

PILATES, CERTIFICATE

REQUIREMENTS

CERTIFICATE COURSE REQUIREMENTS

The Pilates certificate requires a minimum of 20 credits. Collette Stewart is the advisor for the Pilates certificate, stewartl@wisc.edu; interested students should contact her for an advising appointment.

| Code | Title | Credits |
|-----------|---|---------|
| DANCE 135 | Pilates Mat I | 1 |
| DANCE 136 | Pilates Equipment I | 2 |
| DANCE 235 | Pilates Mat II | 1 |
| DANCE 236 | Pilates Equipment II | 2 |
| DANCE 237 | Pilates Studio I | 3 |
| DANCE 330 | Functional Anatomy for Movement Practices | 2 |
| DANCE 337 | Pilates Studio II | 3 |
| DANCE 375 | Pilates Teaching Methods | 1 |
| DANCE 376 | Pilates Teaching I | 2 |
| DANCE 476 | Pilates Teaching II | 3 |

UNDERGRADUATE/SPECIAL STUDENT CERTIFICATES

This certificate may be completed within the context of an undergraduate degree or as a Special student after an undergraduate degree has been awarded from any institution. The certificate may be completed in its entirety while enrolled as a Special student. Candidates are encouraged to contact the certificate coordinator to discuss course enrollment and the sequencing of certificate requirements.