

# MAT APPRENTICE PRACTICE TEST

1. Name the 5 core structures in the pelvic lumbo hip area.
2. As movement therapist why do we concentrate on these 5 core players.
3. What sits on top of the Diaphragm?
4. What is directly below the Diaphragm?
5. How are the answers from questions 3 and 4 connected?
6. What does the Psoas Major blend with and become as it travels down the leg?
7. What is the job of the multifidus in the lower spine?
8. How does that job change in the mid and upper back?
9. Name 2 superficial hip flexors.

10. Describe Diaphragmatic and Lateral Rib Breathing. What are the differences between the two?
11. What is an example situation where you might cue for an imprinted spine?
12. What is a situation where you might use a supported neutral?
13. What does Differentiation mean?
14. How do we incorporate it into Pilates training? Give an example.
15. What is Lumbo Pelvic Stability?
16. Name the 4 sling systems that are involved.
17. What are some examples of mat exercises that someone with osteoporosis can be safe doing? What movements specifically should you avoid, and what areas of the body should you be careful with?
18. What exercises in the mat repertoire focus primarily on the strength of the legs?

19. What are some of the Pilates mat exercises that would need to be modified for a client who has a tight posterior pelvic floor and hamstrings? How would you do this?
20. Please outline a classical order for a level beginner on the mat.
21. How would you modify the above sequence for a client with shoulder tightness?
22. Name some exercises that someone with a lumbar spine injury can do safely while challenging their lumbo/pelvic stability.
23. Say you have a client that is having trouble with a classical roll up due to a lack of abdominal strength and tight hip flexors, what are some ways to modify this exercise to build the skills to complete it successfully?
24. What mat exercises are primarily abdominal strengthening in nature?
25. What skills are needed to perform single leg kick well?
26. What are some exercises that their primary focus is spinal rotation?