

Module SS3131: Introduction to Pilates and Corrective Exercise (3ECTS)

1. 10 questions in an online assessment to include
 - History of Pilates
 - Function of Pilates
 - Benefits of Pilates to general and specific populations

Weighting 25%

2. Demonstrate personal ability to perform Pilates exercises from the prescribed lists. Submit a video of you demonstrating solo (5-10 minute maximum duration for entire assessment)
 - a. Any 4 of the listed Basic Mat exercises
 - b. Any 4 of the listed Intermediate Mat exercises
 - c. Any 1 of the listed Pilates Stability Ball exercises

Weighting 75%

Basic Mat Pilates Any 4	Intermediate Mat Pilates Any 4	Stability Ball pilates Any 1
Ab prep ½ roll back 1 leg circle Rolling like a ball Single leg stretch 1 leg kick (prone on elbows) Breastroke prep Side kick	Hundred diagonal Full roll up Double leg stretch Full roll over Jack knife Full shoulder bridge with leg movement Scissors Full swan dive rock and catch	Leg pull front Side lying oblique ½ roll back feet on ball Plank variations elbows on ball Plank variations feet on ball

The student must fulfil the following criteria

- Name exercise
- **3 consecutive reps of each exercise must be performed**
- **3 further reps of the exercise with a description of the focus of the exercise – for example – muscles lengthening/engaging throughout each movement of the exercise**
- Demonstrate correct pace
- Demonstrate clear and correct breath pattern for each phase of the exercises