

## Frequently Asked Questions About Course Examinations

The following questions and answers explain the procedure to obtain your STOTT PILATES® Certification.

### BEFORE YOU BOOK YOUR Examination

#### How can I complete the Practice Teaching, Observation and Physical Review hours?

In order for your course to be considered complete, a minimum number of hours of observation, practice teaching and physical review are required and should be completed between instructed sessions at any Merrithew Training Center, at home or at a facility with a STOTT PILATES Certified Instructor/Instructor Trainer. Additional training may be required before certification. Practice teaching and physical review hours must be logged outside of class time. The practice logs must be submitted on your exam date (either written or practical exam). If the student fails to submit all the logs within 7 days from the last portion of the exam, the entire exam will be void.

#### Observation

Observation hours can be logged during relevant course homework or after a STOTT PILATES® course and can be accrued by watching a STOTT PILATES Certified Instructor/Instructor Trainer teach clients (in-person or online), as well as observing the relevant course videos on DVD or through Merrithew Connect™. We recommend 50-80% of your hours be completed by watching a Certified Instructor/Instructor Trainer. Please ensure you receive permission from the Merrithew Training Center and/or presenting Instructor well in advance.

#### Physical Review

Physical Review hours means physically performing the exercises learned in class. Physical review of the material is very important to ensure full understanding within your own body first, before attempting to teach someone else. It is also very important to ensure your body is prepared for the increased challenge at each level of repertoire as you move through your STOTT PILATES Instructor Training. Taking a class with a STOTT PILATES Certified Instructor/Instructor Trainer or working out with relevant course videos on DVD or through Merrithew Connect can qualify as physical review hours, and can be completed individually or with other students.

Students can participate in an online Pilates session or join an online group Pilates class that teaches STOTT PILATES repertoire with a STOTT PILATES Certified Instructor/Instructor Trainer. Students can also attend a Merrithew Online Workshop offered by Merrithew Training Centers ( [merrithew.com/instructor-training/find-training](https://merrithew.com/instructor-training/find-training) ) worldwide or the Corporate Training Center ( [merrithew.com/instructor-training/find-training/ontario-toronto](https://merrithew.com/instructor-training/find-training/ontario-toronto) ).

## Frequently Asked Questions about Course Examinations cont'd

### Practice Teaching

Practice Teaching hours can be fulfilled by teaching STOTT PILATES course repertoire to family, fellow students, friends or clients, cueing and correcting them through a workout. Practice Teaching can be done in-person or by using a video conferencing program, such as Skype or Zoom. Physical review of the material is very important to ensure full understanding within your own body first, before attempting to teach someone else. It is also very important to ensure your body is prepared for the increased challenge at each level of repertoire as you move through your STOTT PILATES Instructor Training.

**Comprehensive** course hours can be found below under the course name and details  
[merrithew.com/instructor-training/stott-pilates/courses/comprehensive-program](http://merrithew.com/instructor-training/stott-pilates/courses/comprehensive-program)

**Intensive** course hours can be found below under the course name and details  
[merrithew.com/instructor-training/stott-pilates/courses/intensive-program](http://merrithew.com/instructor-training/stott-pilates/courses/intensive-program)

### How long do I have to complete my course examination?

You must take your examination within six months of completing your last STOTT PILATES Education course (this includes the ISP and Functional Anatomy courses as they are considered STOTT PILATES Education courses). For Comprehensive Program students, your apprenticeship is also to be completed within the six months after the last STOTT PILATES course date.

We encourage you to take some time afterward to practice and synthesize the information prior to taking the examination; however, you are welcome to take the examination immediately after you complete your course if you and your Instructor Trainer agree that you are ready.

### What examinations should I take?

The following examinations are available in a Level 1 (Essential and Intermediate), Level 2 (Advanced), or Combined Levels 1 & 2:

- ▶ Matwork
- ▶ Reformer
- ▶ Matwork & Reformer
- ▶ Matwork, Reformer, Cadillac, Chair & Barrels

If you take the CMR, IMP, IR or ICCB courses you are eligible to take a Level 1 examination.

