ▶ include a minimum of 2 exercises
- ▶ Spine Corrector – 5 minutes
 - ▶ include a minimum of 2 exercises
- ▶ Arc Barrel – 5 minutes
 - ▶ include a minimum of 2 exercises

Full Certification, approximately 120 minutes

RM1, RR1, RM2 & RR2 (RMR1 & RMR2), 50-55 minutes

- ▶ Matwork – 20 minutes
 - ▶ include a minimum of 4 RMR1 exercises
 - ▶ include a minimum of 3 RMR2 exercises
- ▶ Reformer – 30 min
 - ▶ include a minimum of 6 RMR1 exercises
 - ▶ include a minimum of 3 RMR2 exercises

RCCB1 & RCCB2, 50-55 minutes

- ▶ Cadillac – 15 minutes
 - ▶ include a minimum of 2 RCCB1 exercises
 - ▶ include a minimum of 2 RCCB2 exercises
- ▶ Stability Chair – 15 minutes
 - ▶ include a minimum of 2 RCCB1 exercises
 - ▶ include a minimum of 2 RCCB2 exercises
- ▶ Ladder Barrel – 10 minutes
 - ▶ include a minimum of 1 RCCB1 exercises
 - ▶ include a minimum of 1 RCCB2 exercises
- ▶ Spine Corrector – 5 minutes
 - ▶ include a minimum of 1 RCCB1 exercises
 - ▶ include a minimum of 1 RCCB2 exercises
- ▶ Arc Barrel – 5 min
 - ▶ include a minimum of 1 RCCB1 exercises
 - ▶ include a minimum of 1 RCCB2 exercises

You should incorporate props whenever necessary in order to modify the exercises appropriately. If exercise variations are being used, you should state the goal of the exercise and the reason for the modification. During the practical exam, if done in person, expect to be questioned periodically on the exercises and your choices.

Rehab Course & Exam Frequently Asked Questions cont'd

How Will I Be Evaluated?

The following areas will be evaluated.

- ▶ Reported case history
- ▶ Goals and stated focus of workout
- ▶ Understanding of the Five Basic Principles – application in orientation session and to all exercises
- ▶ Ability to cue – use of verbal skills including imagery, kinesthetic cues including palpation, and demonstration where necessary to aid in guiding the subject through exercises and transitions
- ▶ Ability to correct – use of verbal skills including imagery, kinesthetic cues including palpation, and demonstration where necessary to ensure correct alignment and proper execution of exercises
- ▶ Programming skills and ability to modify for subject – correct rationale for exercises chosen, appropriate exercise progressions and applying adaptations and modifications per individual as necessary
- ▶ Knowledge of content – name of exercises, start positions, breath and movement
- ▶ Teaching manner – attitude, motivational and rapport with individual
- ▶ Rhythm and pace – competing minimum standard of number of exercises, transitions and flow of workout, pace of exercise appropriate to individual

Note:

- ▶ Expect to be questioned periodically on the exercises and your choices. This is to evaluate the depth of your understanding of the exercises and how to administer them. After working on each individual piece of equipment you may be asked to teach a few exercises of the examiner's choosing to "spot check" your knowledge of the entire repertoire. Completed Observation and Practice Logs must be brought to the practical exam. If the student fails to submit all the logs within 7 days from the exam, the entire exam will be void.

RM1 & RM2

Since we would prefer that you use real clients with real injuries for your exam, and we know that they may not have the endurance for a full exam, a different client may be used for the RM2 repertoire, on a different occasion. Approximately 25 minutes will be allocated to complete the RM2 portion. The Five Basic Principles only need to be demonstrated with the first client but a written description of the case history and focus of workout will need to be provided for the second client prior to the commencement of the exam

RR1 & RR2

Since we would prefer that you use real clients with real injuries for your exam, and we know that they may not have the endurance for a full exam then a different client may be used for the RR2 repertoire, on a different occasion. Approximately 25 minutes will be allocated to complete the RR2 portion. The Five Basic Principles only need to be demonstrated with the first client but a written description of the case history and focus of workout will need to be provided for the second client prior to the commencement of the exam

RM1, RR1, RM2 & RR2 (RMR1 & RMR2)

Since we would prefer that you use real clients with real injuries for your exam, and we know that they may not have the endurance for a full exam then a different client may be used for the RMR2 repertoire, on a different occasion. Approximately 35-40 minutes each. The Five Basic Principles only need to be demonstrated with the first client but a written description of the case history and focus of workout will need to be provided for the second client prior to the commencement of the exam

RM1, RR1, RM2, RR2 & RCCB1 (RMR1, RMR2 and RCCB1)

Since we would prefer that you use real clients with real injuries for your exam, and we know that they may not have the endurance for a full exam then a different client may be used for the RMR2 repertoire, on a different occasion. Approximately 25 minutes will be allocated to complete the RMR2 portion. The Five Basic Principles only need to be demonstrated with the first client but a written description of the case history and focus of workout will need to be provided for the second client prior to the commencement of the exam

Full Certification

Since we would prefer that you use real clients with real injuries for your exam, and we know that they may not have the endurance for a full exam then a different client may be used for the RMR1 & RCCB1 and the RMR2 & RCCB2 repertoire, on two different occasions. Approximately 50-55 minutes each. The Five Basic Principles only need to be demonstrated with the first client but a written description or short verbal case history and focus of workout will need to be provided for the second client prior to the commencement of the exam

See more at merrithew.com/stott-pilates/instructor-training/courses/rehab#exams