

W-COU047 STUDIO WRITTEN ASSESSMENT

INTRODUCTION

This written assessment has been developed to provide you with the opportunity to demonstrate your understanding of the topics covered and apply what you have learned.

Included in this document is:

- Cover Sheet.
- Submission Instructions.
- Studio Written Assessment Tasks.
- Programming Templates (provided separately as a Word Document for ease of typing directly into).

UNITS OF COMPETENCY

This is an integrated assessment task. The following units of competency are assessed within this assignment. To complete these units, you are required to complete this assignment, in addition to practical and online assessment tasks as defined in your Course Outline.

- NAT11332011: Plan and instruct Pilates Method programming for postural assessment and correction
- NAT11332006: Instruct the Pilates Studio introductory to basic Reformer repertoire
- NAT11332007: Instruct the Pilates Studio progressive Reformer repertoire
- NAT11332008: Instruct the Pilates Studio intermediate Reformer repertoire
- NAT11332012: Instruct the Pilates Studio introductory to basic Cadillac repertoire
- NAT11332013: Instruct the Pilates Studio progressive to intermediate Cadillac repertoire
- NAT11332014: Instruct the Pilates Studio introductory to intermediate Wunda Chair repertoire
- NAT11332015: Instruct the Pilates Studio introductory to intermediate Barrels repertoire
- NAT11332016: Undertake exercise planning and programming for Pilates Method Clients

RESOURCES FOR THIS ASSESSMENT

You will need access to the following resources to complete the written assessment tasks:

- Learning Management System (LMS)
- Repertoire manuals

HOW TO ANSWER

Your responses must use complete sentences; not dot points, abbreviation or shorthand, and address all parts of the question, in your own words. Word count for each response should range between 20 – 50 words (approximately), however, you will see that some answers will require longer or shorter responses.

PLAGIARISM

Pilates ITC does not tolerate any attempt to misappropriate, duplicate or “pass off” another person’s work and or ideas as one’s own. To do so is considered misconduct (plagiarism) and will result in penalties, including exclusion from the unit(s) and or termination of your enrolment. Plagiarism is taken very seriously, and all Students will be expected to sign the Plagiarism Declaration prior to submitting any work for assessment.

ASSESSMENT PROCESS

All compulsory assessments (Practical, Written Tasks and other) must be completed and submitted before you attend your Practical Assessment.

Students are encouraged to complete assessments at their earliest convenience to allow Educators (Trainers and Assessors) to complete marking in a timely fashion. Students are required to contact Student Support directly to request additional time to complete.

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Pilates ITC ensures that compliance with the assessment guidelines from the relevant Training package are met and assessment decisions are based on the Student's ability to demonstrate the required skills and knowledge of the topic. Assessments are deemed either **Satisfactory (S)** or **Not Yet Satisfactory (NYS)** by the Educator (Certificate IV in Training and Assessment).

Pilates ITC Educators hold a Cert IV in Training and Assessment to ensure quality and consistency in assessment and learning outcomes, in line with course accreditation requirements.

FEEDBACK

Pilates ITC Educators provide constructive feedback on assessments to support optimal learning outcomes; if you are unsure about comments provided, please seek clarification from the Assessor.

RESULTS

If your Assessment is marked Satisfactory (S), your Assessor will issue your results via VetTrak.

Should your attempt be marked Not Yet Satisfactory (NYS) your Assessor will issue a re-submission request via VetTrak, with a new deadline and actions required for you to meet a Satisfactory outcome. Extensive feedback is provided on NYS submissions with the intention of helping you successfully navigate your re-submission.

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COVER SHEET - CANDIDATE SIGN OFF AND DECLARATION OF AUTHENTICITY

When you submit a written assessment, you MUST declare that your work is your own. The following authentication statement must be filled in, signed, and returned with your written assessment. If you do not include a completed with your written assessment you work will not be marked and returned to you to complete the declaration.

COVER SHEET - CANDIDATE SIGN OFF AND DECLARATION OF AUTHENTICITY	
STUDENT to complete this section	
Student Name	
Student Learner ID#	
Student Email Address:	
Contact Number:	
My signature below confirms the following: 1. I have read the instructions for this written set of tasks; 2. I choose to be assessed at this time; 3. I have kept a copy of these tasks for my own records; 4. I understand my tasks will not be returned to me and I will just receive feedback from my Assessor on these tasks; 5. I declare that these written tasks are my own work and contains no material written by another person except where I have duly referenced. I am aware that making a false declaration may lead to a "Not Yet Satisfactory" outcome being given and/or a withdrawal of the qualification.	
STUDENT SIGNATURE	
DATE OF SIGNATURE	
** Note a signature is only possible if the student (a) provides a hard copy of the assessment, (b) has access to a scanner and can print, and sign the declaration, or has created a digital signature. Typing your name as a signature will not be an acceptable method of authentication.	

