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 or Studio Manager 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.

To schedule your Evaluation:
- Email 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 on hour long and costs $65 (Checks made out to Drexel Pilates).
- In addition to the $65, Apprentices must bring the program fee for the first Module.
- Drexel students: bring your Apprentice 1 Tally Sheet.

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) 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:

Mat Module: 10 Week Service Mat Class in the DAC:

Mixed Equipment Module: Comprehensive Test:

Reformer Module:

Are you committed to the standard weekly schedule?
1 hour - private session training
2 hours practice teaching sessions
1 hour observation
1 hour rotation

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  Director/ Manager Signature

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Intermediate Mat Order

Hundred 100
Roll Up 5-8
Single Leg Circles 5 each direction
Rolling Like a Ball 5-8
Series of 5
  Single Leg Stretch 5 sets
  Double Leg Stretch 5
  Single Straight Leg Stretch 5 sets
  Double Straight Leg Stretch 5
  Criss Cross 5 sets
Spine Stretch Forward 5-8
Open Leg Rocker 5-8
Corkscrew 5 e.d.
Saw 5 e.d.
Swan/ Swan Dive Prep 3
Single Leg Kick 5
Double Leg Kick 3 sets
Neck Pull 5-8
Shoulder Bridge 3-5
Spine Twist 3 sets
Jackknife 3-5
Side Kicks 3-5 each
Teaser 3 sets of 3
Can Can 3 sets
Swimming 10 counts
Seal 5-8
Push-Ups (2 legs) 1-3 sets