

PILATES, CERTIFICATE

LEARNING OUTCOMES

1. (Pilates Practice - Strength, Focus, Movement Efficiency)
Demonstrate proficiency in Pilates exercises, including fundamental exercises and beginner through advanced mat and equipment work. Students will show significant improvement in body awareness, physical skill and strength, and efficient movement patterning.
2. (Pilates Teaching - Safety, Clarity, Communication) Confidently teach one-on-one and group Pilates classes, effectively communicating physical and conceptual ideas about the body to a variety of learning styles, body types and physical backgrounds.
3. (Anatomical Approaches to Pilates) Integrate current anatomical research into practice and teaching, using a variety of somatic approaches to embodying healthy anatomical function.