

BALANCED BODY - REFORMER 1 MODULE TEST

PILATES REFORMER 1 MODULE TEST

Name_____ Date_____ Training Location_____

TOTAL POINTS - 114 PASSING GRADE - 80

1) List the 9 Pilates Principles. (1 point each - 9 points)

1)

2)

3)

4)

5)

6)

7)

8)

9)

2) Name 4 Balanced Body Movement Principles and list one Reformer exercise you would use to teach that principle. (2 points each - 8 points)

1)

2)

3)

4)

3) Placing the springs on the A or pre-loaded position on the Reformer makes the resistance _____.
(1 point)

easier harder (circle 1)

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4) List the color coding of the Balanced Body Reformer springs from lightest to heaviest. (1 point each - 4 points)

(light) 1)

2)

3)

(heavy) 4)

5) In the footwork exercises, the footbar should ideally be adjusted so the client has a _____ degree angle at their hips. (1 point)

6) Name 3 ways to adjust the fit of the Reformer for clients with knee and hip injuries that don't tolerate deep flexion? (1 point each - 3 points)

1)

2)

3)

7) Name 5 pieces of exercise equipment that Joseph Pilates invented. (1 point each - 5 points)

1)

2)

3)

4)

5)

8) Circle any Reformer exercises that are contraindicated for clients with osteoporosis:

(Circle all that apply) (6 points)

Swan Feet in Straps Hundreds Kneeling abdominals Arm work sitting Short Box Abdominals

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13) Create a programming segment using the grid below. Choose a pre-Pilates exercise and three related Reformer 1 exercises that are relevant to the movement principle. (1 point per exercise - 28 points total)

MOVEMENT PRINCIPLE		PRE-PILATES	EXERCISE 1	EXERCISE 2	EXERCISE 3
TRUNK INTEGRATION	Breathing				
	Inner Unit				
	Outer Unit				
	Spinal Mobility				
Upper Body Strength and Balance					
Lower Body Strength and Power					
Dynamic Flexibility					

14) Design a class using 10 - 15 Reformer exercises that includes work for all the major muscle groups. Indicate the focus of the class, list the exercises in order and include the number of repetitions. (2 points each - 30 points total)

Class focus:

- | | |
|----|-----|
| 1) | 9) |
| 2) | 10) |
| 3) | 11) |
| 4) | 12) |
| 5) | 13) |
| 6) | 14) |
| 7) | 15) |
| 8) | |

