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Welcome to the NETA Pilates Reformer Home Study Certificate Course! This course is self guided and may be completed in 15 hours. Upon completion of the course, you will have earned 15 NETA continuing education credits.

### **How to get the most of out of this home study**

The purpose of this study workbook is to help guide you through the book as you study the material. Several of the important points in each chapter have been highlighted. This workbook is not mean to be comprehensive, so if a concept has not been included it does not mean that it is not important. The answers for each question are printed in the back of the workbook.

To get the most benefit from this home study, please do the following:

1. Read through the NETA Pilates Reformer Manual to get a feel for the material
2. Complete the Reformer workbook
3. Answer the 100 question multiple choice exam

### **NETA Pilates Reformer Manual consists of 4 sections:**

Section 1 introduces the origin, definition, benefits of Pilates, the Reformer, and starting positions

Section 2 describes the A, B, C, S.

Section 3 explains all exercises.

Section 4 includes biomechanics and anatomical references.

Each section has activity worksheets designed to help you work through the material. Keep these worksheets for your personal reference. The answers are listed at the end of the workbook.

In the back of the home study booklet, there is a 100 question multiple choice exam that you will need to complete and send in to NETA to obtain your 15 continuing education credits. Return only the answer sheet and the evaluation form.

## Section 1 Fill in the Blank #1

Read pages 5-6. Fill in the blanks below.

1. Pilates exercise has been practiced since the early \_\_\_\_\_. The inventor, \_\_\_\_\_, taught his method to a relatively small group of people in his New York studio, located within the \_\_\_\_\_. This original group of people has come to be known as \_\_\_\_\_, or the first generation of Pilates teachers.
2. The focus of this course is on the education of the Pilates \_\_\_\_\_ and \_\_\_\_\_ exercises. Because of the spinal emphasis placed on most exercises, it is beneficial for Pilates' instructor trainees to already have a basic knowledge of \_\_\_\_\_ and \_\_\_\_\_.
3. The \_\_\_\_\_ principle is comprised mainly of postural assessment.
4. Joseph Pilates spoke of the \_\_\_\_\_ numerous times in his published works with insurmountable passion.
5. Getting "inside" the movement or being the participant during the exercise and not the observer is attainable only with maximum \_\_\_\_\_.
6. His works regarded the abdominal area and the spinal muscles to be the center or the powerhouse of the body. That powerful, efficient movement emanates from the \_\_\_\_\_.
7. The original title of his method was \_\_\_\_\_.
8. Modern science provides the concepts of \_\_\_\_\_ for particular joints and body parts prior to movement, namely; the head, neck, shoulders, spine, pelvis, and hips.