Course Description

Provides a method of mind-body exercise and physical movement designed to stretch, strengthen, balance the body, and improve posture and core stabilization while increasing body awareness. Lecture .5 hour. Laboratory 1 hour. Total 1.5 hours per week.

General Course Purpose

The purpose of this course is to give the student knowledge of mind-body exercise and physical movement and experience in Pilates exercises which stretch and strengthen muscles, and improve balance, posture and core stabilization.

Course Prerequisites/Co-requisites

None

Course Objectives

Upon completing the course, the student will be able to:

- perform exercises which will tone and strengthen the body
- become more flexible
- obtain better posture
- maintain body awareness on a daily basis
- safely practice core strength movements based on Joseph Pilate’s concepts
- demonstrate mat Pilates movements and positions

Major Topics to be Included

a. Introduction to Pilates
b. Terminology
c. Breathing technique
d. Balance
e. Mat Pilates exercises
f. Pilates rings, sandballs, rollers and physioballs
g. Demonstration and practice of Pilates positions
h. Relaxation