



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 meant to be comprehensive, so if a concept has not been included it does not mean that it is not important. Also, the answers for each question are printed in the back of the workbook. The answers listed in the answer key are not always the only correct answer. Many questions in this workbook require critical thinking and the synthesis of your entire skill set.

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

1. Read through the chapter to get a feel for the material
2. Read through the chapter again along with the workbook

Introduction to the NETA Pilates Home Study Certificate Course

Welcome to the NETA Pilates 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.

The course consists of 4 sections.

Section 1 introduces the origin, definition, and benefits of Pilates.

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

Section 3 explains the starting positions and 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 50 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.

Let's Begin!

Read the introduction on pages 5 and 6 of the NETA Pilates Manual.

To summarize, this program walks you through the following:

Learn about Joseph Pilates.

Define the benefits of Pilates exercises.

Define Pilates exercises.

Explore the Principles:

- Alignment
- Breath
- Concentration
- Core Strength
- Control
- Stability

Practice doing and teaching the three types of exercises:

- Awareness
- Warm Up
- Workout

Learn about Joseph Pilates'

Read Page 7. Fill in the blanks below

Fill in the Blank #1

- Joseph Humbertus Pilates was born in _____ near Dusseldorf, Germany. As a child he suffered from:
- _____
- _____
- _____

List 3 activities that Joseph Pilates either studied or participated in:

- _____
- _____
- _____

Define "Contrology"

What is Pilates?

Read Page 9. Fill in the blanks below

- The exercises are done in various positions on either a mat or other apparatus. Some exercises are performed entirely in _____, _____ and _____ - _____ positions. Others start from a _____ position.
- The exercises simulate daily life as well as athletic endeavor. They can be done on the _____ or on _____.
- This workbook covers _____.