

MAT 3 MODULE TEST

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Name_____ Date_____ Training Location_____
TOTAL POINTS 77 PASSING 54

1) This course uses the Roller, Ring, Ball and Band to enhance the traditional mat repertoire. (1 point)

- 1) True
- 2) False

2) List all of the Balanced Body Movement Principles. (1 point each - 5 points)

- 1)
- 2)
- 3)
- 4)
- 5)

3) For each of the following exercises, indicate where the Ball can be placed to enhance the exercise. (8 points)

Exercise Name	Ball under the pelvis	Ball behind the back	Ball between the ankles or knees
The Hundred			
Single Leg Stretch			
Criss Cross			
Bicycle			

4) For each of the following rolling exercises, indicate where the Ring can be placed to enhance the exercise. (6 points)

Exercise Name	Ring in the hands	Ring between the ankles or knees
Rolling Like a Ball		
Open Leg Rocker		
Boomerang		

5) List 2 differences between the Abdominal Curl with the Ball behind the back and the Abdominal Curl with the Ring in the hands? (2 points)

1)

2)

6) List 2 ways using the Band for Double Leg Kicks makes the exercise easier. (2 points)

1)

2)

7) List 5 exercises on the Roller that can be used to create a dynamic stretching sequence. (5 points)

1)

2)

3)

4)

5)

8) List 3 exercises using the Band to enhance upper body strength. (3 points)

1)

2)

3)

9) Using the Balanced Body Movement Principles, program a short workout with the Ring by completing the grid below. (15 points)

Movement Principle	Exercise 1	Exercise 2	Exercise 3
Trunk Integration			
Lower Body Strength and Power			
Upper Body Strength and Balance			
Whole Body Movement			
Dynamic Flexibility			

10) Design a full workout using each of the props and all of the Movement Principles. List the exercise name and the prop used for each exercise (30 points)

Movement Principle	Exercise 1	Exercise 2	Exercise 3
Trunk Integration - Core Warm Ups			
Trunk Integration			
Trunk Integration			
Lower Body Strength and Power			
Lower Body Strength and Power			
Upper Body Strength and Balance			
Upper Body Strength and Balance			
Whole Body Movement			
Whole Body Movement			
Dynamic Flexibility			