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ASSESSMENT SUBMISSION

SUBMISSION DEADLINE

This assessment must be completed and submitted before you attend your in-Studio Practical Assessment. You do not have to have received a Satisfactory outcome, however, it must have been submitted.

INSTRUCTIONS

Print this document, then complete:

- Cover Sheet.
- Written Assessment piece in a new Word Document.
- Programming Tasks: must be typed (handwritten will not be accepted) on Word Document Studio Written Assessment Programming Submission Template provided.

Scan your completed Cover Sheet and Programming Tasks and incorporate into a single Word document along with your Written Tasks. Save the document as a **PDF**, using the following file naming convention:

LAST NAME_FIRST NAME_Studio Written Assessment.pdf

UPLOAD

- Visit your LMS dashboard and select *Studio Written Assessment*.
- In *Submit My Studio Task Here*, select *Upload File* and upload one PDF.

Upload one (1) submission in PDF format only.

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QUESTIONS.

1. Why should all Clients undertake an Initial Consultation (IC)?
2. Summarise the imbalances that may be observed using the Roll Down as an assessment tool in an IC.
3. List the exercises you would anticipate including in a standard IC for a healthy Client, according to the PIC System™ (Studio)
4. If you had a Client for an IC and the individual had previous Matwork experience, what changes/additions would you make to the standard IC program?
5. What are the primary spinal and pelvic deviations for each of the following common postural classifications?
 - a. Lordosis
 - b. Kyphosis
 - c. Sway-Back/Fatigue
 - d. Flat Back
6. What are the primary musculature imbalances for each of the following posture types? List four (4) appropriate exercises for each posture to address imbalances identified.
 - a. Lordosis
 - b. Kyphosis
 - c. Sway-Back/Fatigue
 - d. Flat Back
 - e. Genu Varus
 - f. Genu Valgus
7. During an IC, you regressed the Spine Twist Supine by placing a ball under the Client's feet. What weaknesses does this indicate and what other changes may you have to make to the standard IC program?
8. From your assessment of a basic level Client during their workout, you observe they have very tight hamstrings and suspect weak back extensors. Considering this, what choices would you implement in the Arm Work category?
9. How should you manage a Client who has arrived late for their session?

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10. Describe the muscle length-tension relationship.
11. In relation to muscle movement, 'active insufficiency' is reached when?
12. Describe the relationship between our body support systems and the importance of balance.
13. List the exercise guidelines for Second Trimester pregnancy and three (3) exercises that would be beneficial for this Client.
14. If you had a Client with an ankle sprain, what would you aim to work to accommodate this Client?
15. If you had a Client with a lumbar disc bulge, what movements would you avoid?
16. List a standard intermediate Studio warm up sequence.
17. Complete the following points:
 - a. When varying the apparatus within a session you would complete...
 - b. When using a sole piece of equipment, you would alter the PIC System™ structure to accommodate...
18. Describe the differences between executing Leg & Footwork on the following apparatus:
 - Reformer
 - Cadillac
 - Wunda Chair
19. Give the order of the Short Box Series known to date on the Reformer.
20. Define the goal for each of the following exercises:
 - a. Elephant
 - b. Spread Eagle
 - c. Press Down 2
 - d. Monkey Stretch 1
 - e. SC Side Lifts
 - f. Stomach Massage: Curved
 - g. Side Sitting 3
 - h. CAD Breathing

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i. WC Cat Stretch

21. List the categories of the PIC System (Studio) and two (2) examples of exercises or series for each category.

22. What is the level and PIC System category for the following exercises?

- a. CAD Prone 2
- b. WC Calf Press
- c. Leg Spring: Little Frogs
- d. REF Scooter
- e. SC Waving
- f. CAD Spine Stretch
- g. Skating Prep
- h. HB Swan
- i. WC Floor Frog
- j. LB Backstroke

23. In **200-300 words** discuss how Pilates can improve posture, dynamic alignment, and muscle imbalances. Include a programming example for a Studio Private Client related to the improvement of a common postural classification in your response.