If you take the AM, AR, or ACCB courses you are eligible to sit for a Combined Levels 1 & 2 examination.

If you choose to examine at Level 1 (written and practical components) and wish to upgrade to Level 2 certification at a later date (practical component only), there is a separate fee.

If you hold a STOTT PILATES Matwork certification and want to certify in STOTT PILATES Reformer or vice versa, you must take a combined STOTT PILATES Matwork & Reformer examination, so that we can test your ability to program various equipment repertoires together. You may wait until completion of the second or final course to take a combined repertoire examination.

If you prefer to pause between courses, you may take an examination to become certified in one course only, and other combined examinations (after completing the second or subsequent courses) to become certified in the repertoire. In this case, separate examination fees apply.

You are eligible to take a Full Certification examination if you have completed all levels of training on all pieces of equipment (Matwork, Reformer, Cadillac, Chair & Barrels) AND have also taken the *Injuries & Special Populations* course.

The written component must be conducted at a location where you can be monitored. This can be at a Merrithew Training Center (visit [merrithew.com/education/wheretotrain](http://merrithew.com/education/wheretotrain) for a list of locations) or a library (public, college or university).

The practical component must be conducted in the presence of an Instructor Trainer at an authorized Merrithew Training Center.

The written and practical components may be taken on different days but MUST be taken within 7 days of one another and completed at the same venue, or both portions submitted via proctor. If you are unable to complete both portions within 7 days, the examination will be void.

## Frequently Asked Questions about Course Examinations cont'd

### Level of Certification

If you have only taken Intensive or Comprehensive courses covering Level 1 (Essential and Intermediate) repertoire and have not taken the Level 2 (Advanced) repertoire course(s) you may only take a Level 1 examination.

If you have taken the Level 2 repertoire course(s) and do not hold a Level 1 certification, you may choose to take either a Level 1 or a Combined Levels 1 & 2 examination. If you have taken the Level 2 repertoire course(s) and already hold a Level 1 certification, you are only required to take the Level 2 examination, which is practical only.

You may also choose to examine at Level 1 on a certain portion of the repertoire and at Level 2 on another portion (i.e. Matwork Level 1 & 2 and Reformer Level 1 examination). However, as a general rule, we do not recommend only testing on part of the repertoire learned. We encourage you, if at all reasonable, to test on all levels and all repertoire for the courses you have taken. Exceptions can be made if you and your Instructor Trainer feel it impossible for competency to be reached in all areas within the prescribed time period, with the provision that you will not teach that repertoire.

If you test for a Combined Levels 1 & 2 (Essential, Intermediate, and Advanced) certification and only do well on the Level 1 (Essential and Intermediate) repertoire, you are awarded Level 1 certification. If you are taking a combined Matwork & Reformer examination or a combined Matwork, Reformer, CCB examination and testing for Levels 1 & 2, you may be awarded Level 1 in a certain portion of the repertoire and Level 2 in another portion.

### What if my course finished longer than six months ago?

If you have failed to meet the six-month requirement to complete your examination, you must complete a private reinstatement session with an Instructor Trainer. Material covered will be specific to your needs to better prepare you for the examination. The number of hours required is based on the course material that must be covered and the demands of the course repertoire.

#### The minimum private session requirements are:

- ▶ Matwork – 1 hour
- ▶ Reformer – 1 hour
- ▶ Matwork & Reformer – 1 to 2 hours
- ▶ Matwork, Reformer, Cadillac, Chair & Barrels – 2 to 3 hours

The Instructor Trainer may recommend further privates or study as preparation.

The reinstatement is valid for 60 days and does not provide the student an additional six months to complete their examination.

### How much will it cost to write an examination?

For up-to-date examination fees please contact the Merrithew Training Center where you wish to schedule your examination.

## Frequently Asked Questions about Course Examinations cont'd

### PREPARING FOR YOUR EXAMINATIONS

#### What is a passing score?

You must receive an average score of 80% (practical and written) and achieve a minimum score of 75% on each portion in order to pass. Both of these requirements must be met in order to achieve certification.

#### What will I be asked to do for my practical examination?

The time allotment for each practical examination is as follows:

- ▶ Matwork – 1 hour
- ▶ Reformer – 1 hour
- ▶ Matwork & Reformer – 1.5 hours
- ▶ Matwork, Reformer, Cadillac, Chair & Barrels – 2 hours

The initial five to ten minutes of the examination are dedicated to information gathering. You are required to ask your subject pertinent questions regarding history, physical condition and goals.

For the postural analysis portion of the examination, you are required to analyze the subject from both sides, front and back view. Using visual observation AND palpation, verbally relaying your findings to the examiner. You are also required to give a general description of your planned workout including: what muscles / muscle groups will be targeted, what alignment issues will be addressed and what props or modifications may be necessary.

For the next five to ten minutes, review the STOTT PILATES Principles with your subject. They should be introduced in proper sequence, using clear imagery and movement cues to help your subject understand and focus on greater body awareness. Choose the movement sequences from The Principles pages in the manuals that best demonstrate each Principle, and also serve as part of the warm up for your subject. Clearly explain why each of the Principles is important, and how it will be incorporated into the remainder of the workout. If appropriate, you may teach one or more of the remaining warm up exercises, however, be mindful of time constraints in the examination to be sure you are touching on all the key points and providing tips on proper cueing and correcting.

The following key points should be mentioned and proper cueing and correcting of the subject should be demonstrated:

## Frequently Asked Questions about Course Examinations cont'd

### STOTT PILATES Principles

#### 1. Breathing

- In through the nose, out through the mouth with pursed lips
- Emphasis is on 3D breath especially into the posterior and lateral aspects of the rib cage, as these tend to be under utilized areas
- Exhaling deeply can also help activate the deep support muscles by engaging the transversus abdominis
- Explanation of the action of the transversus and how it stabilizes the lumbo-pelvic region, especially in neutral position.
- The gentle contraction of the deep pelvic floor muscles also aids in firing the transversus abdominis
- This breath pattern helps avoid unnecessary tension in the neck and shoulders
- This breath pattern helps relaxation
- The rib cage opens out and up during an inhale, promoting spinal extension and closes in and down during exhale, promoting spinal flexion

#### 2. Pelvic Placement

- In neutral pelvic placement, the natural lordotic curve of lumbar spine is present
- ASIS and Pubic Symphysis lie approximately in a horizontal plane drawn parallel to the floor when lying supine
- Neutral promotes good shock absorption and efficient movement patterns throughout body
- Neutral is usually used during closed kinetic chain activities
- Imprinted position is a slight posterior pelvic tilt with slight lumbar flexion and is used to gain stability if neutral cannot be maintained and often used during open kinetic chain activities
- Imprint involves shortening of obliques without activation of glutes

#### 3. Rib Cage Placement

- Emphasis is put on breathing into the posterior and lateral aspects of the rib cage
- Abdominal wall attaches to the lower ribs. Be aware of maintaining abdominal engagement and not popping the ribs
- Abdominals stabilize rib cage and therefore spine during movement of the arms
- Used to keep the spine neutral and stable

#### 4. Scapular Movement & Stabilization

- Scapula lacks bony attachment to the ribs and spine (only attaching to clavicle), thereby providing mobility to the upper limb, which must be counterbalanced with stability
- It is important to balance the surrounding muscles and to control the movement of the scapulae
- The scapulae should lie flat on the rib cage and glide across it without winging
- Protraction, retraction, elevation, depression, upward rotation and downward rotation are available movements
- Stabilizing the scapulae is necessary during the initiation of every exercise

## Frequently Asked Questions about Course Examinations cont'd

### 5. Head & Cervical Placement

- Cervical spine should hold its natural curve (anterior convex) and the skull should be balanced directly above the shoulders in sitting or standing
- Pads or pillows may be needed in supine or prone to prevent hyperextension of the cervical spine
- Cervical spine should continue the line of the thoracic spine in neutral, during flexion, extension, lateral flexion and rotation
- Cranio-vertebral flexion, flexing the cranium on the first two vertebrae of the cervical spine, not jamming the chin into the chest, occurs initially when flexing the upper torso from a supine position
- Use these methods to (dynamically) stabilize the cervical area and avoid strain

The remainder of the practical examination is dedicated to taking your subject through an appropriate workout.

The following areas will be evaluated:

- **Postural Analysis:** followed full PA as per chart; covered all sections palpating and visually explaining what was seen
- **Stated Focus of Workout:** described a clear focus of workout, incorporating muscular and movement requirements
- **STOTT PILATES Principles:** presented separately to Warm Up in Matwork; taught all points in each section; used appropriate movements/exercises for each principle (what, why, how)
- **Programming Skills:** each exercise chosen based on the Stated Focus of Workout; appropriately met the goals of the workout and the needs of the client; workout was well-rounded
- **Ability to Cue:** used a combination of imagery, verbal cues, and kinesthetic cues (touch) to aid in guiding the client through exercises and transitions; cues were specific to the client; a combination of muscular and tactile cues, and imagery were used to achieve movements that incorporate and reinforce all STOTT PILATES Principles
- **Ability to Correct:** used a combination of imagery, verbal cues, and kinesthetic cues (touch) to ensure correct alignment and proper execution of exercises; applied knowledge from course(s) to achieve dynamically stabilized, conscious and safe movement
- **Ability to Modify:** chose exercise modifications that helped the client get the most of each exercise; used props and variations appropriately
- **Knowledge of Content:** knew the relevant repertoire of exercises, corresponding movement and breath patterns, and minimum number of exercises for each piece and level
- **Teaching Manner & Energy:** guided the client through workout with control and developed a rapport; displayed effective attitude, motivational and verbalization skills
- **Rhythm & Pace:** taught with fluidity, using transitions taking one exercise to another; chose a pace that challenged the client without compromising The Principles or causing overexertion; cued in a manner that encouraged proper timing of movement and breath; the workout fit the allotted amount of time for the examination

Expect to be questioned periodically on the exercises and your choices. This is to evaluate the depth of your understanding of the exercises and how to administer them.

After working on each individual piece of equipment you may be asked to teach a few exercises of the examiner's choosing to "spot check" your knowledge of the entire repertoire.

The number of exercises listed after each type of examination below is the minimum requirement.

More exercises can be included where time allows.

**Note:** An exercise with variations only counts as one exercise. For example, if Footwork positions 1, 2 and 5 are shown it counts as one exercise, not three. Also, advanced versions of exercises that are only slightly different from the intermediate (i.e. Short Spine) would not count as meeting the minimum requirement of advanced exercises, but may certainly be included.

**Note:** The time allotted for the workout portion of the examination will not allow for the completion of all exercises in the full repertoire. You must ensure that the exercises chosen represent a well-rounded workout that address all aspects of movement (i.e. flexion, extension, rotation, etc.) and cover the required number of Essential, Intermediate or Advanced exercises, while being appropriate to your subject.

## Frequently Asked Questions about Course Examinations cont'd

### Matwork Examination

Following the postural analysis and STOTT PILATES Principles guide your subject through a 40-50 minute workout that combines Essential and Intermediate level exercises.

#### Level 1

- ▶ Minimum eight Essential, four Intermediate exercises

#### Combined Levels 1 & 2

- ▶ Minimum four Advanced exercises (in addition to above) You are encouraged to use props, including the Fitness Circle®, Flex-Band®, Arc Barrel and any others that were used during the course. The props should be used to facilitate or add challenge to an exercise as required by the subject

### Reformer Examination

Following the postural analysis and STOTT PILATES Principles guide your subject through a 40-50 minute workout that combines Essential and Intermediate level exercises.

