

Course Title:		Pilates Matwork Level 1					
Course Code:		S1034PGR	Centre: Sutton		Tutor: Kevan Samwells		
Day:	Mon	Start Date: 20/09/10		Length: 10 wks		Time: 12:30-13:30	

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