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24. A new Client attends the Studio for an IC with a noted C-curve Scoliosis. Outline exercise considerations, as listed, that you will apply when working with this Client:

- a. Aim to work
- b. Precautions/ Contraindications
- c. Reduce
- d. Increase
- e. Exercise Suggestions (repertoire inclusions)

25. Your intermediate level Client – with no restrictions – has arrived 15 minutes late to their regular session. Outline how you will modify their existing Wunda Chair program (below) to accommodate this timeframe.

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PIC	REPERTOIRE SELECTIONS	SPRINGS	REPETITIONS	ORDER
Warm Up	Roll Down Pelvic Curl, SLS, DLS, CX, ST, Roll Up, Roll Over	- - -	3 10 3 ea	1
Leg & Footwork	Doubles, Calf Press Standing Leg Press, Standing Side Leg Press	2sp 2sp 1sp	8 8 8	2
Abdominals	Pike Side Pike	2sp	6 6 es	3
Legs Strapwork	SC Scissors, Openings, Helicopters, Bicycles	Leg weights	6	8
Spinal Articulation	SC Roll Over	Leg weights	4	9
Hip Flexion I	Cat Stretch	1sp	6	4
Hip Flexion II	HB SB Climb-a-Tree	-	1 es	13
Lunges	SC Hip Flexor Stretch	Leg weights	3-5BC	10
Box Work	HB Genie, Flat, Twist,	-	6 3es	12
Arm Work	Prone Arm Triceps and Presses (Doubles & Singles) PAP Circles, Wax-on-Wax-off	Arm Springs	8 6	7 11
Additional Leg Work	Step Up Horseback	2 sp -	8 ea 6	5 14
Lateral Flexion	HB Side Over	-	6	15
Extension	HB Basic Back Extension HB Swan	- -	3 3	16
Body Integration	Torso Press Sit	1sp	6	6
Release	HB Stretches	-	3-5BC	17

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26. Your Client with a lumbar lordosis has been working at a progressive level for over three months and is ready to start being progressed to an intermediate level. Evaluate their Reformer program (below) and outline the initial progressions you would make to this program to take your Client towards and intermediate level.

PIC	REPERTOIRE SELECTIONS	SPRINGS	REPETITIONS	ORDER
Warm Up	Roll Down Pelvic Curl, SLS, CX, ST, Roll Up	- -	3 6	1
Leg & Footwork	Doubles, R, P Single Heels Progression in external rotation Single Toes Progression	3 2.5 2.5	8 8 8	2
Abdominals	100s Co-ordination	1	1 set 6	3
Legs Strapwork	F, C, O, Stretch Wide	1.5	6	4
Spinal Articulation	Short Spine	1.5	6	5
Hip Flexion I	Reverse Knee Stretch Down stretch	1 1.5	8 6	6
Hip Flexion II	Up stretch 1, Up stretch 2, Elephant	1.5	6	7
Lunges	Kneeling Lunge	1	3-5BC	8
Box Work	SB Series: Genie, Flat, Tilt, Twist	All	6 3	11
Arm Work	Shoulder Press Doubles & Singles Kneeling Chest Expansion	1.5/1 1	10/5 6	9
Additional Leg Work	Skating Prep Box Adductors Glute Stretch	1 leg weights	8 8 5BC	10 14
Lateral Flexion	HB Side Over Prep	-	6	15
Extension	LB Pulling Straps 1, 2	1	6	12
Body Integration	LB Backstroke	1	5	13
Release	HB Stretches	-	3-5BC	16

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PROGRAMMING.

Assessment Criteria for Programming Tasks:

- The PIC System™ (Studio)
 - Demonstrate ability to program according to the PIC System™.
 - Demonstrate an ability to vary the apparatus according to the guidelines.
 - Demonstrate ability to adjust the order of execution of the PIC System™ categories to maintain appropriate focus and flow.
- Strategy and applications
 - Demonstrate ability to adhere to and apply indicated and contraindicated repertoire according to the guidelines for the required special condition.
 - Demonstrate ability to program using an appropriate selection of Pilates Method repertoire according to the Client's needs and goals.

Demonstrate knowledge of spring/resistance settings and selection of appropriate repetitions when using the Pilates apparatus and Pilates repertoire.

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PROGRAM ONE

1. Complete a Static and dynamic postural assessment on a **new pregnant (second trimester), post-natal or ageing Client**. Record your observations.
2. From your postural assessment write a Studio **Initial Consultation** following the PIC System and repertoire selection suitable to that Client.
3. Now teach this program a minimum of three times to the same Client. Your chosen practice Client may either be pregnant, post-natal or ageing or if you are unable to source this particular Client profile, teach the program hypothetically.

