

MODULE 6

REVIEW WORKSHEET

1. Some styles of stretching classes merely get into a posture and hold, then to another, etc... What style of stretching class is Pietra Fitness, which gives it an almost dance-like feel?
2. What is the benefit of this dynamic, flowing movement?
3. As PF instructors, we should encourage people of all ages to participate, and one should be able to do a Pietra Fitness class until old age. What therefore is one of the top priorities in a Pietra Fitness class?
4. Every time we move, some muscles _____ while others _____.
5. In PF, why do we often use repetitive movement? Sometimes we repeat multiple times, and sometimes we do things three times. Please explain.
6. Explain full range of motion, and is it the same for everyone?
7. What is alignment in a pose?
8. Can everyone follow the same alignment?

9. What are the 2 types of adjustments? Explain each type and which one you will be certified to do with Foundation certification.

10. What is a pose contraindication, and give 2 examples.

11. Each of us is unique, and everyone has limitations determined by bone structure, fitness level, flexibility, and age. As an instructor, what can you offer someone to make the class more assessable to them?

12. “Listen to your body” is a very common phrase in exercise classes. What does it mean and what does it NOT mean in a PF class?

13. What are the three most common stretching techniques used in a PF class and briefly explain?

14. What is the ***Stretch Reflex?***

15. Explain muscle tension.

16. Explain joint compression.

17. Scenario: Class is over and Julie comes up to you and says she has become very frustrated. She has been working on Wide Leg Forward fold for many years and she just cannot seem to widen her legs. She is upset because she feels she looks pathetic compared to everyone else in the class. What would you say to her?

18. Scenario: Teresa would like your help on gaining flexibility. She says she is never quite sure how far to push herself and how far to stretch. Sometimes she pushes so hard she can hardly breathe. Sometimes she leaves class in pain because she is pushing herself so much. How would you counsel her?

19. There are several simple approaches that naturally and gently encourage increased flexibility. Name 5 ways we discuss in P-Fit.

20. How can you use your breath to increase flexibility?

21. There is a tendency for some people to hold their breath in class, especially during more difficult poses. What is the problem with that? What can you do as an instructor to help to keep that from happening?

22. Fill in the blanks with INHALE or EXHALE. _____ when you go into Pike Pose.
_____ when you go into Chest Lift. _____ when you lower
down to Prone Pose. _____ when you go into half-squat.

23. What does it mean to counterbalance a stretch? Give 2 examples.

24. Explain Extended Hold Poses. What do we do spiritually during this time? How do we breathe during this time?

25. What are symmetrical and asymmetrical poses?

26. What is the rule of even sides?

27. Why is it a good idea to always start with the same side in PF?

28. Why is it important to use intention when we move and to be aware of the muscles we are using?

29. What prop is used in every PF class?

30. List 5 suggested guidelines for practicing PF with seniors.

31. What do you say to a pregnant woman who comes to your class?

32. At what stage can a pregnant woman start with light exercise?

33. When should pregnant women not do supine poses?

34. Why are pregnant women's joints and tissues vulnerable to overstretching?

35. What are the 5 important components in every PF class?

41. You will receive a hard copy of the pre-choreographed routines that you will take with you to class. At the top is listed the Level, title and length of time. Who do we entrust each class to?
42. Every PF pre-choreographed routine aims to hit all the major muscle groups and move the spine in all ways. If you were to omit certain portions of the routine, you may cause the class to be imbalanced, but the reality is, you may need to adjust the class a little to fit in the time frame. What can you do if you have too much material and not enough time?
43. There are some elements in the Wind Down portion that can **NEVER** be changed. What are they?
44. How can you adjust a class if you have too much time and not enough material?
45. Write Fr. Ezra's beautiful quote on Bodily Prayer:
46. Where do you find the Bodily Prayer Verse that must be said at each BPP?
47. What is Bodily Prayer?

48. In a 60 min. class there are _____ BPPs and in a shorter class there are _____.

49. How many BPPs are in the Warm Up?

50. How many BPPs are in the Workout?

51. Many “mind, body, and soul” workouts attempt to benefit the mind simply through relaxation. At Pietra Fitness, however, we strive to both relax *and* strengthen the mind through Intellectual Formation. How many points of intellectual formation should you incorporate into each class?

52. What 2 types of music are used in every PF class?

53. Appropriate music for your class is **VERY** important. Review the guidelines for Music for Exercise and Music for Prayer. Make sure you are familiar with the guidelines and agree with them. If you have any questions or concerns, please contact us. You will be asked to sign a paper saying you have read and agree with these guidelines. Pietra Fitness, LLC has the right to _____ or _____ music at any time.

54. True or False. For Foundation Instructors, all classes are pre-choreographed and **must** be obtained from Pietra Fitness, LLC. _____

55. True or False. All prayers and meditations **must** be obtained from Pietra Fitness, LLC.

56. True or False. Pietra Fitness does not accept any ideas on routines, music or meditations.

57. What methods of demonstration should never be used for an entire class and why?

58. There is a basic format of a Pietra Fitness class, and every teacher must adhere strictly to this format. List the steps in the format of every class:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

59. Scenario: You have a new woman attending a class that you have been teaching for a while. You see that despite your verbal cues to start standing or kneeling, she is seated in lotus pose with her hands in prayer and her elbows out to the sides? How would you handle this situation?

60. Scenario: The same woman above tells you that she prefers to start in a seated position because she has bad knees. It is hard for her to get to the floor from standing and she definitely cannot kneel. What are 2 options for her for a prayer position?

61. Who do instructors pray for (every class!) in the prayer intentions?

62. When do we make the first sign of the cross and when do we make the second? Why?

63. When do you start the music for exercise and when do you start the music for prayer?

64. What else besides breathing is incorporated into the breath work?

65. When is the meditation read?

66. Explain the Resolution portion of class.

67. What position should everyone be in during closing prayer?

68. In preparing for your class, what 3 items need to be chosen?

69. Why should you always review your physical class beforehand?

70. Where is the San Damiano Crucifix placed in all PF classes?