

11332NAT: PROFESSIONAL STUDIO INSTRUCTION PATHWAY OBSERVATION WORKSHEETS

OBSERVATION WORKSHEETS | INTRODUCTORY TO BASIC CADILLAC

Full Name:	
Contact Number:	
Email:	

INSTRUCTIONS

These worksheets are designed as a study aid to support your learning during observation hours. What you observe in classes may not always follow the textbook PIC System and may include other exercises. Observation provides an opportunity to think critically and openly, and link practical application to what you are learning in your Coursework: specifically, the repertoire included in your **Pilates ITC Repertoire Manuals**. Notice teaching styles, class flow, and how different approaches support Clients. Remember, observation is not about judging what’s “right” or “wrong,” but about expanding your perspective and building your understanding of the Pilates ITC Coursework.

1. OBSERVE THE PROGRAM.

Select a Client using the Cadillac to observe. Call this person **Client E**. From your distance and remaining discreet, complete the following:

- Write down the program completed by Client E (Pilates ITC Repertoire only):

PIC	REPertoire	REP	SP	ORDER
Warm Up				
Leg and Footwork				
Abdominals				
Leg Strapwork				
Spinal Articulation				
Hip Flexion 1 and 2				
Lunges				
Box Work				
Arm Work				

Additional Legs				
Lateral Flexion				
Back Extension				
Full Body Integration				
Release				

- Is this a sole apparatus or varying apparatus program?
- If this is a varying apparatus program what other pieces of apparatus are being used and for which PIC System categories?

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- Provide a rationale for why you think this Client is working on the Cadillac?
- List any progressions for the repertoire observed. Note them in a different colour in the program template above.
- List three specific safety points that the Instructor used when working with Client E on the Cadillac:
- When Client E was doing the Leg & Footwork, where was their body positioned in relation to the apparatus?
- What cues were useful in achieving best possible execution?
- Were any modifications applied?

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- How did the Instructor attach and detach the safety chain? Please list the steps.
- Which springs were used for Abdominals – Leg strapwork – Arm Work? List spring settings in your program template.
- List three exercises that required Instructor intervention, write what was changed and why you think this was:

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OBSERVATION WORKSHEETS | PROGRESSIVE TO INTERMEDIATE CADILLAC

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2. OBSERVE THE PROGRAM.

- Write down the progressive to intermediate Cadillac program completed (Pilates ITC Repertoire only):

PIC	REPertoire	REP	SP	ORDER
Warm Up				
Leg and Footwork				
Abdominals				
Leg Strapwork				
Spinal Articulation				
Hip Flexion 1 and 2				
Lunges				
Box Work				
Arm Work				

Additional Legs				
Lateral Flexion				
Back Extension				
Full Body Integration				
Release				

- Is this a sole apparatus or varying apparatus program?
- If this is a varying apparatus program what other pieces of apparatus are being used and for which PIC System categories?

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- Were any categories from the PIC System omitted? If so, why?
- List any progressions for the repertoire observed. Note them in a different colour in the program template above.
- List three specific safety points that the Instructor used when working with the Client:
- List instances where the Instructor worked with the Client to achieve positive outcomes. This may include the use of specific repertoire, apparatus, cueing, modifications, assists, variations or other.

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OBSERVATION WORKSHEETS | INTRODUCTORY TO INTERMEDIATE WUNDA CHAIR

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1. OBSERVE THE CLIENT.

Select a Client using the Wunda Chair to observe. Call this person **Client F**. From your distance and remaining discreet, complete the following:

- Write down the program completed (Pilates ITC Repertoire only):

PIC	REPertoire	REP	SP	ORDER
Warm Up				
Leg and Footwork				
Abdominals				
Leg Strapwork				
Spinal Articulation				
Hip Flexion 1 and 2				
Lunges				
Box Work				
Arm Work				

Additional Legs				
Lateral Flexion				
Back Extension				
Full Body Integration				
Release				

- Is this a sole apparatus or varying apparatus program?

