

NAME:

**PILATES MIDTERM RUBRIC
INSTRUCTOR: PROFESOR STEPHANIE POWELL**

TECHNIQUE _____ points Technical Errors	Below Average 0-3pts Frequent	Average 4-6pts Occasional	Excellent 7-10pts Few or none
BREATHE _____ points Rhythmic Errors	Below Average 0-3pts Frequent	Average 4-6pts Occasional	Excellent 7-10pts Few or none
ENERGY FLOW _____ points Effort & Energy	Below Average 0-3pts Unable to show qualitative changes	Average 4-6pts Able to show qualitative changes	Excellent 7-10pts Consistent in qualitative changes
ALIGNMENT _____ points Expression & Confidence	Below Average 0-3pts Lacking	Average 4-6pts Occasional	Excellent 7-10pts Consistent

WRITTEN EXAM: 30 Points

PRACTICAL EXAM: 40 Points

TOTAL POINTS: 70 Points for the Pilates Midterm Exam

_____ Pts. Earned