

Pilates and Posture Correction

SS3171 Practical Group Teaching Assessment - Instructional Skills

Student Name:

ID number 2E+07

Course: Pilates

4 Intermediate Mat

Venue: UL

1 Pilates on the stability ball

Tutor.

Date Submitted:



Grading Scheme	Honours First class	Honours 2.1	Honours 2.2	Pass - Honours 2.2	Pass
Grade	A1-A2 Excellent	B1-B2 Very Good	B 3 Good	C1-C2 Satisfactory	C3 Adequate
%	100%- 75%	74% -65%	64%-60%	59%-50%	49%-45%

Please tick the appropriate column

Core Instructional Skills

Personal technique					
Appropriate teaching and safety points					
Specific observation skills - attention to detail					
Specific correction skills (appropriate verbal/tactile)					
Implementation appropriate modifications					
Effective verbal & visual cueing for Pilates					
Correct use of breath patterns					
Application of theory to practice					

Supplementary Instructional Skills

Exercise Choice from list/suitable for group					
Appropriate Level of exercises taught for individuals					
Order of exercises/flow/transitions					
Ability to care for individuals + group					
Clear and competent in presentation					
Communication skills					
Appropriate motivation skills/Voice					
Class Education					

General Comments

	Actual	calc	
Instruction out of 95 %	<input type="text"/>	<input type="text"/>	(Instruction must be over 45% for overall PASS)
Self evaluation out of 5%	<input type="text"/>	<input type="text"/>	<input type="text"/> OVERALL C
Total %		<input type="text"/>	

4 clear repetitions of each ex must be performed

Intermediate Mat Pilates – any 4 exercises
Hundred diagonal – perform full 100 Full roll up Double leg stretch Slow double leg stretch Full roll over Open Leg Rocker Jack knife Full shoulder bridge with leg movement Scissors Teaser 3 4 Full swan dive rock and catch
Stability Ball Pilates – any 1 exercise
Leg pull front Side lying oblique ½ roll back feet on ball Plank variations elbows on ball Plank variations feet on ball Swan dive - full



National Council
Exercise & Fitness



HUN COLLEGE
University of
Merick

Fail

D
Unsatisfactory

< 45%

grade)

Grade