- If this is a varying apparatus program what other pieces of apparatus are being used and for which PIC System categories?

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- Provide a rationale for why you think this Client is working on the Chair?
- List any progressions for the repertoire observed. Note them in a different colour in the program template above.
- List three specific safety points that the Instructor used when working with Client F on the Chair:
- When Client F was doing the Leg & Footwork, where was their body positioned in relation to the apparatus?
- What cues were useful in achieving best possible execution?

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- Were any modifications applied?
- Choose one exercise from the program. How did the Instructor set Client F in their starting position? Please list the steps:
- Which springs were used for Abdominals – Leg strapwork – Arm Work? List spring settings in your program template.
- List three exercises that required Instructor intervention, write what was changed and why you think this was:

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OBSERVATION WORKSHEETS | INTRODUCTORY TO INTERMEDIATE BARRELS

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2. OBSERVE CLIENTS.

Select a Client using the Barrels to observe. Call this person **Client G**. From your distance and remaining discreet, complete the following:

- Write down the program completed (Pilates ITC Repertoire only.)

PIC	REPertoire	REP	SP	ORDER
Warm Up				
Leg and Footwork				
Abdominals				
Leg Strapwork				
Spinal Articulation				
Hip Flexion 1 and 2				
Lunges				
Box Work				
Arm Work				

Additional Legs				
Lateral Flexion				
Back Extension				
Full Body Integration				
Release				

- Is this a sole apparatus or varying apparatus program?
- If this is a varying apparatus program what other pieces of apparatus are being used and for which PIC System categories?

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- What level would you assume Client G is working at?
- What modifications, assists or variations were included, if any?
- List three specific safety points that the Instructor used when working with Client G on the Barrels:
- List three ways in which the Instructor used verbal cueing to achieve best possible execution of an exercise:

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3. OBSERVE THE SPINE CORRECTOR.

- Observe another Client performing the Leg Series on the Spine Corrector. List where their body was positioned in relation to the apparatus.
- What cues were useful in achieving the best possible execution?
- List any compensations observed and how the Instructor corrects them. Note cues and prompts.

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3. OBSERVE THE HIGH BARREL.

- Observe a Client completing the Box Work category on the High Barrel. List the repertoire they perform:

- List any compensations occurring during the execution:

- Note how the Instructor corrects them.

- Note how the Instructor enhances their execution.

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- Observe a Client performing Stretches on the High Barrel. List the stretches performed.
- Note where their body was positioned in relation to the apparatus.
- List the cues were useful in achieving the best possible execution.

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OBSERVATION WORKSHEETS | WORKING PROFESSIONALLY

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1. OBSERVE AN INITIAL CONSULTATION.

Select a Client to watch undergoing an Initial Consultation (IC). Call this person Client H. From your distance and remaining discreet, complete the following:

- List the process the Instructor followed when Client H arrived at the Studio for their IC (e.g. welcomed, completed IC questionnaire, shown bathrooms etc.)
- How does the Instructor start the IC? Did they have a verbal introduction or go straight into exercises. Specify the steps.

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- Does the Instructor do a static postural assessment? If yes, write down your assessment of Client H's posture.
- List the Warm Up completed by this Client.
- What modifications and or assists were used (if any)? Do you think they were needed? Why?
- From the Warm Up, note down your assessment of Client H's postural and biomechanical weaknesses, restrictions and dysfunction. Also note the positive aspects/strengths.
- List the program and apparatus completed:

PIC	REPertoire	REP	SP	ORDER
Warm Up				
Leg and Footwork				
Abdominals				
Leg Strapwork				
Spinal Articulation				
Hip Flexion 1 and 2				
Lunges				
Box Work				
Arm Work				

Additional Legs				
Lateral Flexion				
Back Extension				
Full Body Integration				
Release				

- Given your assessment of Client H from their Warm Up, have these perceived restrictions, strengths/weaknesses been present in the remainder of the program?

