**Open book exam paper**

**Fitness Pilates Personal Trainer & Small Group certification**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

You are required to score 20/20 to pass this assessment, however you get to attempt as many times as you need whilst in your 6month deadline.

1. List 4 advantages of 1-2-1 Fitness Pilates for the client:
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1. List 6 items of portable equipment which you can use for 1-2-1 clients and small group participants:
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1. At the bottom of which document would you obtain consent to exercise?
*
1. Name the 6 medical conditions which will prevent a Fitness Pilates instructor from working with a 1-2-1 client if they do not have specific additional qualifications?
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1. List 5 medical conditions which you as a Fitness Pilates instructor may need additional information and help?
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1. Give 2 examples of intrinsic barriers to exercise
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1. Give 3 examples of extrinsic barriers to exercise
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1. When analysing your clients posture and movement screening, what are the 6 different exercises/ positions you will be checking them in?
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1. What does SMART stand for?

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M

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1. What is the time from for your Short, Medium and Long Term goals?
* Short –
* Medium –
* Long –
1. Describe why you need to keep a record of any change in relation to adaptations and modifications made in your programming?

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1. Explain why you would need to keep a record of any changes made to your clients health or functional mobility?

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1. How many participants make up a small group Fitness Pilates session?
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1. List and describe each of the 5 Biomechanics which can be applied to progress your session planning:
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*
1. When planning 1-2-1 and small group training session, what is the length of your Short, Medium and Long term plans?
* Short –
* Medium –
* Long –
1. Name and describe the 3 different learning styles you need to consider when coaching 1-2-1 and small group classes:
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*
1. How would you cater for these different learning styles when you teach?
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*

1. State the importance of Active Listening skills when establishing a rapport with clients:

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1. State the importance of evaluating on the following –
* Session aim

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* Client Performance

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* Your own performance

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1. List the importance of Verbal and Non Verbal communication when coaching your clients and the difference between the two

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**Please submit your open book paper to –** **kelly@choreographytogo.com**