



## Mat 3 Quiz



1. Name: First and Last and Email Address

2. This course uses the Roller, Ring, Ball, and Band to enhance the traditional Pilates Mat exercises? (5 Points)

- True
- False

3. In The Hundred exercise, where would you place the ball if the goal was to enhance core and leg activation? (5 Points)

- Under the pelvis
- Behind the back
- Between the ankles or knees

4. For the exercise, Double Leg Stretch, where would you place the ring if the goal was to increase arm connection with the core? (5 Points)

- Between the hands
- Between the ankles or knees

5. When performing the exercise Hip Mobility exercises, such as Scissors and Bicycle, why might you choose to place the ball under the pelvis? (5 Points)

- Creates core instability challenge
- Provides feedback for the pelvis and lower spine
- To safely support the pelvis
- All of the above

6. To challenge the Open Leg Rocker exercise the ring should be placed... (5 Points)

- In the hands
- Between the ankles or knees

7. When planning a group mat class, how should you choose the most appropriate prop (e.g., ball, Pilates Ring, elastic band, or foam roller)? (5 Points)

- Select the prop that best supports the goals of the class and the needs of the participants
- Use the prop that you personally enjoy teaching with the most
- Choose the prop that is the most challenging for the group
- Rotate through all props equally, regardless of the class content

8. Which of the exercises listed below use the roller to create a dynamic stretching sequence? (Select all that apply) (5 Points)

- Posterior Hip Massage
- Hamstring Massage
- Quadriceps Massage
- Stomach Massage
- Adductor Massage

9. Why is it important to regularly check elastic bands for signs of wear and tear before using them in class? (5 Points)

- Because they can lose their color over time
- Because worn-out bands are harder to grip
- Because they may snap or break during use, causing injury
- Because new bands are more resistant to stretching

10. Why is it important to move props like a roller, Pilates Ring, or ball out of the way when they are not in use during a Mat class? (5 Points)

- To reduce the risk of someone tripping or falling
- To avoid visual distraction for participants
- To prevent the props from losing their shape during class
- To keep the props in a designated storage area

11. What precautions should be taken when choosing to use a foam roller? (5 Points)

- When using the roller as a massage tool, use caution, or avoid having a client roll directly over a joint or injured tissue.
- Using a rounded roller on an unstable surface should be used with caution as falling off may cause injury.
- It is important to choose the appropriate level of 'Roller Firmness' for client comfort.
- All of the above
- None of the above

12. Which sequence listed below demonstrates the best flow when using a Pilates Ring? (5 Points)

- Roll Up (Ring in Hands), Side Lying Leg (Ring at Ankles), Oblique Curl (Ring in Hands)
- Abdominal Curl (Ring in Hands), Oblique Curl (Ring in Hands), Roll Up (Ring in Hands)
- Prone Hip Extension (Ring Secured between the ankle and back of the thigh), Teaser (Ring in Hands), Standing Forward Lunge (Ring in Hands)

13. Which sequence listed below demonstrates the best flow when using an Elastic Band? (5 Points)

- Open Leg Rocker (Band in Hands and Wrapped around Feet), Standing Anterior Deltoid Raise (Band in Hands and Secure Under feet), Double Leg Kick (Band in Hands and Wrapped around Feet)
- Standing Biceps Curls (Band in Hands and Wrapped around Feet), Side Lying LegLifts (Band Secured under lower leg and wrapped around the top foot), Standing Squats (Band in Hands and Wrapped around Feet)
- Roll Up (Band in Hands and Wrapped around Feet), Seated Biceps Curls (Band in Hands and Wrapped around Feet), Seated Single Arm Rows with Twist (Band in Hands and Wrapped around Feet)

14. Which Sequence listed below demonstrates the best flow when using a Ball? (5 Points)

- Abdominal Curl (Ball Behind Back), Oblique Curl (Ball Behind Back), The Hundred (Ball Behind the Back)
- Bridging (Ball Under Feet), Low Swan (Ball Under Chest), The Hundred (Ball Between Ankles)
- Rolling Like a Ball (Ball Between Chest and Thighs), Standing Wall Squats (Ball Behind Back and Supported by the Wall), Push Up (Feet on Ball)

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