

Module SS3171 Programme Development in Pilates and Corrective Exercise 2 (9 ECTS)

Video of main workout exercises for group session (4-6 participants) Weighting 95%
(Maximum duration 15 minutes)

Self Evaluation of of the above video Weighting 5%

To plan, organise, instruct and evaluate an intermediate/advanced Pilates group sample class session and record on video. The Student is required to teach any **4 Intermediate mat Exercises** and any **1 Stability Ball Pilates exercise** from the prescribed lists below to a minimum 4-6 individuals

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

- 4 intermediate exercises from the prescribed list
- 1 Pilates on Stability Ball exercises from the prescribed list

It is recommended that all participants are instructed to their ideal positions of the exercise with minimum disruption. The group should then be cued to start and perform the exercise at the same time and pace to show advanced instructional skills of the student.

The intermediate level exercises and the stability ball exercise from the list must be performed by **at least 1 participant** (this individual may change with each exercise) while remaining participants may perform basic modifications of same exercise on the ball at the same time. All of the group are required to participate in all exercises

Intermediate Mat Pilates – any 4 exercises	Stability Ball Pilates – any 1 exercise
Hundred diagonal – perform full 100 Full roll up Double leg stretch Slow double leg stretch Full roll over Open Leg Rocker Jack knife Full shoulder bridge with leg movement Scissors Teaser 3 4 Full swan dive rock and catch	Leg pull front Side lying oblique ½ roll back feet on ball Plank variations elbows on ball Plank variations feet on ball Swan dive - full

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.** 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/progress within the group.
3. Ability to modify/progress 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 (Word doc soft copy)

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