

International Pilates Certification

TEST

Exercise Evaluation

Below are Pilates exercise variations from ‘The Pilates Encyclopedia’.

Your final written exam assignment is to complete each exercise to the best of your ability. This TEST should help you understand how to critically analyze and evaluate Pilates exercises in the future.

NOTE: Some info is filled in but you can review/add or change anything if you think it is appropriate.

Please type your name as you would like it to appear on your certification document. _____

Also your contact info:

Address: _____

E-mail: _____

Phone: _____

Some choices for the Etiology:

Yoga, Gymnastics, Bodybuilding, Swimming, Skating, Surfing, Equestrian, Martial Arts, Fencing, Boxing, Calisthenics, Aerobics, Acrobatics, Dance; Ballet, Modern, Jazz, Somatic Therapy Kinesiology, Physical Therapy, Feldenkrais

Choose one of the following descriptions that best reflects the exercise, and place it at the top of the second page of each exercise.

CORE STABILITY with ISOLATED MOBILITY
CORE STABILITY with DISTAL MOBILITY
PROXIMAL STABILITY wit DISTAL MOBILITY
DISTAL STABILITY wit CORE MOBILITY
DISTAL STABILITY wit PROXIMAL MOBILITY
ISOLATED MOBILITY
INTEGRATED MOBILITY

Prone Series

Shoulder Slide

Aka: Scapula elevation/depression, _____, _____

Etiology: _____



Description

A brief note

Rest on the forearms in a boys push-up position with shoulder protraction. Engage the core to hold this plank position (neutral spine/pelvis) and shift the bodyweight backward by using scapula elevation and plantar flexion with a rectus abdominis contraction to change to a 12 o'clock pelvis and then return to the starting position.

Modifications

A change of alignment or choreography

1: _____

2: _____

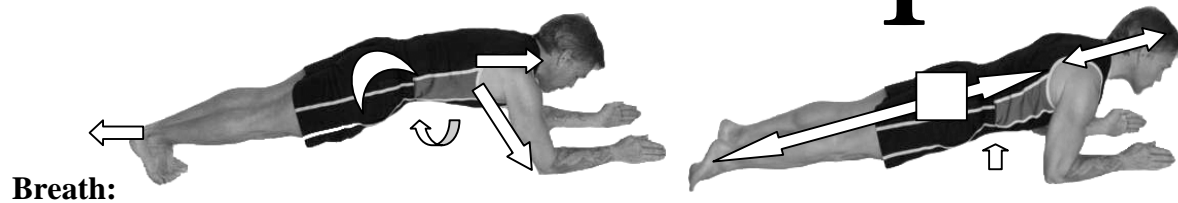
3: _____

Cues *Don't over cue*

Contraindications[®]

Don't assume all Pilates' exercises are safe

Pilates Principles



Breath:

Oppositions:

Articular Traction:

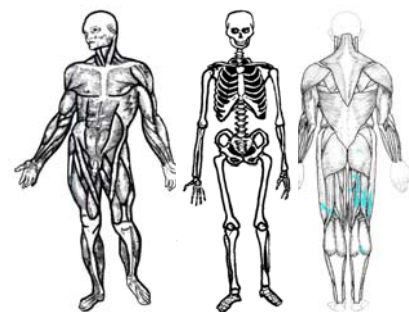
Reciprocal Enervation:

Successive Contractions:

Purpose

Therapeutic;

Strengthening a lengthened muscle is a hallmark of the Pilates Method



Supine Series

Spine Stretch, Double Arm & Leg
Aka: _____

Etiology: _____



Description

Controlled movement parameters are set by good descriptions

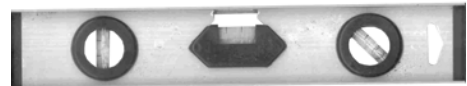
Modifications

Adjust to the clients' needs

1: _____

Cues

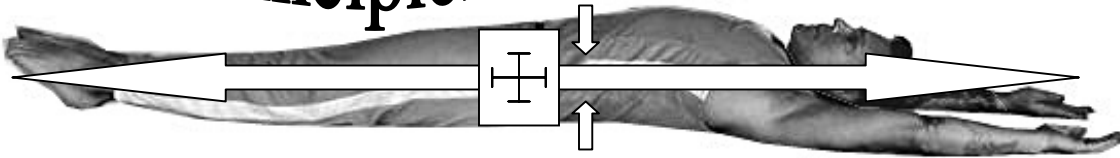
Incorporate Pilates' Principals



Contraindications Ⓢ

“Don't use a cannon to kill a fly”

