

PILATES
PHYSICALMIND INSTITUTE

THE BODY BIZ TEST

Name: _____ Date: _____

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- 1) The section Part 1 page has a quote from the *Dallas Morning News* from 1992 that reveals that Pilates was unknown to the traditional fitness world despite its 70-year head start. This was due to:
 - a) a lack of publicity.
 - b) its focus on the body, not fat burning.
 - c) its lack of leadership.
 - d) all of the above.

- 2) The Pilates name was an issue because:
 - a) its legal status was clouded.
 - b) its pronunciation was difficult.
 - c) its actual name was contrology.
 - d) All of the above.

- 3) The Pilates Method gained traction in the Nineties because:
 - a) articles appeared naming celebrity fans.
 - b) the public was tired of aerobics.
 - c) fat burning exercise wasn't working.
 - d) all of the above.

- 4) The Mini-Reformer was intended to facilitate teacher training.
 - a) True.
 - b) False.

- 5) The Fundamentals were the basis of the evolution of the Pilates technique which made it more accessible to a larger audience.
 - a) True.
 - b) False.

- 6) The first Pilates video, *Working Out With Pilates*, showcased the Matwork, which was considered by Pilates teachers to be:
 - a) too difficult for the public.
 - b) different exercises from those on the apparatus.
 - c) uncommercial.

- 7) What exercise concepts helped propel Pilates from unknown to acceptance?
 - a) total body.
 - b) mind body.
 - c) core focus.
 - d) cardio emphasis.

- 8) Health Clubs in the late Nineties embraced Pilates because:
- a) they realized it was a better exercise method.
 - b) the public demanded Pilates Mat classes.
 - c) the availability of instructor training.
 - d) none of the above.
- 9) Pilates apparatus use springs for resistance because they are:
- a) lighter than weights.
 - b) stronger than bungees.
 - c) easy to manufacture.
 - d) None of the above.
- 10) Joe Pilates thought that his Wunda Chair would be in:
- a) Homes.
 - b) Hospitals.
 - c) Hotels.
 - e) All of the Above.

Please complete the following essay questions on a separate sheet & attach to exam..

11. Throughout the novel, there are conversations about dieting and weight loss. What is the author's point of view about how this obsession with fat burning—beginning in the early Seventies—affected the Pilates story?
12. Chapter 28 is a speech about the American obesity epidemic. What do you think about the projections for 2030? How will they affect the exercise business?
13. Why is it beneficial for prospective Pilates teachers to have an understanding of the history that is the background of this novel? Important references are: the trademark battle; the failure of the diet and fitness revolution; the various Pilates “camps” and their rationale. If you don't feel that context is important, explain why –
14. If you had read this novel before your training, how would it have helped or hindered the process?
15. How do you think that Pilates can play a role in bringing about a more balanced approach to the physical body?