

COURSE DESCRIPTION 2016-2017

Course: Pilates – Improvers	Awarding body: N/A
Tutor: Pat MacRae	Course length: 10 Weeks

Course summary/aims:	This course is for students who have completed a basic course and know a little of what Pilates is about. This course will aim to move these students forward with exercises and give them a little more knowledge.
Course objectives:	<ol style="list-style-type: none"> 1. To consolidate the basics in Pilates 2. Expand on moves 3. Become more body aware 4. Learn more about balance and stability 5. Explore Pilates equipment and how to use it safely
Course content:	Expand knowledge and increase number of moves
Teaching and learning methods:	Tutor led with practical sessions.
Course level/entry requirements:	Previous Pilates experience required. This course will expand student knowledge of Pilates and how it helps us in daily life. Begin using equipment safely for balance and strength. Health questionnaires will need to be completed prior to the course starting and may need 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	No

accreditation? If yes, how is the course assessed?	
Materials you will need to bring to the course:	Cushion and mat if you already have them. Mats will be supplied. Water bottle. 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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