

Final Practical Exam Assessment Rubric and Exam Requirements

Video Submission Requirements

- Completion and Submission of your Final Written Exam is required prior to submission of the Practical Exam.
- One single video submission totaling no more than 65 minutes, containing both required components:
 - 50-minute Teaching video: Showcase of your teaching skills leading an Intermediate Level Session which should be a combination of both Mat and Reformer repertoire. The session should follow order, while also being personalized to your exam body's needs, even if it includes Beginner exercises. Your program design should be consistent in addressing what you share in their introduction, profile and goals.
 - 15-minute Solo Demonstration video: Perform a short self-practice/self-led workout at an Intermediate level. Assessors are looking for you to demonstrate your form and movement fluidity on the apparatus for which you're testing out. We want to see Pilates in YOUR body.
- Public link submission (no password protection) to be sent to (x) Please ensure access is available to view your video.
- Accepted platforms: Google Drive, iCloud, Dropbox, or YouTube
- Review before submission: Watch your video to ensure you've covered your bases, and that you are proud and confident of what you're submitting.

Video Technical Requirements

- On-camera introduction: State your full name, host studio, and semester cohort
- Exam body explanation: Describe any relevant information about the exam body you're teaching (limitations, modifications needed)

- Recording: record in quiet, well-lit conditions. Ensure that you can be clearly heard in the recording, and that the expressiveness of your voice carries across.
- Camera positioning: Set up to record in landscape orientation, providing a clear profile view of your exam body on the Reformer and the Mat. Ensure you remain visible the entire time. Do not block your exam body from camera view.
- Transitions: You are submitting one continuous video, however there are 2 points at which you're permitted to pause and restart recording: 1) when transitioning between Mat and Reformer, or vice-versa and 2) when transitioning between your 15-min demo and your teaching portion, or vice-versa.

Session Requirements

- Capable mover required: Use an able-bodied person experienced with Pilates (not a beginner).
- Traditional Reformer ending required: Must conclude Intermediate Level Reformer section with ONE of the following:
 - Running
 - Standing Position on the ground
- Session structure: Clear beginning, middle with climactic point of effort, and ending. A max of 4 repetitions of each exercise; exceptions to this would be if the exam body needs more correction to improve technique.
- All planes of motion must be included throughout the session.
- Modification Guidelines:
 - Modifications are encouraged for physical limitations. This demonstrates adaptation skills.
 - Demonstrate problem-solving aptitude by showing how you adapt exercises while maintaining work intention
 - *Example modifications:*
 - Shoulder issues: modify T-position on Long Box by dropping straps and removing weight
 - Unable to perform Teaser on box with straps: bring box to floor or eliminate straps

- No creative variations permitted. Adhere to the program's system of standards for consistent grading.
- OPTIONAL Elements. Including any of these elements is NOT required.
 - Magic Circle integration where appropriate within the program's framework
 - Advanced Reformer may be added if time allows and the exam body is capable