

Course Title:		Pilates Matwork (Beg)					
Course Code:		S5110PGR	Centre: Sutton		Tutor: Kevan Samwells		
Day:	Fri	Start Date:	12/11/10	Length:	2 wks	Time:	16:00-17:00

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 selection 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

Assessment Methods

Continuous informal assessment.

Home Study

Attendance

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

Entry Requirements

This is for complete beginners and those with physical limitations who require more individual attention. Class limited to 8 students.

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 and a cushion or pillow to perform certain exercises
- Please wear loose fitting clothing/tracksuit
- Ideally, exercises are performed in bare feet. Socks or dance slippers may be worn.

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:

Progress to a Level 1 class at SCOLA or a general class with another provider