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- Note down instances where the Instructor worked with the Client to achieve positive outcomes. This may include the use of specific repertoire, apparatus, cueing, modifications, assists, variations or other.

2. OBSERVE THE INSTRUCTOR.

- What type of cues does the Instructor use?
- Did they stick to the Three Cue Rule? If not, what do you think the reason was for giving an extra cue?
- Did they seek Client H's permission before applying hands-on cueing?

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- Give three specific examples of safety actions or prompts used for this Client during their session.

3. OBSERVING A GROUP STUDIO SESSION.

- What apparatus was used during the session?

- Give three specific points of safety that the Instructor used for each piece of equipment during the session.

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- Were there any safety discussions with Clients prior to working on the equipment?
- List the ways in which the Instructor was able to manage multiple Clients and continue to set up equipment for each e.g. change springs etc., throughout the session so that the Clients were kept moving?

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OBSERVATION WORKSHEETS | COMMUNICATION

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1. OBSERVE A GROUP SESSION (STUDIO OR GROUP CLASS).

Select a group studio or group class to watch. From your distance and remaining discreet, complete the following:

- List the communication skills used in the session.
- Did the Instructor their method of communication with each Client? If so, describe how.

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- Were there any instances where the Instructor had to modify their method of communication to help the Client understand a specific exercise?
- Select a Client from the group, call this person Client A. What do you think their preferred learning method is, based on how the Instructor communicated with them?
- How did the Instructor manage the level, gender, social, emotional, cultural, physical differences between the Clients in the group?
- Did the Instructor have to deal with any challenging behaviour during the session? If yes, specify how the Instructor managed the situation.

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- Did the Instructor act with due care towards all Clients in the session? Describe how.
- How did the Instructor work cooperatively with other Instructors on the floor (if any)?
- List five Pilates specific terminology used in the session.

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OBSERVATION WORKSHEETS | PLANNING AND PROGRAMMING

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1. OBSERVE A PRIVATE STUDIO SESSION.

Observe a Client who arrived late to the Studio. Call this person **Client N**. From your distance and remaining discreet, complete the following:

- Does the Studio have a late policy? If so, what is it?
- How did the Instructor approach/handle the Client when they entered the Studio late?

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- Did the Warm Up need to be re-organised/edited/alterd? If so, note how.
- Note how the rest of the program progressed.
- Were there any categories from the PIC System omitted? If so, note which.
- If categories were omitted due to limited time, justify why these categories were omitted.

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2. OBSERVE A GROUP CLASS.

- Was there any discussion with Clients prior to the workout? Note subject matter, tone, energy.
- Was there a mixture of levels and abilities? Note the levels. Does this align with the marketed level of the class? (e.g. Basic, Progressive etc?)
- Were there any Clients that required more attention than others?
- Did this impact other Clients' workout?
- Were the Clients generally responsible and self-sufficient, or was the Instructor doing a lot for them?

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- Note the Instructor's position in the room and movement through the room as they deliver.

- List the ways in which the Instructor can work with a Client and continue to "run the floor".

3. OBSERVE A CLIENT WITH A SPECIAL CONDITION.

- List the special condition. E.g. Scoliosis, pregnancy, post natal.

- Do you know the exercise guidelines for this condition? If yes, please list.

- Note down the Warm Up performed.

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- Were any Pre-Pilates exercises used? What were they and why do you think they were used for this special condition?
- What modifications and assists were used (if any)? Why do you think they were used?
- List the apparatus used in the program.
- List the repertoire used in the program.
- Given the special condition, were other changes made to the program, or the execution of specific repertoire?

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4. OBSERVE THE INSTRUCTOR.

- Does the Instructor stay with the Client who has a special condition for extended periods during the session? If so, is this a private/IC session?

- List three to five terms that describe how the Instructor manages the Client's special condition within the group.

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