

<b>Course Title:</b>		<b>Pilates Matwork Level 1</b>					
<b>Course Code:</b>		G1201PGR	<b>Centre:</b>	Greenshaw	<b>Tutor:</b>	Kevan Samwells	
<b>Day:</b>	Mon	<b>Start Date:</b>	10/01/11	<b>Length:</b>	15 wks	<b>Time:</b>	19:00-20:00

### Course Content/Syllabus

This course will include the following topics:

- History of Pilates
- The principles of Pilates
- Pilates matwork exercise technique

**After completing the course, students should be able to:**

- Perform a sequence of safe and effective exercises with a slow controlled approach
- Tone and align the deep postural muscles of the body
- Maintain the correct postural alignment while performing basic movement patterns
- Slowly build up your stamina, strength and endurance

### Assessment Methods

Continuous informal assessment.

### Home Study

### Attendance

Regular attendance is expected in order to get the most from your course.

### Entry Requirements

An introduction to Pilates for physically capable students, new to the subject, or students who have completed 1- 2 terms and are happy with this level

### English, Maths & IT Entry Requirements

Ability to understand verbal instructions and copy movements

### Exam Fees

N/a

### Additional Costs (eg course materials & textbooks)

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You are advised not to purchase text-books or equipment until the course is confirmed.

### For your first session, please bring:

- A towel, a long scarf and a cushion or pillow to perform certain exercises
- Please wear loose fitting clothing/tracksuit
- Exercises are performed in bare feet or socks

### Extra Help With Your Learning

For details of additional support, please request the learning support leaflet and indicate your needs on the enrolment form.

### Progression/Further Opportunities:

Continue with Level 1 to maintain your performance level

Progress to a Level 2 class at SCOLA or a general class with another provider