#### Level 1

- ▶ Minimum six Essential, four Intermediate exercises

#### Combined Levels 1 & 2

- ▶ Minimum six Advanced exercises (in addition to above)

### Matwork & Reformer Examination

Following the postural analysis and the STOTT PILATES Principles you will guide your subject through a 70-80 minute Mat and Reformer workout that combines Essential and Intermediate-level exercises.

You are allotted approximately 30 minutes for Matwork exercises and 40-50 minutes for a Reformer workout.

For the Matwork portion, you are encouraged to use props, including the Fitness Circle®, Flex-Band®, Arc Barrel and any others that were used during the course. The props should be used to facilitate or add challenge to an exercise as required by the subject.

### Exercise Requirements

#### Level 1

- ▶ Matwork – minimum six Essential, three Intermediate exercises
- ▶ Reformer – minimum six Essential, four Intermediate exercises

#### Combined Levels 1 & 2

The following are done in addition to the earlier requirements:

- ▶ Matwork – minimum three Advanced exercises
- ▶ Reformer – minimum four Advanced exercises

## Frequently Asked Questions about Course Examinations cont'd

### Matwork, Reformer, Cadillac, Chair & Barrels Examination

Following the postural analysis and the STOTT PILATES Principles guide your subject through a workout for the remaining 1 hour and 40 minutes to 1 hour and 50 minutes that combines Essential and Intermediate level exercises.

You are allotted approximately 20 minutes for Matwork exercises and approximately 30 minutes for a Reformer workout. For the Matwork portion, you are encouraged to use props, including the Fitness Circle®, Flex-Band®, Arc Barrel and any others that were used during the course. The props should be used to facilitate or add challenge to an exercise as required by the subject. The remaining 50 to 60 minutes are dedicated to a workout using the Cadillac (15 minutes), Stability Chair™ (15 minutes), Ladder Barrel (10 minutes), Spine Corrector (5 minutes), and Arc Barrel (5 minutes) that combines Essential and Intermediate level exercises.

#### Exercise Requirements

##### Level 1

- ▶ Matwork – minimum four Essential, three Intermediate exercises
- ▶ Reformer – minimum six Essential, three Intermediate exercises
- ▶ Cadillac – minimum two Essential, two Intermediate exercises
- ▶ Stability Chair – minimum two Essential, two Intermediate exercises
- ▶ Ladder Barrel – minimum one Essential, one Intermediate exercises
- ▶ Spine Corrector – minimum one Essential, one Intermediate exercises
- ▶ Arc Barrel – minimum one Essential, one Intermediate exercises

##### Combined Levels 1 & 2

The following are done in addition to the earlier requirements:

- ▶ Matwork – minimum three Advanced exercises
- ▶ Reformer – minimum three Advanced exercises
- ▶ Cadillac – minimum two Advanced exercises
- ▶ Stability Chair – minimum two Advanced exercises
- ▶ Ladder Barrel – minimum two Advanced exercises
- ▶ Spine Corrector – minimum one Advanced exercise
- ▶ Arc Barrel – minimum one Advanced exercise

### Do I have to follow the exact order of the exercise chart?

When being examined, one of the most important criteria is that you are able to create a workout that addresses the needs of the client, and that the workout has a certain degree of 'flow'. The ability to program is also extremely important, so the workout must contain an equal amount of both. You are encouraged to follow the order of the exercise charts for the greater part of your examination, however, the exercises may be taught out of order if you are able to provide a reason for the order change. For example: "it creates better flow in the workout; it's a preparatory exercise; it's a nice counter-movement after what we just did." You must be able to justify your choice. This is particularly appropriate when more equipment is being used as in a Full Certification examination.



## Frequently Asked Questions about Course Examinations cont'd

### Level 2 – Practical Only

You do not need to do a postural analysis, stated workout focus or the STOTT PILATES Principles.

The test is designed in this way to evaluate the depth of your understanding of the exercises and how to relate them to your subject.

Fitness Circle®, Flex-Band® and Arc Barrel may be incorporated into the Matwork portion.

The Advanced Matwork examination should be no longer than 30 minutes and include at least six advanced exercises after a brief warm up.

The Advanced Reformer examination should be no longer than 30 minutes and include a brief warm up and approximately nine Advanced exercises.

The Advanced Matwork/Reformer repertoire examination should be no longer than 45 minutes and include a brief warm up on the mat, approximately three Advanced Matwork exercises and nine Advanced exercises on the Reformer.

The Advanced Matwork/Reformer/Cadillac, Chair & Barrels examination should be one hour long and include a brief warm up on the mat, approximately three Advanced Matwork exercises, six Advanced Reformer exercises, four on the Cadillac, two on the Chair, two on the Ladder Barrel, and one each on the Arc Barrel and one on the Spine Corrector.

### What is the best preparation for the practical portion of my examination?

In addition to fully understanding the material conceptually and physically reviewing the exercises, the best preparation for the practical examination is the practice teaching of as many different people as possible (family, friends, classmates) to apply your knowledge, adapt it to many different body types, improve your teaching skills, and become comfortable with your teaching experience. Practice teaching within the specified timelines and meeting at least the minimum number of exercises.

### What do I need to know for my written examination?

The written examination consists of multiple choice, fill-in-the-blank or matching type questions, and muscle identification questions.

It takes approximately 2-3 hours to complete the examination. However, you are not required to finish within a specified time limit.

The examination tests your knowledge of the following:

- ▶ Basic anatomical terms such as anatomical neutral, anatomical directional terms, anatomical movements, plane and axes, joints and articulations, tendons, ligaments, and body prominences etc
- ▶ Muscle origin, insertion and action (please refer to list of muscles in the Matwork/Reformer Support Materials book)
- ▶ Recognition of diagrams of individual muscles
- ▶ Concentric, eccentric and isometric contractions of specific muscles during specific movements and exercises
- ▶ Movements that make up exercises and their proper anatomical descriptions
- ▶ Order of Essential and Intermediate Matwork (Matwork, Matwork & Reformer or Matwork, Reformer, & CCB examination)
- ▶ Order of Essential and Intermediate Reformer (Reformer, Matwork & Reformer or Matwork, Reformer, & CCB examination)
- ▶ Ideal postural alignment and groups of opposing muscles
- ▶ Poor postural alignment and muscular imbalances
- ▶ Modifications to exercises for poor postural alignments
- ▶ Programs to accommodate poor postural alignments
- ▶ Proper set up of equipment, starting positions, movement patterns, and major intent or goal for each exercise
- ▶ The STOTT PILATES Principles – anatomical descriptions and purpose
- ▶ Proper anatomical terms must be understood and used in all the relevant categories above

## Frequently Asked Questions about Course Examinations cont'd

**Please note:** In addition to STOTT PILATES manuals and support materials, students are required to study basic functional anatomy. The following outside resources are highly recommended: • *Trail Guide to the Body*, Andrew Biel; • *Atlas of Anatomy*, Gilroy, MacPherson, Ross; • *Trail Guide to the Body 6th Edition Flash Cards*, Andrew Biel; • *AnatomyMapp*®, Books of Discovery; • *Anatomy Flash Cards*, Anne Gilroy; • *Anatomy of Movement*, Blandine Germain

