

COURSE DESCRIPTION 2016-2017

Course: Pilates - Beginners	Awarding body: N/A
Tutor: Pat MacRae	Course length: 10 WEEKS

Course summary/aims:	The course aims to improve core stability, strength, mobility and flexibility. Each class involves exercises in basic areas of movement, flexion, extension, rotation and balance. The student will achieve a better understanding of their own body with benefits including reduction in pain, stress and have an overall feeling of wellbeing.
Course objectives:	<ol style="list-style-type: none"> 1. To understand basic Pilates moves 2. To learn basic Pilates moves and their benefits 3. To improve relaxing and learn body awareness 4. To understand the importance of posture and balance 5. To improve core stability.
Course content:	Practise breathing techniques, basic Pilates positions and group discussions.
Teaching and learning methods:	Tutor led with practical sessions.
Course level/entry requirements:	No prior experience necessary. This class is for beginners with little or no recent experience of exercise activity. Health forms must be filled in before starting the course. Any health problems are to be discussed with the tutor.
How progress is checked during course:	Visual and verbal feedback. Learners will also complete their own short review each week.
Extra study or practice required at home?	Homework given in form of practising moves. This will help with effectiveness of course.

Formal course accreditation? If yes, how is the course assessed?	No
Materials you will need to bring to the course:	Cushion and mat if you already have them and a bottle of water. Mats will be provided and there is access to water. Comfortable loose clothing.
What can I do next?	Continue with practice at home. Join another Pilates class. Look at possible courses online/DVDs.

Information, Advice and Guidance sessions are available on request (it is best to make an appointment).

If you feel you may need some support eg. with English, Maths or ICT, please ask.

To get in touch, please call your local CLIP Learning Centre (see below) or email info@cliplearning.com

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