



Mat 1 Quiz

* Required

1. Name First and Last; Email *

2. Which of the following are considered Pilates Principles? * (5 Points)

- Breathing, Precision, Relaxation, Centering, Effort
- Balanced Muscle Development, Rhythm, Practice, Control, Flow
- Concentration, Control, Whole Body Movement, Integration, Focus
- Breathing, Balanced Muscle Development, Concentration, Control, Centering

3. Which of the following is not one of the Balanced Body Movement Principles? * (5 Points)

- Whole Body Movement
- Core Work and Strength Training
- Upper Body Training
- Mobility and Restoration

4. Which of the following is not one of the essential pre-Pilates Exercises? * (5 Points)

- Femur Sways
- The Hundred
- Articulated Bridge
- Cat/Cow

5. Joseph Pilates was born in what country? * (5 Points)

- Germany
- England
- United States
- Norway

6. Which of the following Mat 1 exercises occur in the sagittal plane. (Select all that apply) * (5 Points)

- Spine Stretch Forward
- Side Lying Leg Circles
- Double Leg Stretch
- The Hundred

7. Joseph Pilates moved to the United States in this year. * (5 Points)

- 1920
- 1883
- 1926
- 1957

8. Joseph Pilates lived and taught in this American city. * (5 Points)

- San Francisco
- New York
- Los Angeles
- Newark

9. Which of the following Mat 1 exercises is appropriate for clients with osteoporosis. (Select all that apply) * (5 Points)

- Side Lying Leg Lifts - Side Leg Lifts, Circles, Kicks
- Open Leg Rocker
- Hundred with legs from the floor.
- Swan

10. Which pre-Pilates essential exercises are safe throughout pregnancy. (Select all that apply) * (5 Points)

- Opposite Arm and Leg Reach
- Bridging
- All Four Abdominals
- Cat/Cow

11. Spine Stretch Forward, Spine Stretch Side, and Saw work the spine in which planes of motion. * (5 Points)

- Sagittal and Transverse
- Sagittal and Frontal
- Sagittal, Frontal and Transverse
- Transverse and Frontal

12. Which of the following is the best way to modify Spine Stretch Forward for clients with tight hamstrings? * (5 Points)

- Avoid the exercise
- Have them hold their breath
- Use a Reformer
- Sit on a wedge, box, or rolled mat, or bend your knees

13. What special considerations should be kept in mind when preparing a session for someone after 20 weeks of pregnancy? (select all that apply) * (5 Points)
- There are no special considerations at this time, they can maintain their current exercise program as long as they are comfortable.
 - Avoid lying prone if uncomfortable
 - Avoid lying completely supine
 - None of the above
14. Which of the pre-Pilates Essentials and Mat Exercises can remain in a client's program throughout their pregnancy journey? (select all that apply) * (5 Points)
- All Fours, Cat and Cow
 - Swan
 - Spine Stretch Side
 - Side Lying Leg Lifts
15. When training a client with osteoporosis what considerations should you include in your training protocols? (Select all that apply) * (5 Points)
- Extension based exercises such as mini Swan and Swimming
 - Flexion based exercises and rolling
 - Weight bearing exercises such as standing side splits
 - None of the above
16. Which of the following Mat 1 exercises are contraindicated for clients with osteoporosis. (Select all that apply) * (5 Points)
- Seal
 - Swan
 - Double Straight Leg Stretch
 - Roll Up
 - Side Lying Leg Lifts

17. Which of the following represents a progressive programming sequence to The Hundred? * (5 Points)
- Rib Cage Arms, Sternum Drops, All Fours Push Up, Plank
 - Femur Fold, Leg Slide, Head Wheel, Ribcage Arms, Abdominal Curl
 - Prone Pelvic Clock, Prone Head Wheel, Rockets
 - Pinwheel, Side Lying Femur Folds, Knee Sways
18. Which of the following represents a progressive programming sequence to Saw? * (5 Points)
- Seated Side Stretch, Seated Rotation, Scapular Mobility, Telescope Arms
 - Leg Slides, Flat Back Bridge, Bridge with Marching
 - Prone Pelvic Clock, Rocket, Mini Swan
 - Abdominal Curl, Femur Folds, Leg Slides
19. Which of the following represents a progressive programming sequence to the Swan. * (5 Points)
- Supine Pelvic Clock, Pelvic Imprint, Articulated Bridge, Leg Slides
 - Head Thoracic Wheel Seated, Pelvic Wheel Seated, Abdominal Curl
 - Prone Pelvic Clock, Prone Head/Thoracic Wheels, Rockets
 - Femur Folds, Flat Back Bridge, Leg Rotations
20. Which of the following represents a progressive programming sequence to small and large Leg Circles? * (5 Points)
- Prone Pelvic Clock, All Fours Abdominals, Sternum Drops, Opposite Arm/Leg Reach
 - Toe Taps, Flat Back Bridge, Marching Bridge
 - Head/Thoracic Wheel Supine, Abdominal Curl, Articulated Bridge, Leg Slides Imprinted
 - Femur Folds, Pelvic Clock, Knee Sways, Leg Rotations

21. Which of the following represents a progressive programming sequence to the Push Up? *
(5 Points)

- Scapular Mobility, Pinwheel, Seated Side Stretch, Seated Rotation
- Prone Pelvic Clock, All Fours Abdominals, Sternum Drops, Opposite Arm/Leg Reach
- Femur Folds, Pelvic Clock, Articulated Bridge, Pelvic Wheel Seated
- Femur Folds, Flat Back Bridge, Leg Rotations

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