

# BALANCED BODY - MAT 1 MODULE TEST

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## PILATES MAT 1 TEST

Name\_\_\_\_\_ Date\_\_\_\_\_ Training Location\_\_\_\_\_

TOTAL POINTS 96

PASSING 67

1) List the 9 Pilates Principles. (1 point each - 9 points)

1)

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2) Name 5 Pilates Movement Principles. (1 point each - 5 points)

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5)

3) Name the 4 muscles of the core or inner unit. (1 point each - 4 points)

1)

2)

3)

4)

- 4) What country was Joseph Pilates born in? (1 point)
- 5) In what year did Joseph Pilates move to the United States? (1 point)
- 6) What American city did Joseph Pilates live and teach in? (1 point)
- 7) Circle any mat exercises that are contraindicated for clients with osteoporosis:  
(Circle all that apply) (6 points total)  
  
100 Rolling like a ball Double straight leg stretch Swan Side leg series Single leg kicks
- 8) Name 3 Mat exercises that are safe throughout pregnancy. (3 points)
  - 1)
  - 2)
  - 3)
- 9) What bony landmarks on the front (anterior) of the body define a neutral pelvis? (2 points)
- 10) List at least 2 ways to modify Spine Stretch for clients with tight hamstrings? (2 points)
- 11) Name 4 Mat exercises that require caution for clients with low back problems. (4 points)
  - 1)
  - 2)
  - 3)
  - 4)

12) Create a programming segment using the grid below. Choose a pre-Pilates exercise and three related Mat 1 exercises that are relevant to the movement principle. (1 point per exercise - 28 points total)

MOVEMENT PRINCIPLE	PRE-PILATES	EXERCISE 1	EXERCISE 2	EXERCISE 3
Breathing				
Inner Unit				
Outer Unit				
Spinal Mobility				
Upper Body Strength and Balance				
Lower Body Strength and Power				
Dynamic Flexibility				

13) Design a short class using 15 Mat exercises that includes a variety of body positions. List the exercises in order and include the number of repetitions. (2 points per exercise - 30 points total)

1)

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14)

15)