

Pilates and Posture Correction

**SS3131 Individual Demo Assessment - Demonstration Skills**

Student Name: \_\_\_\_\_ ID number \_\_\_\_\_

Course: ...

Venue: UL

Tutor \_\_\_\_\_

Date Submitted: \_\_\_\_\_



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

Please tick the appropriate column

4 Basic mat Exercises - list 4 performed and mark for exercises performed						
1 Ab Prep						
2 1/2 roll back						
3 1 leg circle						
4 Single leg stretch						
Correction skills						
Follow through on correction						
Implementation of appropriate Adaptations						
3 consecutive reps to be performed of each exercise						
Personal Technique for each exercise						
Correct Pace of each phase of each exercise						
Clear and correct breath pattern for each phase						
3 reps + verbal focus of exercise muscles working						
4 Intermediate mat Exercises - list 4 performed and mark for exercises performed						
1 Hundred diagonal						
2 Double leg stretch						
3 Scissors						
4 Full shoulder bridge with leg movement						
3 consecutive reps to be performed of each exercise						
Personal Technique for each exercise						
Correct Pace of each phase of each exercise						
Clear and correct breath pattern for each phase						
3 reps + verbal focus of exercise muscles working						
1 Stability Ball Exercise - mark for exercise performed						
1 Leg pull front						
Name Exercise						
3 consecutive reps to be performed						
Personal Technique						
Correct Pace of each phase of the exercise						
Clear and correct breath pattern for each phase						
3 reps + verbal focus of exercise muscles working						

General Comments

%

Letter Grade

**Choices must come from this list**

Basic Mat Pilates any 4
Ab prep
1/2 roll back
1 leg circle
Rolling like a ball
Single leg stretch
1 leg kick (prone on elbows)
Side kick
Breastroke prep

**Intermediate Mat Pilates any 4**

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

**Stability Ball pilates - any 1**

Leg pull front
Side lying oblique
1/2 roll back feet on ball
Plank variations elbows on ball
Plank variations feet on ball