



Mat 1 Module Quiz

Name: _____

Date: _____

- 1) Which of the following are considered Pilates Principles?
 - a) Breathing, Precision, Relaxation, Centering, Effort
 - b) Balanced Muscle Development, Rhythm, Practice, Control, Flow
 - c) Concentration, Control, Whole Body Movement, Integration, Focus
 - d) Breathing, Balanced Muscle Development, Concentration, Control, Centering

- 2) Which of the following is not one of the Balanced Body Movement Principles?
 - a) Whole Body Movement
 - b) Core Work and Strength Training
 - c) Upper Body Training
 - d) Mobility and Restoration

- 3) Which of the following is not a Pre-Pilates Essentials Exercise?
 - a) Femur Sways
 - b) The Hundred
 - c) Articulated Bridge
 - d) Cat/Cow

- 4) Joseph Pilates was born in what country?
 - a) Germany
 - b) England
 - c) United States
 - d) Norway

- 5) The following Mat 1 exercises listed below are primarily Wheels in Motion in the Sagittal Plane, except?
 - a) Spine Stretch Forward
 - b) Side Lying Leg Circles
 - c) Double Leg Stretch
 - d) The Hundred

- 6) Joseph Pilates moved to the United States in this year.
- a) 1920
 - b) 1883
 - c) 1926
 - d) 1957
- 7) Joseph Pilates lived and taught in this American city.
- a) San Francisco
 - b) New York
 - c) Los Angeles
 - d) Newark
- 8) Which of the following Mat 1 exercises is **not contraindicated** for clients with osteoporosis:
- a) Side Lying Leg Lifts - Side Leg Lifts, Circles, Kicks
 - b) Open Leg Rocker
 - c) Hundred
 - d) Single Leg Stretch
- 9) All of the following Mat exercises are safe throughout pregnancy **except**:
- a) Rolling Like a ball
 - b) Spine Stretch Side
 - c) Side Lying Lifts (any variation)
 - d) Push-Ups
- 10) Collectively, Spine Stretch Forward, Spine Stretch Side, and Criss-Cross work the spine in what planes of motion?
- a) Sagittal and Transverse
 - b) Sagittal and Frontal
 - c) Sagittal, Frontal and Transverse
 - d) Transverse and Frontal

- 11) The following are ways to modify Spine Stretch Forward for clients with tight hamstrings:
- a) Avoid the exercise
 - b) Have them hold their breath
 - c) Use a reformer
 - d) Sit on a rolled mat or box, or bend your knees
- 12) Which of the following Mat 1 exercises requires caution for clients with low back problems (select all that apply)?
- a) Seal
 - b) Rolling Like a Ball
 - c) Double Straight Leg Stretch
 - d) Roll Up
 - e) Side Lying Leg Lifts

In the sequences below, which of the following represents a **progressive movement arc** leading to the listed **Mat** exercise?

- 13) The Hundred
- a) Rib Cage Arms, Sternum Drops, All Fours Push Up, Plank
 - b) Femur Fold, Imprinted Leg Slide, Head Wheel, Abdominal Curl
 - c) Prone Pelvic Clock, Prone Head Wheel, Rockets
 - d) Pinwheel, Side Lying Femur Folds, Knee Sways
- 14) Saw
- a) Seated Side Stretch, Seated Rotation, Scapular Mobility, Telescope Arms
 - b) Leg Slides Neutral, Flat Back Bridge, Bridge with Marching
 - c) Prone Pelvic Clock, Rocket, Baby Swan
 - d) Abdominal Curl, Femur Folds, Leg Slides Imprinted
- 15) Swan
- a) Supine Pelvic Clock, Pelvic Imprint, Articulated Bridge, Leg Slides Imprinted
 - b) Head Thoracic Wheel Seated, Pelvic Wheel Seated, Abdominal Curl
 - c) Prone Pelvic Clock, Prone Head/Thoracic Wheels, Rockets
 - d) Femur Folds, Flat Back Bridge, Leg Rotations at 45 and 90 degrees

16) Small and Large Leg Circles

- a) Prone Pelvic Clock, All Fours Abdominals, Sternum Drops, Opposite Arm/Leg Reach
- b) Toe Taps, Flat Back Bridge, Marching Bridge
- c) Head/Thoracic Wheel Supine, Abdominal Curl, Articulated Bridge, Leg Slides Imprinted
- d) Femur Folds, Pelvic Clock, Knee Sways, Leg Rotations at 45 and 90 degrees

17) Push Up

- a) Scapular Mobility, Pinwheel, Seated Side Stretch, Seated Rotation
- b) Prone Pelvic Clock, All Fours Abdominals, Sternum Drops, Opposite Arm/Leg Reach
- c) Femur Folds, Pelvic Clock, Articulated Bridge, Pelvic Wheel Seated
- d) Femur Folds, Flat Back Bridge, Leg Rotations at 45 and 90 degrees