Pilates Principles



Breath:

Oppositions:

Articular Traction:

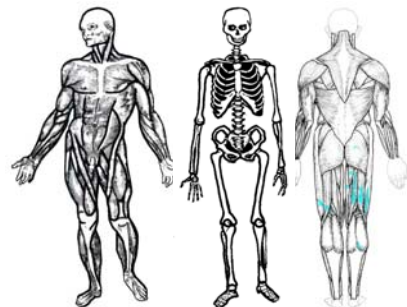
Reciprocal Enervation:

Successive Contractions:

Purpose

Therapeutic;

Learning to focus on an objective is an exercise in it's self

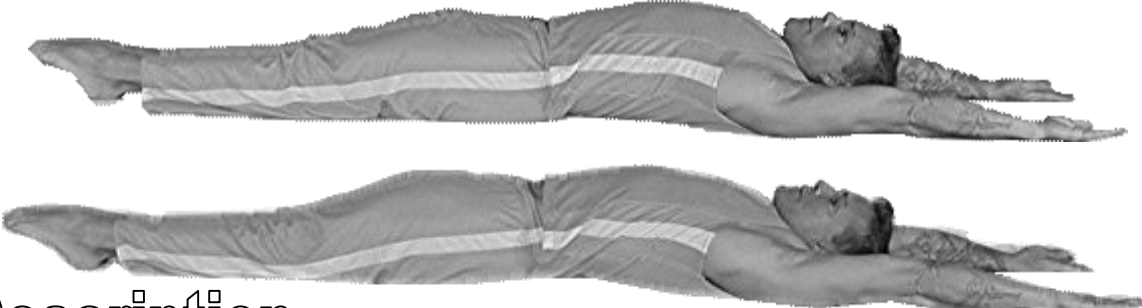


Supine Series

Levitate

Aka: Pelvic Lift

Etiology:



Description

Great descriptions have a CENTERING effect

Modifications

Accommodate the clients' ability

1:

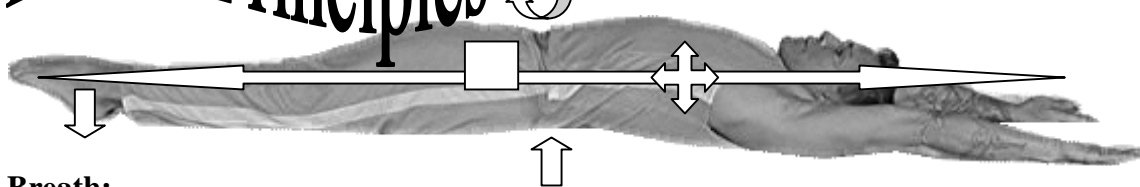
Cues

Challenge the client's actions with guidelines



Contraindications © *Use only the amount of tension necessary to achieve an action*

Pilates Principles



Breath:

Oppositions:

Articular Traction:

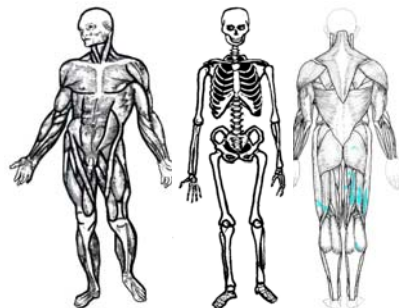
Reciprocal Enervation:

Successive Contractions:

Purpose

Slow controlled movements coordinated to breath, innervates the systemic system

Therapeutic;



Supine Series

Straight Back Stomach Massage, supine

Aka:

Etiology:



Description

A brief note using common fitness terminology

Modifications

Use of props

Cues

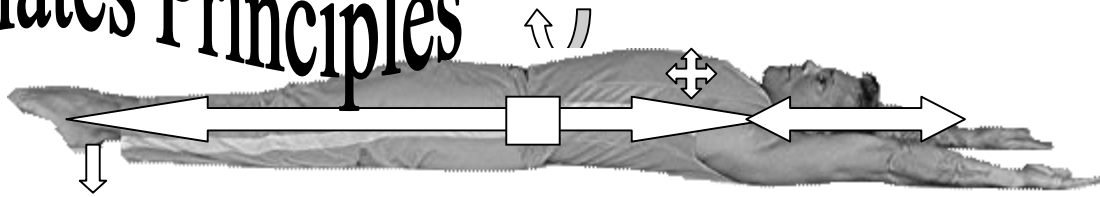
“Beautiful movements develop beautiful muscles”