### Policies and Procedures for Written Examinations

- ▶ No person will be allowed entrance to the examination room during an examination except the Examinees concerned and those supervising the examination
- ▶ You must arrive at the examination room at least 15 minutes before the commencement of the examination
- ▶ The Examination Supervisor has the authority to assign seats at their discretion
- ▶ You may be asked to provide photo identification (signed Photo ID)
  - ▶ Photo identification may include any one of the following, as long as it contains a photo and a signature: up-to-date passport (any country) or current driver's license (any country) or current health card
- ▶ You shall not communicate with anyone in any manner whatsoever during the examination. You may not leave the examination room unescorted for any reason, and this includes using the washroom. If you require the washroom/restroom you must raise your hand to draw the attention of the Examination Supervisor and then wait to be escorted to the washroom
- ▶ All coats and jackets will be placed where you cannot access them during the examination. All unauthorized aides will be stored inside a bag, which should then be closed securely and set at the outside edge of the room away from the testing area. There will be no access to bags or personal items and their contents until the examination has been completed
- ▶ Unauthorized aides include but are not limited to: notebook, personal notes, pencil case, cell phone, laptop, watch, and any other personal items. You are permitted to have only water, pen/pencil and an eraser at your testing space
- ▶ Questions will be answered during the last 15 minutes of the examination. The Supervisor will notify when you are able to ask questions. You shall raise your hand and wait for the Examination Supervisor to come to you. You shall not leave the room until the Supervisor collects all the examination papers and informs you to do so

**The Merrithew Training Center is not responsible for personal property left in examination rooms**

### What video content can I review prior to my examinations?

All STOTT PILATES repertoire is available to be purchased through Merrithew Connect. Please review the relevant videos from the list below:

- ▶ STOTT PILATES® Essential Matwork Repertoire, 4th Edition
- ▶ STOTT PILATES® Intermediate Matwork Repertoire, 4th Edition
- ▶ STOTT PILATES® Advanced Matwork Repertoire, 4th Edition
- ▶ STOTT PILATES® Essential Reformer Repertoire, 4th Edition
- ▶ STOTT PILATES® Intermediate Reformer Repertoire, 3rd Edition (2 DVD set)
- ▶ STOTT PILATES® Advanced Reformer Repertoire, 3rd Edition
- ▶ STOTT PILATES® Essential Cadillac Repertoire, 3rd Edition
- ▶ STOTT PILATES® Intermediate Cadillac Repertoire, 3rd Edition
- ▶ STOTT PILATES® Advanced Cadillac Repertoire, 3rd Edition
- ▶ STOTT PILATES® Essential Stability Chair™ Repertoire, 3rd Edition
- ▶ STOTT PILATES® Intermediate Stability Chair™ Repertoire, 3rd Edition
- ▶ STOTT PILATES® Advanced Stability Chair™ Repertoire, 3rd Edition
- ▶ STOTT PILATES® Complete Barrels Repertoire, 3rd Edition (2 DVD set)

## Frequently Asked Questions about Course Examinations cont'd

### I took IMP 2nd Edition and learned the Sixth Principle. Will I need to know it for the examination?

At this point there will not be any questions on the written portion of the examination that relate directly to the Sixth Principle, movement patterns or additional information. In the practical portion of the examination, it is not necessary to demonstrate any content which is not in our course manuals; however, you are encouraged to include their concepts within the body of the workout. For example, describing the alignment of the legs in various exercises (one line through the hips, knees, ankles and toes to start the Ab Prep), or how a movement pattern is present in an exercise (hinge at the hips as the pelvis lowers in Shoulder Bridge Prep). No marks will be taken away if this information is not included, but including it will show a more thorough understanding of the material.

## PROCTORED EXAMINATIONS

### I can't take my Examinations at a Merrithew Training Center. What are my options?

If you are unable to complete the written portion of your examination at a Merrithew Training Center you have the option of writing the examination by Proctor. The conditions of a proctored examination include the following:

- ▶ A third, uninterested party (notary or public library) must oversee/supervise the written examination
- ▶ The examination must be taken within the six-month period after the last certification course was completed
- ▶ Examination fees (practical and written) must be paid in full prior to sending the written examination to the specified Proctor

Use of a public library is standard protocol for most STOTT PILATES course examinations as these locations proctor a variety of examinations for various organizations.

