

C-ASS093 MATWORK WRITTEN ASSESSMENT

INTRODUCTION

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

Included in this document is:

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

UNITS

The following units are assessed within this assessment. For successful completion of these units, you are required to complete this assessment, in addition to practical and online assessments defined in your Course Outline.

- NAT11332002: Plan and instruct a Pilates Matwork class from Introductory to Basic Level
- NAT11332003: Plan and instruct a Progressive Pilates Matwork class
- NAT11332004: Plan and Instruct an Intermediate Pilates Matwork class

RESOURCES FOR THIS WRITTEN 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

Students are encouraged to adhere to the designated assessment schedule to allow Educators (Trainers and Assessors) to complete marking in a timely fashion. Students are required to contact Student Support directly and at their earliest convenience to request extension of any assessment deadline.

Assessments are deemed either Satisfactory (S) or Not Yet Satisfactory (NYS) by the Educator.

Pilates ITC Educators hold a Cert IV in Training and Assessment to ensure quality and consistency in assessment and learning outcomes.

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.

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RESULTS

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

Should your attempt be marked Not Yet Satisfactory (NYS) your Assessor will issue a re-submission request via the Student Portal, 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 your 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 assessment; 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 this assessment; 5. I declare that this written assessment is 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 course I am enrolled in.	
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

INSTRUCTIONS

Print this document, then complete:

- Cover Sheet.
- Written tasks typed in a new Word Document.
- Programming Tasks: **must be typed** (handwritten will not be accepted) on the Word Document Matwork 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_MatworkWrittenAssessment.pdf

UPLOAD

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

Upload one (1) submission in PDF format only.

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SHORT ANSWER TASKS.

QUESTIONS.

1. List the categories of the PIC System (Matwork) and give example of two (2) exercises you would program in each category.
2. Name another exercise (not including the Rollover) from the repertoire learned to date, that is considered controversial. Give a reason as to why it is considered controversial and a specific instance that would cause it to be contraindicated.
3. Complete the following by filling in the blanks:
 - The Spine Twist Supine moves in the [] plane, around the [] axis.
 - If when performing the Hundreds, a client feels discomfort or excessive tension in the neck, you could regress the exercise by [] or by [].
4. What is the Movement Focus for each of the following?
 - Seal Puppy
 - Roll ups
 - Single Leg Kick
 - Hula
 - Side Support
 - Teaser Prep
 - Cobra
 - Open Leg Rocker
 - Swimming
5. Name the level *and* programming category for each of the following:
 - Spine Twist Sitting
 - Side Reach
 - Side Leg Lifts
 - Corkscrew
 - Leg Pull Back
 - Double Leg Kick
 - Open Leg Rocker
 - Saw
 - Single Leg Stretch

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PROGRAMMING TASKS

PROGRAM ONE

1. Write an **Introductory to Basic Level Matwork Program** following the PIC System and repertoire selection suitable to that level. Remember to consider the flow of the Matwork program and other Pilates Method Principles. Record this on the Matwork Written Assessment Programming Template form provided.
2. Now teach this program to a minimum of three (3) clients, on three (3) separate occasions. Using the Matwork 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 clients 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)

PROGRAM TWO

The Matwork clients you have been teaching in Program One are now ready to work at a Progressive level.

1. Write a **Progressive Level Program** following the PIC System and repertoire selection suitable to this level. Consider the flow of the Matwork program and other Pilates Method Principles. Record this on the Matwork Written Assessment Programming Template form provided.
2. Now teach this program to a minimum of three (3) clients, on three (3) separate occasions. Using the Matwork 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 clients 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)

PROGRAM THREE

The Matwork clients you have been teaching in Programs One and Two are now ready to work at an Intermediate level.

1. Write a **Intermediate Level Program** following the PIC System and repertoire selection suitable to this level. Consider the flow of the Matwork program and other Pilates Method Principles. Record this on the Matwork Written Assessment Programming Template form provided.
2. Now teach this program to a minimum of three (3) clients, on three (3) separate occasions. Using the Matwork Written Assessment

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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 clients 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)