Using the Studio Written Assessment Programming Template form provided, be sure to include the following as part of your Written Assessment Submission:

- a. The date and time of when you practiced teaching this program on three separate occasions.
- b. Before your practice session/s, ask your client/s to complete a pre-screening health form that you have developed (refer to your LMS for more information on pre-screening forms) and submit these. Note that only one pre-screening form per unique practice client should be submitted.
- c. After your teaching practice write a brief self-reflection of your teaching along with what you felt went well, what could be improved upon and specifically what variations you could have additionally offered clients where needed. For example: any assists, modifications, regressions, or progressions. (maximum 1-2 paragraphs)
- d. The safety guidelines for the program and associated instructional techniques to help create a safe class environment. (maximum 1 paragraph)

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PROGRAM TWO

1. Write an ***Introductory to Basic Level*** multi-apparatus Studio program for a Client with an ***Upper Limb pathology of your choice*** using the PIC System and repertoire selection suitable to that level. Remember to consider the flow of the Studio program and other Pilates Method Principles. Please utilise a selection of ***Pre-Pilates and Ped-a-Pul*** repertoire in the appropriate indicated categories, to best suit the pathology of your choice.
2. Now teach this program a minimum of three times to the same Client. Your chosen practice Client may have the upper limb pathology you have programmed for or if you are unable to source this particular Client profile, teach the program hypothetically.

Using the Studio Written Assessment Programming Template form provided, be sure to include the following as part of your Written Assessment Submission:

- a. The date and time of when you practiced teaching this program on three separate occasions.
- b. Before your practice session/s, ask your client/s to complete a pre-screening health form that you have developed (refer to your LMS for more information on pre-screening forms) and submit these. Note that only one pre-screening form per unique practice client should be submitted.
- c. After your teaching practice write a brief self-reflection of your teaching along with what you felt went well, what could be improved upon and specifically what variations you could have additionally offered clients where needed. For example: any assists, modifications, regressions, or progressions. (maximum 1-2 paragraphs)
- d. The safety guidelines for the program and associated instructional techniques to help create a safe class environment. (maximum 1 paragraph)

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PROGRAM THREE

1. Write a **Progressive level** multi-apparatus Studio program for a Client with a **Lower Limb pathology of your choice** using the PIC System and repertoire selection suitable to that level. Remember to consider the flow of the Studio program and other Pilates Method Principles.

3. Now teach this program a minimum of three times to the same Client. Your chosen practice Client may have the lower limb pathology you have programmed for or if you are unable to source this particular Client profile, teach the program hypothetically.

Using the Studio Written Assessment Programming Template form provided, be sure to include the following as part of your Written Assessment Submission:

- a. The date and time of when you practiced teaching this program on three separate occasions.
- b. Before your practice session/s, ask your client/s to complete a pre-screening health form that you have developed (refer to your LMS for more information on pre-screening forms) and submit these. Note that only one pre-screening form per unique practice client should be submitted.
- c. After your teaching practice write a brief self-reflection of your teaching along with what you felt went well, what could be improved upon and specifically what variations you could have additionally offered clients where needed. For example: any assists, modifications, regressions, or progressions. (maximum 1-2 paragraphs)
- d. The safety guidelines for the program and associated instructional techniques to help create a safe class environment. (maximum 1 paragraph)

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PROGRAM FOUR

1. Write an **Intermediate level** multi-apparatus Studio program for a Client with a **Spine or Back pathology of your choice** using the PIC System and repertoire selection suitable to that level. Remember to consider the flow of the Studio program and other Pilates Method Principles.
2. Now teach this program a minimum of three times to the same Client. Your chosen practice Client may have the spine or back pathology you have programmed for or if you are unable to source this particular Client profile, teach the program hypothetically.

Using the Studio Written Assessment Programming Template form provided, be sure to include the following as part of your Written Assessment Submission:

- a. The date and time of when you practiced teaching this program on three separate occasions.
- b. Before your practice session/s, ask your client/s to complete a pre-screening health form that you have developed (refer to your LMS for more information on pre-screening forms) and submit these. Note that only one pre-screening form per unique practice client should be submitted.
- c. After your teaching practice write a brief self-reflection of your teaching along with what you felt went well, what could be improved upon and specifically what variations you could have additionally offered clients where needed. For example: any assists, modifications, regressions, or progressions. (maximum 1-2 paragraphs)
- d. The safety guidelines for the program and associated instructional techniques to help create a safe class environment. (maximum 1 paragraph)