



COMPREHENSIVE EXAM REGISTRATION FORM

Name:

Business Name:

Address:

City:

State:

Zip:

Email:

Daytime Phone:

Cell:

Evening phone:

PPS-III Certificate #:

Expiration Date:

COMPREHENSIVE EXAM: COST: \$95.00

Please fax copies of all Certificates of Attendance for all levels of Chair and Barrel with Registration Form. The exam will be sent to you via mail and you will have two weeks to complete it.

*Mail to: Peak Pilates Attn: Education Dept.
5555 Central Avenue Suite 200
Boulder, CO 80301*

*Phone: 303-998-1531
Fax: 303-473-9142*

Payment Information:

- Check/Money Order (make payable to Peak Pilates)
- Visa
- MasterCard
- American Express

Credit Card
Number

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Expiration Date

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(month/year)

3 or 4 Digit Code

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(on back of card)

Signature: _____



Comprehensive Student Assessment Guide and Agreement

Congratulations on completing PPS-I, PPS-II, PPS-III, Chair I, Chair II, Barrel I and Barrel II! This assessment is the final step to earn your Peak Pilates Comprehensive Certification. It assures quality and protection of your professional reputation and ensures that the name Peak PilateSystem® Comprehensive Certified Instructor stands for excellence. Assessments are designed to ensure objectivity, consistency, application and to guarantee a standard of Pilates. Enjoy the final leg of your experience; it is designed to be part of your learning process.

Requirements: 100% participation, attendance and successful completion of all three PPS courses PLUS Chair I, Chair II, Barrel I and Barrel II are required.

Preparing for you Comprehensive Exam

Preparation begins at the start of PPS-I and continues throughout the PPS courses culminating with this Comprehensive Exam. This is a take home exam. Note carefully the advice provided in your manual about how to use the exercise pages fully. Make the most of all learning opportunities on the course, during observation and at home.

Prepare and use the study and learning tools. Work regularly with flash cards, DVD's, manual and summaries for each assessment section of the course. This will help you easily recall important and pertinent facts. With repetitive use of these tools, you will build your confidence and reinforce your memory.

Maintain routines in the days before the assessment. Go through your manual, notes, learning and study tools. This will reactivate the memories of all the knowledge and skills learned.

The Comprehensive Assessment includes assessment of theoretical knowledge. The 100- question multiple choice exam is broken down as follows:

- I. **General Information** – (8 questions) Benefits, Vocabulary, Pathway of Learning, Historical Information, General Questions about the 5 Part Formula and how it relates to teaching.
- II. **Mind Body Spirit Connection:** (4 questions) Peak Principles, MBS Connection.
- III. **Presentation Skills:** (10 questions) Safety, Exercise Delivery, Teacher's Posture, Touch Techniques, Professionalism, Teacher Mindfulness
- IV. **Teaching:** (15 questions) session format (order & timing), teaching methodology (set up, springs and reps, execution flow, cueing, rhythm, voice, breath dynamics), imagery, art of communication, do's and don'ts, shapes in space, building blocks, and questions from special cases chart.
- V. **Progression:** (10 questions) guidelines, understanding progression, series, why the order, art of progression, signs of readiness chart, fundamentals, and reading bodies/individual needs.
- VI. **Exercise Technique:** (15 questions) Technique from exercise pages, transitions, exercise goals, precision points, common errors, common weakness and solutions charts.
- VII. **Case Studies** (28 questions) Practical application of the Pilates system using all apparatus.



Instructions and Notification of Results

1. Register to take the exam by completing the application form and returning the signed agreement (last page only). Send with exam fee of \$95.00 US.
2. The Comprehensive Exam will be mailed to you. You have two weeks from the date of delivery to return it via mail or fax to Peak Pilates:

Fax: 303-473-9142
Address: Peak Pilates Attention: Education
5555 Central Avenue, Suite 200
Boulder, CO 80301

3. This is a confidential document and as such you agree not to copy this document in any way or share it with any other students or teachers.
4. Within 6 weeks of return, Peak will inform you of the final assessment outcome.
5. Upon successful completion, you will receive a packet with you certificate, other information on your classification as well as a CD with logos to use.

Requirements to maintain Comprehensive Certification

In order to maintain your Comprehensive Certification, a requirement of 16 CEC hours must be fulfilled every 2 years from the date on your certificate. Please submit CEC information on the CEC form (which can be found on the Peak Pilates website) <http://www.peakpilates.com>, along with a copy of your current CPR prior to your renewal date. Send to:

Peak Pilates Attention: Education
5555 Central Avenue, Suite 200
Boulder, CO 80301

Failure/Retake Policy

Notification of assessment failure is provided via mail. You may re-take the exam two times within a year of the first attempt; re-registration is required. The re-take exam fee is \$95.00 US.

After three failures, you will be required to contact Peak Pilates to discuss alternative options.



Comprehensive Student Assessment Agreement

I have read, understand and agree to the
Comprehensive Assessment Agreement.

Name: _____

Date: _____

Signature _____

Please return only this page signed to Peak Pilates via fax or mail with your comprehensive exam registration form.

Fax: 303-473-9142

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5555 Central Avenue, Suite 200
Boulder, CO 80301

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