



CEC QUIZ ANSWERS: Setting the Tone: *How Your Teaching Choices Shape the Class Experience* (1.0 Physical CEC) With Jhoe Stonestreet, Chris Mautino, and Lori Hummel

Name: _____ Date: _____

1. What is one of the most important ways an instructor sets the tone for a Pietra Fitness class?
 - a. By choosing the most challenging poses
 - b. Through intentional use of voice, pacing, music, and presence
 - c. By keeping participants moving continuously
 - d. By using the same tone of voice throughout class

2. True or False: How we present the class—including our tone, energy, transitions, and pauses—can significantly influence how participants experience it. Two instructors can teach the exact same choreography but create very different class experiences.

3. During the Wind-Down, an instructor notices that participants are becoming quiet and reflective. What would be the most appropriate response??
 - A. Begin speaking more frequently to maintain their attention
 - B. Introduce a challenging pose to reenergize the class
 - C. Allow appropriate moments of silence and use a calm, prayerful voice
 - D. Increase the volume of the music

4. The Warm-Up, Workout, and Wind-Down have different purposes. Our teaching should reflect those differences while maintaining a prayerful atmosphere. What is the primary purpose of adjusting your voice and pacing throughout a Pietra Fitness class?
 - A. To demonstrate your personality
 - B. To keep every portion of class equally energetic
 - C. To support the purpose and atmosphere of each portion of class
 - D. To make the class feel longer

5. True or False: To create a meaningful prayerful experience, instructors should try to fill every moment of silence with spiritual encouragement.



Name: _____ Date: _____

6. Which statement best describes the role of music in setting the tone?
 - A. Music should always be upbeat to motivate participants
 - B. Music should support the purpose of each portion of class without distracting from prayer
 - C. Music should be loud enough to eliminate silence
 - D. Music is the primary element that determines the atmosphere of a class

7. Setting the tone doesn't require instructors to change who they are. It means learning to use their unique gifts intentionally and appropriately throughout class. An instructor is naturally enthusiastic and energetic. How can she remain authentic while creating a peaceful atmosphere during the Resolution?
 - A. Continue speaking with the same energy throughout the entire class
 - B. Avoid speaking during the entire Wind-Down
 - C. Change her personality to imitate a quieter instructor
 - D. Intentionally soften her voice, slow her pacing, and allow moments of silence

8. We are not simply guiding people through movements. We are helping prepare an atmosphere where hearts can encounter Christ. What is the ultimate purpose of intentionally setting the tone in a Pietra Fitness class?
 - A. To create an impressive fitness experience
 - B. To ensure every participant has the same emotional response
 - C. To help create an atmosphere where participants can strengthen their bodies while becoming more attentive and open to God
 - D. To make every instructor's teaching style identical

9. After participating in this workshop, what is one thing you would like to be more intentional about when setting the tone in your Pietra Fitness classes?



Name: _____ Date: _____

10. Select one of the following pose sequences. Using the seven tools learned in class, write cues and describe the set-up for a Restorative class and for an Active/ Power class for the pose sequence you select. Alternatively, you can record an audio of yourself speaking the cues and playing the music for both a Restorative class and an Active/Power class. Remember that the objective is to cue the same sequence while varying the class tone.

Pose sequence 1: Pietra Flow - Pike (or Hands/Knees) - Lunge 2 - Angle

Pose sequence 2: Standing Posture Pose - High Lunge - Arabesque

Pose sequence 3: Pike (or Hands/Knees) - Plank - Chest lift - Rock

Pose sequence 4: Hip lift - Knee hug - Rock fwd/back to Forward Fold - Reverse Pietra Flow to Standing