

PACIFIC NORTHWEST
PILATES
— PORTLAND OREGON —

Practical Exam Checklist

- Have you read through the *Frequently Asked Questions for Course Exams* handout?
- Are you prepared for the length of your exam?
 - Matwork – 1 hour
 - Reformer – 1 hour
 - Matwork and Reformer – 1.5 hours
 - Matwork, Reformer, Cadillac, Chair and Barrels – 2 hours
- Do you know what questions you need to ask to acquire information about your subject regarding history, physical conditions and goals?
- Are you prepared for the Postural Analysis?
 - Can you complete a full postural analysis in 10-12 minutes?
 - Have you memorized the Postural Analysis Guide? Remember! You do not get to take the Postural Analysis guide into the exam with you.
 - Can you verbalize findings from the postural analysis check list correctly for the examiner? Remember! You cannot take notes during your exam.
 - Can you accurately palpate all bony landmarks including: the ASIS, PSIS, iliac crest, greater trochanter, and the scapulae?
- Are you prepared to state the focus of the client's workout based on your findings?
 - Do you know how to integrate the client's history and goals and the findings from the postural analysis to formulate an effective workout plan?
 - Can you explain which muscles need to more strength or length in order to restore proper alignment?

- Can you incorporate the *STOTT PILATES Basic Principles* in your workout plan?
- Prepared to teach the Five Basic Principles
 - Can you teach the five basic principles in 10-12 minutes?
 - Have you memorized all components of each Principle from the *Basic Principles Check List* and can verbalize each one?
 - Have you memorized the specific language used for each point? (i.e. “Cranio-vertebral flexion” vs. “chin nods”)
 - Do you know how to teach an appropriate movement/exercise from the *STOTT PILATES Basic Principles* section to explain each one?
Remember! You only teach one warm-up per Principle and this will be your client’s warm-up
 - Do you know how to use clear and concise imagery and anatomical cues?
 - Remember! Ab Prep will be the first exercise you teach in your exam
- Are you able to cue effectively?
 - Are you able to teach using a well-balanced combination of cues? (imagery based, tactile, anatomical, visual, auditory)
 - Do you enforce the *STOTT PILATES Basic Principles* throughout every exercise?
- Are you able to correct effectively?
 - Can you ensure proper alignment and execution of exercises?
 - Can you anticipate what problems may occur when teaching each exercise?
 - Can you promote safe and conscious movement? (i.e. this includes getting on and off equipment properly.)
- Are you able to able to modify effectively?
 - Can you design a workout specific to each client you work with?

- Do you know how to choose exercises that are appropriate to the client's postural analysis and ability? (Consider when to use the reformer headrest, and when not to, for example)
- Can you determine what props or modifications to use when a client needs assistance or more challenge? Do you know how to modify using an arc barrel, flexband and fitness circle?
- Do you have excellent understanding of the movement and choreography?
 - Do you know the start positions, breath patterns and movement patterns for every exercise?
 - Do you know the essence of each exercise?
 - Could you be "spot checked" on any exercise and show or teach it perfectly?
- How do you pace your workouts?
 - Are you able to transition and flow from one exercise to the next?
 - Can you complete your exam in the allotted time and incorporate all the minimum required exercises (see FAQs)?
 - Can you teach a workout that is an appropriate pace for the client?
- Are you able to identify musculature?
 - Which muscles should be working?
 - Is the work concentric? Eccentric? Isometric?
 - Can you identify muscles on the flashcards; there are 20-30 marks for this section!
- Are you able to demonstrate your understanding of basic equipment mechanics?
 - For reformer: where should the stopper be? The gear bar? The foot bar?
 - Do you know how does adjusting the settings affect the exercise?
 - Do you know how to set up the Ladder Barrel for each exercise?
 - Do you know the recommended springs for each exercise on every piece of equipment and do you know how to modify?

- Do you know how to get your client on and off the arc barrel safely? Do you know how they should be positioned for various exercises?
- Are you able to teach a well-balanced workout?
 - Can you include essential, intermediate and (if going for Level II) advanced?
 - Do you know how to teach them in order? REMEMBER: Your practical exam should be an integration of the exercises in order – do not group the exercises by essential, intermediate or advanced. If you are taking a level I exam, use your intermediate exercise table to organize the workout. If you are taking a level I and II exam, use your advanced exercise tables to determine the order.
 - Are you prepared to teach flexion, extension, rotation, side bending and neutral spine exercises in your program?