
Marking Criteria

iUSP173 – Delivering a Pilates teaching session

Practical examination sequence

Once all aspects of the mandatory units have been completed, you will complete a final internal practical assessment. This will be observed by your lecturer using the ITEC internal assessment forms. The results will be reviewed by the ITEC external examiner on the day of your final external practical examination.

Learners will be expected to perform the following:

Practical examination sequence for Unit iUSP173 – Approximately 1 hour:

- Studio and equipment checks
- Verbal screening and client greeting
- Postural evaluation
- Provide a specific lesson plan for the specific class
- Take the class through a complete Pilates programme providing teaching points, explaining the fundamentals, principles, techniques and progressions/regressions wherever necessary
- Conclude the session appropriately

You will be asked oral questions during the final practical examination.

You will need to complete a Physical Activity Readiness Questionnaire (PARQ) for your client for the ITEC external examination. This should be reviewed and completed at the end of the treatment and will be taken away by the examiner.

You will need to demonstrate excellent hygiene and client care throughout your examination and be able to demonstrate competence in your ability to demonstrate and teach the exercises giving an explanation of each exercise if and when required.

The examiner may reduce the treatment timings, as the examination is a demonstration of the learner's professionalism and their accomplished technique.

Learners must be able to demonstrate the following:

Appearance – 5 marks (1 mark each)

1. Clean, exercise attire with no visible underwear
2. Clean hair, neat and tied back/up if long and off the collar and face
3. Jewellery to be kept to a minimum
4. No chewing gum or sucking sweets
5. No body or breath odour

Client care – 5 marks (1 mark each)

1. Greeted and introduced self to client
2. Granted permission to tactile cue

3. Assisted clients where appropriate
4. Displayed positive body language at all times
5. Checked client's comfort throughout

Hygiene and sterilisation – 5 marks (1 mark each)

1. Checked the studio is clean
2. Checked clients are wearing the correct clothing
3. Checked clients have enough space around them to be able to perform Pilates
4. Checked all equipment to be used is sanitised and in good working order prior to the session
5. Checked drinking water is made available at all times

Posture evaluation - 10 marks (2 marks each)

1. Evaluated client posture through observation of static posture
2. Verbally explained postural findings
3. Evaluated which muscles need to be strengthened and stretched
4. Recommended exercises for the specific client's posture
5. Recommended exercises to be avoided

Breathing techniques - 10 marks (1 mark each)

1. Demonstrated and checked client's correct performance of breathing in through the nose and out through the mouth
2. Demonstrated and checked client's correct performance of diaphragmatic breathing
3. Demonstrated and checked client's correct performance of lateral/costal/ribcage breathing
4. Demonstrated the contrast between misalignment and proper alignment whilst breathing
5. Demonstrated maintenance of the breathing technique whilst engaging the transverse abdominus muscle
6. Demonstrated maintenance of the breathing technique whilst engaging the pelvic floor muscles
7. Demonstrated maintenance of breathing techniques, transverse abdominus, pelvic floor and multifidus engagement whilst moving
8. Demonstrated and checked client's understanding and performance of which breath facilitates flexion
9. Demonstrated and checked client's understanding and performance of which breath facilitates extension
10. Checked client's breathing control throughout the class

Warm-up – 10 marks (2 marks each)

1. Demonstrated the correct warm up has been performed
2. Showed progression has been introduced gradually
3. Demonstrated that all parts of the body were warmed up using the appropriate movements
4. Explained the movements simply and precisely with adaptations and progressions where necessary
5. Ensured all clients have performed the movements correctly

Pilates Repertoire– 30 marks (2 marks for each movement)

Followed the correct chronological sequence making up a routine of 15 movements and demonstrated that movements have been selected appropriately for the client according to the posture evaluation or medical advice.

The candidate should ensure the following:

- All principles, fundamentals and techniques are present in each of the exercises included
- A quick posture evaluation is carried out to base the workout on
- Explanation and presentation of Pilates movements were precise – all principles and fundamentals were present
- The core stabilisation exercises were explained and performed correctly – all principles and fundamentals were present
- The focus/intention should be explained
- The correct movements have been performed in a controlled and smooth manner for the appropriate session within the correct time limit and with the correct pace
- Adaptations and progression have been demonstrated
- The movements have been explained simply and precisely with adaptations wherever necessary
- All participants have performed the movements correctly
- Verbal instructions were clear and precise
- Participants have been breathing correctly
- Participants have been corrected where necessary
- Demonstrated their ability to instruct clearly and precisely all verbal cues, visualisations and tactile cues
- Good observation of clients
- Verbal screening of participants

Bank of stretches – 10 marks (2 marks each)

1. Demonstrated a variety of stretches to the client(s)
2. Demonstrated all movements were controlled and smooth
3. Explained the stretches simply and precisely
4. Ensured clients have performed the stretches correctly
5. Demonstrated clear and concise communication techniques

Voice projection - 5 marks

Demonstrated effective use of the voice throughout the session ensuring that the class has been able to hear and understand the candidate throughout. Language is appropriate to client's knowledge of anatomy and Pilates terminology.

Oral questions – 10 marks (1 mark each)

1. Your client is kyphotic and lordotic. With posture in mind, how does the following deviate from detail?
 - a. Head
 - b. Cervical spine
 - c. Thoracic spine
 - d. Lumbar spine
 - e. Pelvis

- f. Hip joints
 - g. Knee joints
 - h. Ankle joints
2. Looking at this client which muscles are short and strong?
 3. Looking at this client which muscles are elongated and weak?
 4. A client has weak/elongated and short/tight muscles, what would you recommend in your initial analysis for a programme?
 5. Your client has lordosis and kyphosis - would you recommend the Swan exercise?
 6. What other exercise would not be good for a client with lordosis and kyphosis?
 7. What prop would you use for a client with kyphosis and lordosis?
 8. How would you modify the 100 exercise for someone with a tilted pelvis and weak abdominals? How would you progress the exercises?
 9. Which muscles are involved in performing the 100 exercise?
 10. What verbal cues would you give to teach the 100 exercise?

Document History

Version	Issue Date	Changes	Role
1	04/02/2020	First Published	Assessment Lead for Sport