**Unit 5 Principles of Pilates matwork**

**Unit Accreditation: D/602/5324**

**Worksheet - Principles of Pilates matwork**

**There are 37 marks available in this worksheet. You must score a minimum of 30 marks in total to achieve a pass. In addition to achieving the total pass mark, you must also score at least the minimum marks set for each question to achieve an overall pass.**

1. When did Joseph Pilates emigrate to the USA and open his first Fitness Studio in New York?

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**1 mark** (minimum 1 mark)

1. Name the book which Joseph Pilates published in 1945.

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**1 mark** (minimum 1 mark)

1. What was the original name Joseph Pilates gave to his exercise method and when did this change to Pilates?

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**1 mark** (minimum 1 mark)

1. When did Pilates first come to the UK and who introduced Pilates to the UK market?

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**2 marks** (minimum 1 mark)

1. Name and explain the six original principles of Pilates.

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**12 marks** (minimum 9 marks)

1. Describe how you would apply the fundamentals of Pilates matwork in the table below?

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| **Alignment:**  |
| **Breathing:**  |
| **Centring:**  |

**6 marks** (minimum 4 marks)

1. Name five of the original thirty four matwork exercises.

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**5 marks** (minimum 4 marks)

1. Name and explain the purpose and value of each phase in a Pilates matwork class.

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| **Name of phase**  | **Purpose** | **Value** |
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**9 marks** (minimum 7 marks)

**Result total         / 37 marks** (30 marks in total, with the minimum set marks achieved for each question required to pass)

**Pass /Refer**

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| **Assessor’s feedback:**  |