

Performance Scales for the Practical Skill Test

Test Description:

- Students will perform a variety of Pilates exercises for evaluation of proper execution.
- Exercises assessed will include the Hundred, the Rollup, one seated exercise, and one exercise in extension.
- Rubric: These are the main points that will be evaluated.
- Other aspects of the exercises will also be considered and graded.
- 2 possible points may be earned for each section.

Hundred	Points
Hundreds curl	
Belly to spine	
Strong arms	
Breathe	
Rollup	Points
Spinal articulation	
Belly to spine	
Ribcage arms	
C-Curve	
Seated exercise	Points
Neutral pelvis	
Belly to spine	
Shoulders down	
Extension exercise	Points
Arm/hand placement	
Lengthen spine	
Shoulders down	
Prone hip ext	