

Course Description and Outline

Course Title	Yoga-Pilates Fusion		
Level of Course	All levels	Course Code	A0007, B0008, C0009
Duration in Weeks	10		
Brief Description of Course	<p>This course combines Yoga and Pilates practices. Yoga postures strengthen and stretch the entire body. Pilates focuses on core strength. Both practices promote relaxation and enhance breathing. During the course of each lesson, Yoga and Pilates movements will be practised in standing, seated and lying. Lessons will finish with a guided relaxation to calm and revitalise body and mind.</p>		
Entry Requirements	<p>None required, but if you have any medical conditions, please could you inform your tutor at the first session.</p> <p>This course is not suitable if pregnant.</p>		
Main Learning Outcomes for all Learners (Maximum of 5) By the end of the course you will be able to:			
1	Perform at least two Yoga postures in each of these positions: standing, seated and lying		
2	Perform five basic mat-based Pilates exercises		
3	Demonstrate improved core strength		
4	Demonstrate improved flexibility and mobility		
5	Practise relaxation with guidance		
Equipment Required What will I need to bring to class?	Comfortable clothing appropriate to exercise and stretching. Please bring a pen on the first session to complete some basic paperwork		
What courses can I go on to?	Yoga Intermediate, Pilates Intermediate		

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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