

## **IMP HOMEWORK ASSIGNMENTS**

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

- Review all PNWP's videos in the Student Portal.
- Merrithew Connect will have additional materials available for purchase.
- Read pages 3-18 in Support Materials manual.
- Read pages 4-27 in the Matwork manual.
- Take as many private sessions or classes as you can.

### **SESSION 1 (reviewed in next session):**

- Be prepared to talk a partner through the Five Basic Principles
- Review pages 4-27 in Matwork manual
- Watch Video of IT teaching Basic Principles on the PNWP Student Portal (FYI: Holly over explains and went too long)

### **SESSION 2 (reviewed in next session):**

- Complete Matwork Assignment #1. Answers will be reviewed in the next session.
- 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 and Written Exam.
- Review all abdominal muscles and anything else in the previous list that is unfamiliar to you in an anatomy app or book.
- Watch 'Exercise Cueing Examples' in PNWP Student Portal.

### **SESSION 3 (reviewed in next session)**

- Complete Matwork Assignment #2. Answers will be reviewed next session.
- Be prepared for round robin style review –review exercise assignments.
- Answer the Question: What are two activities in your daily life that involve flexion, extension, rotation, and lateral flexion?

### **SESSION 4 (reviewed in next session):**

- Be prepared to take a partner through the entire Essential workout.
- Teach someone the Basic Principles and 10 exercises incorporating all 4 movements (flexion, extension, rotation, lateral flexion), then use the Teaching Skills questionnaire to assess your teaching.
- Review Scapula Movements handout and the scapula muscles on the flashcards or in an anatomy text.
- Review 'Postural Analysis Guide - Visual Aid'.
- Read pages 3-18 in Support Materials Manual.

**SESSION 5 (reviewed in next session):**

- Self Assessment Form to be completed and returned at the beginning of next class.
- Review pages 20-21 of the Support Materials manual related to programming.
- Types of Postural Alignment sheet –Color on the pictures and the muscle table showing the short/strong muscles in red, and long/weak muscles in blue.
- Write your statement of focus for your partner - One paragraph maximum including information about the bones (joint position); what muscles may be short or long; and movement strategies, modifications and/or specific exercises that come to mind.
- Create a program for your partner from the postural analysis - 10 exercises

**SESSION 6 (reviewed in next session):**

- Review postural types and exercise progressions on pages 27-29 of Support Materials manual
- Referencing pages 27-29 of the Support Materials, describe the modifications used in ab prep in each layer in each postural type and explain why.

**SESSION 7 (reviewed in next session):**

- Be ready to teach each other the entire Intermediate workout.
- Complete Matwork Assignment #3. Answers will be discussed next session.
- Review Frequently Asked Questions handout. Bring it and any questions to be reviewed next session.
- Watch 'Exam Prep: Postural Analysis' video on PNWP Student Portal
- Watch 'PART 1: Student Sample Exam with Questions'

**SESSION 8:**

- Always refer back to the Practical Exam Checklist as you prepare for your exam!
- Teach as many people as you can. Study for your test. Have fun teaching!