



The following pages list questions with point values. The passing mark for each section is 75% for BCRPA Fitness Leaders and 85% for BCRPA Advanced Fitness Leaders. Answers may be found in your Pilates Fitness course materials.

A. Short Answer Questions (answer in the space provided)

1. Briefly describe the origin of Pilates.

___ / 3

2. What is the primary intent of the Roll-up?

___ / 1

3. List a progression of movements that you would use in order to build the skills needed for your participants to perform the roll-up.

___ / 3

4. List 3 reasons for the arm pulsing in the Hundred.

___ / 3

5. List two (2) primary ways the Saw and the Spine Twist are related.

___ / 2

6. Explain how the front/back movement of the top leg in Side Kick challenges the stability of the spine.

___ / 3



7. List three (3) cues that you would use to help students achieve spinal stability in Side Kick.

___ / 3

8. What muscles are involved in supporting the lumbar spine during Swan?

___ / 2

9. List 2 benefits of movements that include spinal rotation.

___ / 2

10. In Spine Twist, describe 2 reasons why you may want to reverse the breathing pattern.

___ / 2

11. Briefly describe the action of the diaphragm on the inhale and exhale phases of breathing.

___ / 4

12. What is the importance of a complete breath?

___ / 3

13. List 3 ways that you could cue your participants to take a full/complete breath.

___ / 3



14. Describe the spinal sequencing into and out of Swan Prep.

___ / 4

15. List 3 cues you can use to help participants maintain scapular stabilization.

___ / 3

16. List two (2) verbal cues to stabilize the neck in the Hundreds position.

___ / 2

17. If a client was experiencing clicking in their hip joint during single leg stretch what would you do?

___ / 2

18. When teaching leg circles to a client with over-active quadriceps and hip flexors, how would you modify so that they are deriving full benefit? (Give three possibilities)

___ / 3

19. List 4 of the fundamental concepts that an instructor needs to cover in the first 3 classes of a 10 week series.

___ / 4

20. Describe 2 strategies you can use to ensure the safety and effectiveness of a multilevel class.

___ / 4



21. Describe how you would deal with disruptive behavior in the class (ie. Talking, participants doing completely different exercises than what you are teaching etc.)

____ / 4

22. As an instructor, how will you know when a student is being challenged too much? Not challenged enough?

____ / 2

23. What is the minimum health screening that you must complete with each participant in your Pilates Fitness class? How long is this screening valid for?

____ / 2

24. What are possible consequences if the instructor does not complete the minimum health screening?

____ / 1

25. List three special populations that are beyond the scope of practice of a Pilates Fitness Leader.

____ / 3

A. Short Answer Total ____ / 65 ____ %

B. Multiple Choice Questions (1 mark each)



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1. The original sequence of the first five mat work exercises (excluding the Roll-over) designed by Joseph Pilates and documented in Return to Life are:
 - A. The Hundred, Roll-up, One Leg Circle, Rolling Back, One Leg Stretch
 - B. The Hundred, Roll-up, One Leg Stretch, Rolling Back, One Leg Circle
 - C. The Hundred, Rolling Back, One Leg Stretch, Roll-up, One Leg Circle
 - D. The Hundred, Swan Prep, One Leg Circle, Rolling Back, One Leg Stretch

2. The best way to achieve the primary intent of the Spine Stretch is:
 - A. in a seated position, sequentially move the spine into flexion, leading with the pelvis
 - B. in a seated position, sequentially move the spine into flexion, leading with the head
 - C. in seated position, sequentially move the spine into flexion with the legs open in a straddle as wide as possible
 - D. in seated position, move into flexion from the hips, reaching forward with the arms

3. On the inhale phase of the breath, the vertebrae
 - A. remain stationary
 - B. move apart
 - C. come closer together
 - D. rotate

4. On exhalation, the normal curvatures of the spine
 - A. remain the same
 - B. twist
 - C. increase
 - D. decrease

5. What is the standard pattern of Pilates method breathing?
 - A. Inhale through the nose, exhale through the nose
 - B. Inhale through the mouth, exhale through the mouth
 - C. Inhale through the nose, exhale through the mouth
 - D. Inhale through the mouth, exhale through the nose

6. When viewed from the side, which three landmarks should be in plumb line with each other in ideal standing postural alignment?
 - A. The ear, ASIS, ankle
 - B. Nose, breastbone/sternum, sacrum
 - C. The ear, greater trochanter, knee
 - D. The greater trochanter, navel, ankle

7. Which are the key muscles involved in stabilizing the pelvis?
 - A. transverse abdominus, pelvic floor, psoas, gluteal muscles
 - B. transverse abdominus, pelvic floor, internal obliques, deep back muscles
 - C. pelvic floor, internal obliques, psoas, rectus abdominus
 - D. pelvic floor, internal obliques, rectus abdominus, deep back muscles, gluteal muscles

8. In the full version of the One Leg Kick (Single Leg Kick) what is the position of the pelvis and spine?
 - A. The pelvis remains on the mat and the spine is stabilized in extension
 - B. The pelvis is in a posterior tilt and the spine is stabilized in neutral
 - C. The pelvis remains on the mat and the spine is stabilized in neutral
 - D. The pelvis is lifted off of the mat and the spine is stabilized in neutral

B. Multiple Choice Total ____ / 8 ____ %



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C. Movement Specifics

Complete the following chart.

	Primary Intent / purpose	Breathing Sequence	Progression (one example)	Modification (one example)	Safety concerns / contraindications (2 examples)
Roll-up					
Rolling Back					
Swan Prep					
Side Bend					
Saw					
One Leg Circle					
Swimming					

C. Movement Specifics Total ____ / 35 ____ %

D. Verbal Questions



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You will be asked 5 of the questions from form B verbally. There are 2 marks awarded for each question, one mark for the correct information and one mark for being able to answer the question in a concise manner. Your evaluator will choose the 5 questions.

Verbal question # _____ /2
 Verbal Question # _____ /2
 Verbal question # _____ /2
 Verbal Question # _____ /2
 Verbal Question # _____ /2

D. Verbal Questions Total ____ / 10 ____ %

Totals for Pilates Fitness ICE Questions (Form B)

	A. Short Answer	B. Multiple Choice	C. Movement Specifics	D. Verbal Questions	TOTAL
Marks					
Out of	65	8	35	10	118
Percent	%	%	%	%	%

A passing mark is 75% for BCRPA Fitness Leaders and 85% for BCRPA Advanced Fitness Leaders for each section of the written exam. If you do not receive a passing mark in one or more sections, you must re-do that section and have it re-marked by your evaluator. Answers may be found in your fitness theory and Pilates fitness course materials.

Name Of Evaluator:	Phone:
Address:	
Evaluator Signature:	Date:
Candidate Signature:	Date:

Evaluator

Comments:

