

<b>Course Title:</b>		<b>Pilates Matwork (Beg)</b>								
<b>Course Code:</b>		V2220PGR	<b>Centre:</b>		Carshalton Girls	<b>Tutor:</b>		Kevan Samwells		
<b>Day:</b>	Tue	<b>Start Date:</b>		08/03/11	<b>Length:</b>		2 wks	<b>Time:</b>		20:00-21:00

### 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