

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
PED 100 – PILATES (1 CR.)**

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