

IR HOMEWORK ASSIGNMENTS

PREPARE AHEAD:

If you receive your materials early, here are some ideas to help you get a head start on your homework:

- Watch Essential and Intermediate Reformer videos.
- Read pages 3-18 in Support Materials manual.
- Read pages 4-20 in the Reformer manual.
- Take as many private sessions or classes as you can.

SESSION 1 (reviewed in next session):

- Complete Matwork Assignment #1. Answers will be reviewed in the next session.
- Be prepared to talk a partner through the Five Basic Principles next session.
- Review pages 4-20 in the Reformer manual.
- Watch Basic Principles on Essential Reformer video.
- Look at muscle flash cards or anatomy book and study the rotator cuff muscles.

SESSION 2 (reviewed in next session):

- Complete Reformer Assignment #1. Answers will be reviewed in the next session.
- Be prepared for round robin style review – review exercise assignments.
- Watch essential exercises on the Essential Reformer video.
- Look at the list of anatomical references and muscular references on pages 74 and 75, in the Support Materials manual. You will need to know these for your Practical Exam. This may help you to determine if you want to sign up for the next Functional Anatomy Course.

SESSION 3 (reviewed in next session):

- Complete Reformer Assignment #2. Answers will be reviewed next session.
- Watch all essential exercises on the Essential Reformer video:
 - Of the exercises you have already learned to date:
 - 1.) List 2 exercises that flex and extend the hip.
 - 2.) List 2 exercises in which the spine remains in neutral throughout
 - 3.) List 2 exercises that the shoulder is abducting and adducting (not doing horizontal adduction)
 - 4.) List 2 exercises that rotate the spine

SESSION 4 (reviewed in next session):

- Be prepared to take partner through entire Essential workout. (watch Essential video)
- Review Postural Analysis Guide (from email package)
- Types of Postural Alignment sheet (from email package) – Color on the pictures and the muscle table showing the short/strong muscles in red, and long/weak muscles in blue.

During the first week break:

- Teach someone the Basic Principles and 10 exercises incorporating all 4 movements (flexion, extension, rotation, lateral flexion), then have them fill out the Teaching Skills questionnaire.
- Observe at least one hour private or group reformer class.

- Practice all the exercises you have learned so far.
- Equipment can be rented by the hour at the studio.
- Read pages 3-18 in Support Materials Manual.
- Watch Cueing and Modifications for Essential Reformer in the Additional Programming section of the Essential Reformer video.

SESSION 5 (reviewed in next session):

- Complete Reformer Assignment #3. Answers will be discussed next session.
- Self Assessment Form (from email package) to be completed and returned at the beginning of class.
- Review pages 20-21 of the Support Materials manual related to programming.
- Create a program for your partner from the postural analysis – 10 Essential exercises.
- Review postural types on pages 41-43 of Support Materials manual and write out what exercises are different in the Layer 1 sections and why.

SESSION 6 (reviewed in next session):

- Watch all intermediate exercises on the Intermediate Reformer video. Notice what is different between the essential and intermediate exercises. Be prepared to give examples next session.

SESSION 7 (reviewed in next session):

- Review all new exercises learned today.
- Review exercise guidelines for all classic postures on pages 11-14 of Support Materials manual.

During the second week break:

- Teach someone the Basic Principles and 10 exercises incorporating all 4 movements (flexion, extension, rotation, lateral flexion), then have them fill out the Teaching Skills questionnaire.
- Part 2 – Types of Postural Alignment handout (from email package): looking at the short/long muscles, write out 10 exercises that work for each posture type.
- Observe at least one hour private or group reformer class.
- Practice all the exercises you have learned so far.
- Equipment can be rented by the hour at the studio.
- Watch Challenging your Client Safely in the Additional Programming section of the Essential Reformer video.

SESSION 8 (reviewed in next session):

- Complete Reformer Assignment #4. Answers will be discussed next session.
- Be prepared for round robin style review – review exercise assignments.

SESSION 9 (reviewed in next session):

- Be ready to teach each other the entire Intermediate workout. (watch Intermediate video)
- Complete Reformer Assignment #5. Answers will be discussed next session.
- Fill out Training Evaluation form. Turn in the last class.
- Review Frequently Asked Questions handout (from email package). Bring it and any questions to be reviewed next session.
- Review Postural Analysis checklist (from email package). Bring questions for review.