



## Drexel Pilates Training Program Plan of Action and Evaluation Packet

The evaluation session is a one-hour session in which Apprentices showcase the intermediate mat work. The Director, Studio Manager, or Program Coordinator is present to assess the Apprentice on their suitability for the Drexel Pilates Training Program.

Once the Apprentice has performed the intermediate mat work, the Director/Studio Manager and the Apprentice sit down to discuss the Apprentice's next steps toward starting the program.

It is recommended that all Apprentices complete the Apprentice 1 program which consists of tracking 30 hours of practice in the Drexel Pilates Studio prior to application to the Apprentice 2 program. Alternative options are assessed on a case by case basis. All applicants must complete at least three hours in our community before scheduling their evaluation.

To schedule your Evaluation:

- Email [pilates@drexel.edu](mailto:pilates@drexel.edu) with the subject line "Evaluation Session"
- Include at least 3 available times for this session.
- We will contact you to confirm your session time.
- The Evaluation will be one hour long and costs \$65 (to be paid on touchnet).
- In addition to the \$65, Apprentices must bring the program fee for the first module.

At your Evaluation:

- You will perform the intermediate mat work.
- You will be assessed on your ability to show the work with strength and clarity.
- To pass you must perform the mat work with a maximum of two errors in form, two errors in repetitions, and two errors in the overall order.

Assessment:

- You will be given either a PASS or a PENDING on the evaluation.
- Individuals who PASS will move on to the Plan of Action segment of the Evaluation.
- Individuals who are given a PENDING will be given feedback on the issues that require attention. The Apprentice will be assigned a teacher with whom they must take a minimum of three privates before planning a second evaluation.

Plan of Action:

- The prospective apprentice and Director will review your complete Plan of Action sheet (below).
- Upon review, the Plan of Action (as well as the Apprentice 1 Tally Sheet, if applicable) will go in a folder with the Apprentice's name and the date of their evaluation.

## Drexel Pilates Training Program Plan of Action

Below you will find a list of the various components of the Drexel Pilates Training Program.  
Please identify which term you will fulfill the following elements:

- |  |   |
|--|---|
| <input type="checkbox"/> Mat Module      | <input type="checkbox"/> Mixed Equipment Module |
| <input type="checkbox"/> Reformer Module | <input type="checkbox"/> Comprehensive Test     |

Are you committed to the standard weekly schedule?

1 hour - private session training  
2 hours practice teaching sessions  
1 hour observation  
1 hour rotation

*\*please note the end of mat module includes additional teaching opportunities that are public facing.*

Yes                      No

Are you clear on your payment schedule?

Yes              No

If not, please ask questions at your evaluation.

Please bring this form, the \$65 fee for your Evaluation, and your fee for the first module to your Evaluation. Upon passing the evaluation you will review your Plan of Action with the Director. Once you agree on a Plan of Action, the Director will collect your fees and officially establish your seat in the program.

Apprentice Signature

Date

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Director Signature

Date

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## Intermediate Mat Order

<b>Exercise</b>	<b>Reps</b>
Hundred	100
Roll Up (arms at 90°)	5
Single Leg Circles	5 each
Rolling Like a Ball	6
<b>Series of Five</b>	5-6 each
Single Leg Stretch	
Double Leg Stretch	
Single Straight Leg Stretch	
Double Straight Leg Stretch	
Criss Cross	
Spine Stretch Forward	5
Open Leg Rocker	6
Corkscrew	5 e.d.
Saw	3-5 e.d.
Swan	3
Single Leg Kick	5 each
Double Leg Kick	3 e.d.
Neck Pull	5
Shoulder Bridge	3-5
Spine Twist	3 e.d.
Jackknife	3-5
Side Kicks/ Transitional Beats	3-5 each
Teaser 1	3
Can-Can	3 e.d.
Swimming	10-50 cts.
Side Bend	3 e.d.
Seal	6
Full Cat	3
Push Ups –two leg	1-3 sets