

## Module SS3161 Programme Development in Pilates and Corrective Exercise 1. (6 ECTS)

**Video of Warm up and Basic exercises for group session (4-6 participants) Weighting 95%**  
(maximum duration 5-8 minutes)

**Self Evaluation of the above Video Weighting 5%**

To plan, organise, instruct and evaluate a basic Pilates group sample class session and record on video. The Student is required to teach any **2 Warm up** and any **2 Basic exercises** from the prescribed lists below to a minimum 4-6 individuals

A minimum of 4 clear repetitions of each exercise should be performed

Warm up – any 2 exercises	Basic – any 2 exercises
Hip release Hip rolls Scapula isolation Arm Circles Shoulder shrugs	Ab prep Breaststroke prep Half roll back Rolling like a ball Spine twist Single leg stretch Obliques roll back Side leg series 1,2,3,4 Swimming prep

Choice of exercises should aim to improve postures of the group if similar postures are evident. If a mix of postures in the group, a mix of exercises should be selected with modifications appropriate for each individual performed with minimum disruption to the flow of the class.

Routine should show:

1. **Advanced group instructional skills.** A level of demonstration should be evident from the instructor as part of the “teach as you go” process. All class participants are required to perform the exercises together at an appropriate level/pacing/correct breath patterns as would be expected in a pilates class format.
2. Care of individual clients and group. Exercises should be taught at the level of the individuals within the group to show the instructor’s ability to multi-task and modify within the group.
3. Ability to modify and adapt for specific needs with minimum disruptions
4. Maintenance of flow between exercises selected to ensure smooth transitions and avoid stop/start teaching. Smooth linking of exercises should be performed using “teach as you go” methodology, and ability to keep clients warm and moving while teaching (limit delays to a minimum)
5. Use of appropriate cueing and correction

**Evaluation 5%** Report of session: 200 words (soft copy)

- Rationale for your selection of exercises/modifications used and why (2%)  
to include
  - o Strengths (1%)
  - o Areas to work on (1%)
  - o Detailed notes of teaching experience (0.5%)
  - o Overall evaluation of the experience gained. (0.5%)