### Proctored Examination Procedures

Contact the Education Programming team at [exams@merrithew.com](mailto:exams@merrithew.com) to express your intent to write an examination by proctor. You will need to provide the following information.

- ▶ Examination location (i.e. public library), mailing address, and phone number
- ▶ Contact person supervising the written examination
- ▶ Method of payment (VISA, MasterCard, AMEX, or money order)

The Education Programming team will send the Proctor the examination package digitally and it can be resent to [exams@merrithew.com](mailto:exams@merrithew.com). It will contain the following:

- ▶ STOTT PILATES certification course written examination (1 copy)
- ▶ Receipt of payment (1 copy)
- ▶ Instructions for person supervising the examination

### Student Responsibilities

- ▶ Set time and date to write the examination
- ▶ Provide up-to-date contact information (phone numbers and email address) on the written examination so that we may notify you of the results
- ▶ Completed Observation and Practice Logs must be submitted on your examination date (either written or practical examination). If the student fails to submit all the logs within seven (7) days from the last portion of the examination, the entire examination will be void

### Proctor Responsibilities

- ▶ Receive the examination package
- ▶ Supervise the examination process (date, time, and location to be agreed upon by the proctor and student)

## Video Examination Procedure

The purpose of the practical examination is to observe you as you lead a “subject” through a workout. The subject must be familiar with the STOTT PILATES repertoire covered in the examination and be capable of performing required exercises safely (student, STOTT PILATES Certified Instructor, client, etc.). The videotaped workout will be one hour for the Matwork or Reformer examination, 90 minutes for the Matwork & Reformer examination, and two hours for the Matwork, Reformer, Cadillac, Chair & Barrels examination.

## Technical Considerations

- ▶ Position the camera to observe a side view of the subject’s body (the entire length), allowing for an additional three (3) feet / 0.9144 metres on either end to ensure enough room to move about. Be sure to keep the view close enough so that details in the subject’s movement and the interaction between you and your subject can be seen
- ▶ Test the video equipment and sound level and make sure that it records properly and that your voice can be heard on the tape.
- ▶ Face the camera (instructing on the far side of their subject to avoid obstructing the view)
- ▶ Camera adjustments should be performed at natural breaks in the examination process (i.e. between the postural analysis and Matwork or between the Matwork & Reformer)
- ▶ Video editing is NOT permitted
- ▶ The recording should NOT be stopped at any other point during the practical component of the examination. Your subject’s workout should be continuous
- ▶ The use of notes including postural analysis check list or manuals is NOT permitted
- ▶ Videos must be submitted via a secure web link provided by the Education Programming team

## Conducting the Examination

Please read, *‘What is Involved in the Practical Examination?’* section for more detail. Follow the timelines and minimum requirements outlined. You should state your name and the name of your test subject. The test subject must be familiar with the required repertoire associated with your examination.

## AFTER YOUR EXAMINATIONS

### How long does it take to receive notification of my results?

Examination results will be sent directly to you, normally by email. The Merrithew Training Center and/or Instructor Trainer will also be informed of the marks. Marking takes between four to six weeks from the date of the examination. Please note, examinations are not returned but can be reviewed upon request.

### What if I don’t pass my examination?

If you have to retake a portion of or the entire examination, this should happen within six months of the date of the original examination. This ensures that the information remains relatively fresh but allows time to study and improve in the necessary areas. If the six-month time limit has passed, you must take both the written and practical examinations again. It is also highly recommended that you book privates with an Instructor Trainer to review content.

If you take your examination for the first time and fail both portions, you have one more opportunity, within six months, to successfully pass the examination. If you fail both portions the second time, you must wait six months before retesting.

To find a Merrithew Training Center near you visit [merrithew.com/education/wheretotrain](https://merrithew.com/education/wheretotrain)