

Course Description and Outline

Course Title	Pilates-based Circuit Training		
Level of Course	Intermediate	Course Code	A0001, B0002, C0003
Duration in Weeks	10 weeks		
Brief Description of Course	This intermediate level course applies the key principles of the Pilates method (alignment, control and balanced muscular development) in a circuit training format. Each session will be structured to provide a full body workout and aim to challenge and develop your fitness level. You will be encouraged to work within your own levels of ability.		
Entry Requirements	Learners should have completed a beginner level Pilates course This class is not appropriate for pregnant women or those with back or neck problems		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Work individually and within small groups to follow different circuit formats throughout the course		
2	Perform at least 2 intermediate exercises in positions e.g. lying, side-lying, seated and all fours		
3	Use and select exercise equipment to support correct technique and increase challenge (e.g. Pilates Ring, Foam Roller, resistance bands etc.)		
4	Adapt or modify exercises to support your personal goals and continued development throughout the course		
5			
Equipment Required What will I need to bring to class?	No specific equipment is required however you may wish to bring along a small towel. A pen will be useful for completion of course paperwork. You should wear trainers for this course and comfortable clothing suitable for exercise e.g. leggings, shorts and T-shirt		
What courses can I go on to?	This course would enable you to go onto other fitness-related or Pilates 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.

Course Outline V.7

