



EYT Final Practical Exam Assessment Rubric and Exam Requirements

Video Submission Requirements

- Completion and Submission of your Final Written Exam is required prior to submission of the Practical Exam.
- One single video submission totaling no more than 65 minutes, containing both required components:
 - 50-minute Teaching video: Showcase of your teaching skills leading an Intermediate Level Session which should be a combination of both Mat and Reformer repertoire. The session should follow order, while also being personalized to your exam body's needs, even if it includes Beginner exercises. Your program design should be consistent in addressing what you share in their introduction, profile and goals.
 - 15-minute Solo Demonstration video: Perform a short self-practice/self-led workout at an Intermediate level. Assessors are looking for you to demonstrate your form and movement fluidity on the apparatus for which you're testing out. We want to see Pilates in YOUR body.
- Public link submission (no password protection) to be sent to gretchen@eytpilatesteachertraining.com. Please ensure access is available to view your video.
- Accepted platforms: Google Drive, iCloud, Dropbox, or YouTube
- Review before submission: Watch your video to ensure you've covered your bases, and that you are proud and confident of what you're submitting.

Video Technical Requirements

- On-camera introduction: State your full name, host studio, and semester cohort
- Exam body explanation: Describe any relevant information about the exam body you're teaching (limitations, modifications needed)
- Recording: record in quiet, well-lit conditions. Ensure that you can be clearly heard in the recording, and that the expressiveness of your voice carries across.
- Camera positioning: Set up to record in landscape orientation, providing a clear profile view of your exam body on the Reformer and the Mat. Ensure you remain visible the entire time. Do not block your exam body from camera view.



*An example of profile shooting angle,
showing a full view of the apparatus, exam body, and teacher.*

- Transitions: You are submitting one continuous video, however there are 2 points at which you're permitted to pause and restart recording: 1) when transitioning between Mat and

Reformer, or vice-versa and 2) when transitioning between your 15-min demo and your teaching portion, or vice-versa.

Session Requirements

- Capable mover required: Use an able-bodied person experienced with Pilates (not a beginner).
- Traditional Reformer ending required: Must conclude Intermediate Level Reformer section with ONE of the following:
 - Running
 - Standing Position on the ground
- Session structure: Clear beginning, middle with climactic point of effort, and ending. A max of 4 repetitions of each exercise; exceptions to this would be if the exam body needs more correction to improve technique.
- All planes of motion must be included throughout the session.
- Modification Guidelines:
 - Modifications are encouraged for physical limitations. This demonstrates adaptation skills.
 - Demonstrate problem-solving aptitude by showing how you adapt exercises while maintaining work intention
 - *Example modifications:*
 - Shoulder issues: modify T-position on Long Box by dropping straps and removing weight
 - Unable to perform Teaser on box with straps: bring box to floor or eliminate straps
- No creative variations permitted. Adhere to the EYT System Standards for consistent grading.
- OPTIONAL Elements. Including any of these elements is NOT required.
 - Magic Circle integration where appropriate within the EYT framework
 - Advanced Reformer may be added if time allows and the exam body is capable

EYT Final Practical Exam Assessment Overview

Students are evaluated on their ability to know client needs, plan appropriate programs, ensure safe set ups, organize sessions with strong flow, demonstrate problem-solving aptitude, and effectively integrate Teaching Tools and Principles.

Grading Scale

1–5 scale for each competency:

- 5 - Excellent: Fully meets and exceeds expectations
- 4 - Good: Solid performance with minor areas for improvement
- 3 - Satisfactory: Meets basic expectations
- 2 - Needs Improvement: Misses important elements
- 1 - Unsatisfactory: Does not meet expectations

Final Score

- 46–50: Pass with Excellence
 - 40–45: Pass
 - 39 or lower: Fail. Resubmission of a new practical exam video is required
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Competency Definitions

1. Technique

Overall use of teaching tools and classical system knowledge

Demonstrate comprehensive understanding and application of all Teaching Tools and Principles within the classical Pilates system. Show mastery of the knowledge and understanding of the classical system.

2. Session Design

Following the arc of a session with appropriate warm-up, progression, and client profile relevancy.

Ability to organize a session with strong flow and efficient transitions, having a clear beginning, middle, climactic point of effort, and ending. Show skill to modify as needed while including all planes of motion. Demonstrate relevancy of movements based on the exam body's profile.

3. Specific Movement Choices

Appropriateness based on the exam body's profile, addressing needs and contraindications.

Based on the goals and health history of the exam body, did the specific movement choices meet the exam body's needs? Were any contraindications appropriately addressed? Show knowledge of planning a program appropriate to client goals.

4. Safety

Set up, spotting, correcting to maintain work intention.

Safely set up, spot and make necessary corrections to maintain the intention of the work throughout the session.

5. Cueing - Making the Movement Better

Accurately describe actions and encourage improvement, precision, and overall technique through the use of verbal and tactile cues.

Offer encouragement and support while helping the exam body improve the movement - never accepting their "first offer." Demonstrate precision and the ability to improve technique through effective cueing.

6. Breathing

Clear breath cues integrated throughout session

Clear cues for breath integrated seamlessly throughout the session. Demonstrate an understanding of breath patterns and timing within the classical system.

7. Body Scan

Observing whole body to provide relevant and timely cueing

Demonstrate that you are observing the whole body to provide relevant and timely cueing. Show awareness of how all parts of the body are working together during movement.

8. Confidence & Command

Presenting with assuredness in teaching authority, rhythm and voice

Teach with confidence and authority, demonstrating command of the room. Use vocal rhythm and inflection, allowing personality and energy to carry the session from start to finish.

9. Professionalism

Calm, knowledgeable, and self-aware of how your presence impacts the client; creating positive movement experience.

Dress appropriately in professional attire representative of your studio environment. Maintain a confident posture, carrying yourself with calm and ease while being attentive and upbeat. Connect with the exam body, by using their name to create a positive movement experience.

10. 15-min Solo Demonstration Video

Show confidence and competence in the Pilates system.

Demonstrate a clear understanding of the Pilates principles, and embody them into your personal practice.

EYT Final Practical Exam Assessment Form

Student Name: _____

Host Studio: _____

Date of Assessment: _____

Evaluator: _____

Final Score: _____

Result:

- ☐ Pass with EXCELLENCE
- ☐ Pass
- ☐ Resubmit Required

Standard or Competence	Score	Comments
Technique		
Session Design		
Specific Movement Choices		
Safety		
Cueing - Making the Movement Better		
Breathing		
Body Scan		
Confidence & Command		
Professionalism		
15-min Solo Demo Video		

Overall Feedback
