

Course Description and Outline

Course Title	Pilates Exercise for Women		
Level of Course	Beginners	Course Code	A1510, B1550. C1587
Duration in Weeks	10 weeks / 1 hour per session		
Brief Description of Course What will the course cover?	This beginner level course will focus on the key principles of the Pilates method (a form of body conditioning). Using a number of Pilates exercises to help improve posture, mobility, muscular strength and breathing technique. Different levels/alternative exercises will be offered so that you can work within your own levels of ability throughout the course		
Entry Requirements	There are no entry requirements for this course, but if you have any medical conditions please inform your tutor at the first session. This course is not appropriate for pregnant women. Pregnant women are advised to find a course specialising in pregnancy Pilates		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Practise the efficient use of breathing to increase effectiveness of the performance of exercises in class		
2	Perform at least 2 Pilates exercises suitable for your level of ability in all positions (e.g. lying, seated, side-lying and on all fours)		
3	Perform a range of interconnected Pilates movements to develop strength and co-ordination		
4	Know ways to incorporate Pilates into your daily life		
5	Adapt or modify exercises (as appropriate) to support your continued development throughout the course		
Equipment Required What will I need to bring to class?	Please wear comfortable clothing that allows you to move freely e.g. leggings and T-shirt. You may work with bare feet or in socks. A small towel may be useful. Please bring a pen on the first session to complete some basic paperwork		
What courses can I go on to?	Other Pilates courses or health and fitness courses		

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

There is not examination or formal assessment, but you will be asked to monitor your own progress using an Individual Learning Plan

How will I know I am making progress?

Your tutor will provide support and feedback throughout the course.
You will be asked to complete a Health Screening Questionnaire and an Individual Learning Plan to help monitor your progress

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? Contact the Learner Support & Advice Team

The Learner Support & Advice Team can support learners to help them achieve their education and employment goals. Information, advice & guidance are given on a range of issues, including financial support, and support available for learners who are disabled and learners with learning difficulties. Come and see one of our experienced and friendly advisors who can help you make the next step.

For further information, text **IDEA** and your name to **07950 080 341** or email **ideastorelearning@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.

Course Outline V.3