

Course Description and Outline

Course Title	Pilates Barre Conditioning		
Level of Course	All levels	Course Code	A2602, B2602, C2603
Duration in Weeks	10		
Brief Description of Course	Pilates Barre Conditioning is a Pilates-based workout performed in standing using the ballet barre. Pilates Barre Conditioning trains the body using the core conditioning and alignment techniques of Pilates, combined with weight bearing toning and strengthening for the lower body. Strength gains will occur in the hips and legs and in the core muscles. Upper body resistance and floor based stretching may be included in some lessons.		
Entry Requirements	This course is suitable for all levels, although some previous experience of Pilates may be useful. Prospective students with joint conditions that affect the lower back, hip, knee, ankle or foot joints should consult their medical practitioner or physiotherapist prior to enrolling on this course. In some circumstances your tutor may require you to provide evidence that you are fit to take part in the class or suggest an alternative, more appropriate option.		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Perform sequences of movements at the barre using Pilates based technique.		
2	Demonstrate increased strength in the major muscle groups of the lower body.		
3	Maintain body alignment and stability using core strength and postural muscle tone.		
4	Demonstrate increased co-ordination skills throughout the entire body.		
5	Describe some basic principles about back and joint health during exercise.		
Equipment Required What will I need to bring to class?	Fitted comfortable clothing suitable for exercise. Exercises should be performed in barefoot exercise shoes, bare feet, ballet or jazz slippers depending on individual student's preference.		
What courses can I go on to?	Further Pilates courses, Ballet and dance courses.		

What examination or assessment will there be and what will it involve?

There is no formal assessment but you will be asked to monitor your own progress during the course. For example, this includes you monitoring your own health and fitness via a simple questionnaire.

(Please note on all examination courses, it is a requirement that you provide photographic proof of ID. This is for external awarding body and internal invigilation authentication purposes.)

How will I know I am making progress?

The tutor will provide verbal feedback throughout the course.

Students are encouraged to monitor their progress and achievement using an Individual Learning Plan (ILP).

You will also gain more from the course if you commit time to it outside the classroom.

Is there anything else I need to know?

In general, we will not allow late enrolment to any course after the first two weeks. Learners are expected to arrive on time and attend every class.

Children are not allowed in our health & fitness courses unless they are specifically family learning classes. Please do not ask your tutor to give your child access as they do not have the authority to do this.

Health and Safety requirements demand that all learners participating in fitness classes must complete the warm up. Therefore, latecomers that miss the warm up will be refused entry to the session.

Students are encouraged to comment on the course. The tutor will distribute at least one student satisfaction survey where your views will feed back into the planning, teaching and learning of future courses.

What if I want extra support?

Come and see one of our experienced and friendly advisors. For further information, email ideastore@towerhamlets.gov.uk and a member of the team will get back to you.

This is a brief description of the course content and is not definitive or exhaustive. The course content may be subject to change without notice however the details above are intended to give a picture of the types of activities which may be included on the course.

Course outlines provide a general summary of the contents and material to be covered during lessons. They are subject to change at the discretion of teachers to meet the needs of learners and should not be regarded as prescriptive lists of activities to be covered.

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