

Module SS3151: Methodology and Application of Pilates & Corrective Exercise (6 ECTS)

Assessment Case Study - 100% to include

Posture Analysis

- Posture tests
- Give detailed evidence of muscle imbalances
- Plan appropriate exercises to improve these muscle imbalances

Aim of the project: To provide students with the opportunity to demonstrate their understanding and application of Programming for Pilates and Corrective Exercise for the individual client.

Learning Outcomes:

At the end of this project, students will have:

1. Furthered their knowledge in the area of Pilates exercise instruction/delivery on a one to one basis.
2. Demonstrated their understanding, application and evaluation of postural analysis and functional assessment.
3. Improved their interpersonal skill , attitudes and abilities to interact on a one to one basis within a Pilates instructor/client relationship
4. Developed their ability to plan and prescribe Pilates corrective exercise programme.
5. Developed an awareness of their strengths and areas to work on within Pilates exercise instruction.

Project Outline

The project involves detailed posture analysis (incorporating appropriate tests), programme design and implementation, and completing a detailed report (2,500 words) on the experience.

The client should complete a health/lifestyle screening form to include standard health screening form (supplied at student support site), occupation, hobbies and daily activities.

From the profile gathered from lifestyle health screening form:

1. Conduct an appropriate static and functional posture assessment.
2. Design a suitable Main phase Pilates exercise programme for the client, showing modifications and progressions as required to improve the posture presented.
3. The client's posture should be reassessed at the end of the programme and appropriate feedback, advice and an outline plan for the client's future programme direction administered.
4. Project must be submitted on or before date given by course coordinator.
5. Client name should not be included in project submission.
6. Case study is submitted in soft copy only in correct format (Word doc, 11pt Arial font, 1.5 line spacing).
7. The student should submit copy to Head office & course coordinator and retain a copy as back up as originals will be kept on file.
8. Client can be of any fitness level or training background.
9. Name, contact number and brief history of the client should be made sent by e mail to the course coordinator on the second weekend of the course.
10. Student should ensure that Pilates exercise is not contra-indicated for the client.
11. Course coordinator may contact the client to monitor progress

To include soft copy typed report of findings, photographic evidence, Pilates fitness assessment, programme development, and self analysis of sessions taught.

Participant will conduct a report detailing client's posture analysis and profile (age, lifestyle, fitness level as per forms on Student support site).

Project layout (Word Doc format)

- Title Page
- Project Title "Pilates and Corrective Exercise Case Study"
- Student name and ID number
- Course (Year and venue)
- Date

Pilates Fitness Assessments - (Static & Dynamic Postural Assessments) **Weighting 30%**

- 4 Photos of Static Posture – anterior view, both side views & posterior view
These must be well lit images taken of the client, barefoot in fitted shorts and singlet with hair tied up on a clear background (2%)
- Health Screening/Lifestyle questionnaire and detailed notes to include structures affected (10%)
- Your analysis of the client's state of health / fitness and needs (8%)
- Details of muscles to be strengthen/lengthened to correct posture issues (10%)

Pilates Programming - Planning & Application **Weighting 70%**

- 4 Detailed Main phase Session plans for 1-1 teaching of individual to achieve posture improvement (4%)
- Rationale for your selection of specific corrective exercises for each session. (16%)
- List of actual exercises used for main phase only, levels and specific variations used and why.
Selection to include a variety of planes of movement to include flexion, extension, rotation exercises). A minimum of 15 exercises to be used in each session (16%)
- Evaluation of each session taught - each lesson plan should reflect a development and choice of exercises made based on this evaluation (16%)
- Future plans for direction of programme for this client. Show **specific** pathway of progression of how you plan to develop exercises to improve posture (8%)
- Self Evaluation of the one to one teaching – strengths/ areas to work on (7%)
- Summary – what you learned from this process (3%)