Contraindications[®]

“Don’t use a cannon to kill a fly”

Pilates Principles



Breath:

Oppositions:

Articular Traction:

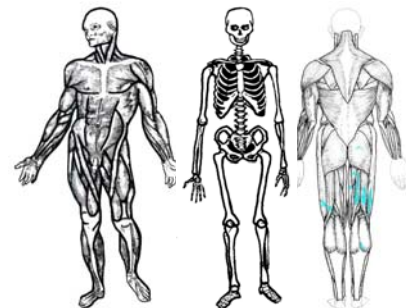
Reciprocal Enervation:

Successive Contractions:

Purpose

When performed with slow control, Pilates energizes the body & refreshes the mind

Therapeutic;



Series

Straight Back Stomach Massage, on the side

Aka:

Etiology:



Description

Teach Archi-kinetically

Modifications

Assure the client has a positive learning experience

Cues

Change the client's actions through visualization



Contraindications [©]*Alignment concerns to WATCH FOR*

Pilates Principles



Breath:

Oppositions:

Articular Traction:

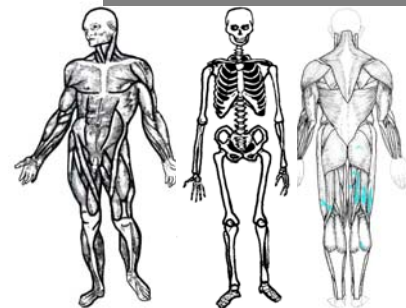
Reciprocal Enervation:

Successive Contractions:

Purpose

Pilates is a combination of fitness training and somatic therapy

Therapeutic;



Series

Round Back Stomach Massage, prone

Aka:

Etiology:

Description



Learning to let excess tension go is as important as putting tension into the body

Modifications

The Touch Stimulation is a modification

Cues

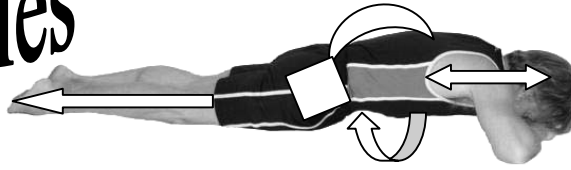
Light the fire within



Contraindications[®]

A symptom, condition or action that makes a procedure inadvisable

Pilates Principles



Breath:

Oppositions:

Articular Traction:

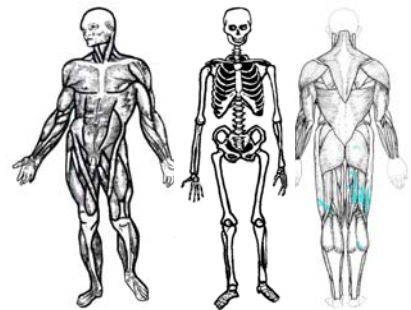
Reciprocal Enervation:

Successive Contractions:

Purpose

Pilates gives precedence to intrinsic muscles

Therapeutic;



Single Leg Stretch, bent knee

Aka: Heel to Hip, Knee Pull

Etiology: Calisthenics

Description



A good description helps one CONCENTRATE & become AWARE

Head and shoulders lifted with chin touching the chest. Right hand pulls right ankle to hip while left hand pulls the knee down to the chest [to stretch that leg's quadriceps & release the antagonist hamstring]. Left leg is extended out on the floor. Use the abs to stabilize a posterior pelvic tilt & torso flexion. Alternate to change legs and repeat.

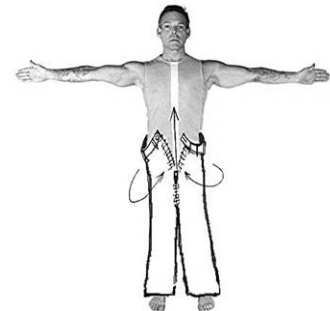
Modifications

An alignment change

- 1: Lower head to the floor to release tension from the neck.
- 2: Use Cranial Propepil Flexion to strengthen neck muscles.

