

PILATES
PHYSICAL MIND INSTITUTE®
GAIT WORKSHOP TEST

Name: _____ Date: _____
Address: _____
City: _____ State: _____ Zip: _____
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DATE CERTIFIED: _____ Mat: Apparatus:

Teachers need to keep track of their CEC completion. Email us when appropriate so that we can renew your certification for another two years. We will send you a Renewal Document for professional insurance purposes.

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1. The hip flexors pull the leg forward in the mid-stance phase of gait.
True or False
2. The slower you walk, the less each joint moves and the more energy is expended.
True or False
3. The key pattern in gait is:
 - a. Opposition
 - b. Compression
 - c. Side Bending
4. A difference in leg length is always structural.
True or False
5. The most efficient average gait speed is:
 - a. 3 mph
 - b. 4 mph
 - c. 2 mph
6. The gluteus medius is an abductor of the:
 - a. Back
 - b. Hip
 - c. Knee

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7. When the right leg advances, the pelvis is rotating to the left.
True or False
8. Walking differs from running because running has:
 - a. More double limb support phases
 - b. Two flexion stages
 - c. An airborne phase
9. In running, the knee never straightens out.
True or False
10. The average base support is 10 inches.
True or False
11. The stride length in gait is measured:
 - a. From toe off on left foot to toe off on right foot
 - b. From the right heel strike to the left heel strike
 - c. From the right heel strike to the next right heel strike
12. Reciprocal arm swing is:
 - a. Opposite arms
 - b. Same side arms
 - c. Opposite arm and leg swing
13. When you step forward on the right side and shift your weight on to your right leg, the left side drops, then the right leg is adducted and the left is abducted.
True or False
14. A leg length inequality may be compensated for by:
 - a. Knock knees (valgus)
 - b. Flattening of the foot
 - c. Excessive rotation in the lumbar spine in one direction
 - d. All of the above
15. Shoulder rotation and pelvic rotation are 180 degrees out of phase.
True or False
16. The degree of forefoot abduction/adduction should be noted because:
 - a. More than about 8 degrees would put too much stress on the medial structures of the lower leg and knee
 - b. Any abduction would place too much stress on the medial structures of the lower leg and knee
 - c. There should be about 8 degrees adduction of the forefoot

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17. Maximum shoulder rotation is during:
- The single limb support phase
 - The double limb support phase
 - A and B
18. During the right single limb support phase, the right leg is stabilized by the gluteus medius.
True or False
19. When wearing high heels, which of the following is evident:
- Slower velocity and shorter stride length
 - Increased knee extension
 - Shortened weight bearing on the big toe
20. What are the two phases of gait that occur at the same time:
- Pre-swing
 - Stance and swing phases
 - Swing and single support phases
21. The stance phase of gait occurs during double limb support as well as during single limb support.
True or False
22. Elderly persons have a decrease in gait efficiency due to:
- Stability and balance problems
 - Loss of normal lordotic curve of the lumbar spine
 - Narrower base of support
 - A and B
23. The hamstrings are very efficient stabilizers of the SI joint.
True or False
24. After age 35, there is a loss of lumbar motion due to disc stiffness.
True or False
25. The average person walks:
- 3 hours per day
 - 5 1/2 hours per day
 - 1 3/4 hours per day

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26. Which of the following is not a determinate of gait:
- Knee extension at heel strike
 - Co-ordination of the foot, ankle and knee
 - Pelvic shift over the swing leg
27. Intra-pelvis torsion is in the saggital plane.
True or False
28. Contralateral arm swing is:
- The right and left arms swing forward together
 - The right arm and left leg swing forward together
 - The right arm and left arm swing in opposition.
29. Eversion of the calcaneus happens during the mid-stance phase of gait.
True or False
30. The faster you walk, the less time you will spend in double limb support phase.
True or False
31. The gait cycle is longer on the:
- Stance leg side
 - Swing leg
 - In pre-swing
32. There are three double support phases in a gait cycle.
True or False
33. The gait cycle begins with a step forward. The step is referred to as:
- Loading response
 - Initial Contact
 - Pre-swing
34. Distinct oppositional movement should be observed in the _____.
35. Knee extensors and flexors stabilize the foot lowering.
True or False
36. Walking is modeled behavior.
True or False

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37. The vertical displacement of the head during gait is approximately:
- 5-10 inches
 - 5-10 centimeters
 - 5-10 feet
38. The center of gravity lies approximately 5 cm anterior to the S2.
True or False
39. The term for opposite arm and leg movement is:
- Contralateral
 - Ipsilateral
 - Unilateral
40. The center of gravity shifts vertically but not horizontally.
True or False
41. Ipsilateral arm/leg means you should observe the:
- Right arm/left leg
 - Right arm/right leg
 - Left arm/right leg
42. Supination of the calcaneus occurs during the push off phase of gait.
True or False
43. During gait, which of the following goes through the greatest range of motion.
- Hip
 - Knee joint
 - Shoulder
44. An average person's base of support should be approximately:
- 15 centimeters
 - 5 inches
 - 5-10 centimeters
45. The ratio of plantar flexion to dorsi flexion in the ankle joint should be 2:1.
True or False
46. As the pelvis rotates forward, it rotates the weight bearing leg.
True or False
47. As you step forward with the right leg and heel strike, loading the foot, the right gluteus medius eccentrically contracts to control the pelvic list.
True or False

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48. An inefficient psoas allows for tremendous compression rotation torque on the spine.

True or False

49. The speed of gait is a function of:

- a. Age
- b. Postural abnormalities
- c. Gender
- d. Disease or trauma
- e. All of the above

50. Of the many ways to study gait, this course relies on

ESSAYS

1. Describe why muscle strength and flexibility can be an important factor in gait.

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2. Design a beginning Pilates routine for a client with non-structural leg length differences, who is compensating for the difference by rotating the apparent short-side hip farther forward than the other side.

3. Choose one Pilates movement and describe how it could affect a client's gait performance.