Cues

Never rely on pre-scripted cues



OUCH!
My neck

Contraindications

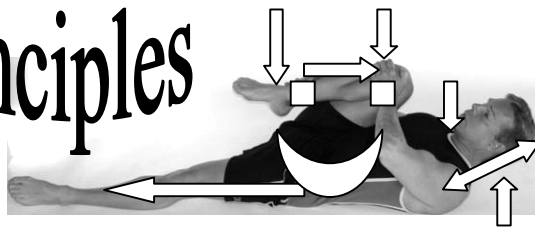


A symptom, condition or action that makes this inadvisable

Pressing the chin to the chest causes hyper-flexion and may compress cervical vertebrae. Pulling the heel towards the buttock may cause knee hyper-flexion or joint compression. Pulling the knee towards the chest may cause hip hyper-flexion or joint compression.



Pilates Principles



Breath:

Oppositions:

Articular Traction:

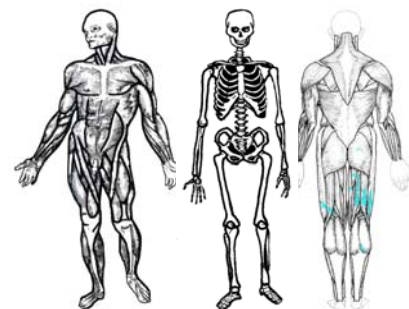
Reciprocal Enervation:

Successive Contractions:

Purpose

Defines the focus of the exercise

Therapeutic;



Series

Single Leg Stretch, straight leg

Aka: Traditional variation

Etiology:



Description

An attempt to describe FLOWING movements

Head and shoulders lifted with chin touching the chest. Both hands pull the lifted leg back toward the chest [to stretch that leg's hamstring & work the biceps]. The other leg is extended out on the floor. Alternate to change legs.

Modifications

Use of props is a modification

- 1: Lower head to the floor to release tension from the neck.
- 2: Use Cranial Propepil Flexion to strengthen neck muscles.

Cues

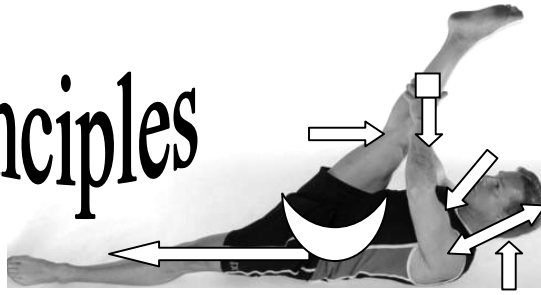
Give attention to flexibility with nurturing care



Contraindications © *Ballistic stretch techniques are out dated*

Pressing the chin to the chest causes hyper-flexion and may compress cervical vertebrae.
Pulling the leg towards the chest may cause knee hyper-extension or joint compression.
Pulling the leg towards the chest may cause hip hyper-flexion or joint compression.

Pilates Principles



Breath:

Oppositions:

Articular Traction:

Reciprocal Enervation:

Successive Contractions:

Purpose

The WHY of Pilates

Therapeutic;



Series

Front Kick with Stomach Massage

Aka:

Etiology:



Description

Build on previous exercises

Lie recumbent with the upper torso off the mat to engage the abdominals. Extend the arms forward. Lift and lower one leg and then the other, alternately.

Modifications

Teaching Techniques; Touch Stimulation or Molding are modifications

- 1: Lower shoulders to release tension from the neck.
- 2: Use Cranial Propepil Flexion to strengthen neck muscles.
- 3:

Cues

Teach to hug muscle to bone

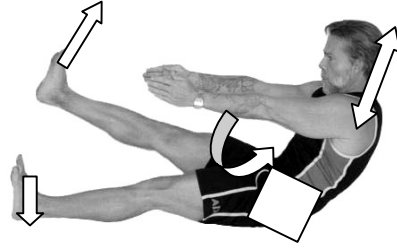
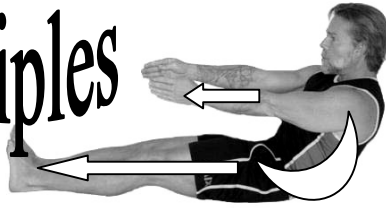


Contraindications Ⓢ

Not all exercises are appropriate for everyone

Pressing the chin to the chest causes hyper-flexion and may compress cervical vertebrae. Kicking the leg up is a ballistic stretch and not acceptable in exercise protocols. Avoid overly protracted shoulders with Kyphosis or bad postural alignment.

Pilates Principles



Breath:

Oppositions:

Articular Traction:

Reciprocal Enervation:

Successive Contractions:

Purpose

Not all benefits are listed

Therapeutic;

