

Virginia Western Community College

PED 100

Pilates

Prerequisites

None

Course Description

Provides a method of mind-body exercise and physical movement designed to stretch, strengthen, balance the body, and improve posture and core stabilization while increasing body awareness. (VCCS MCR Description)

A general Physical Education course focusing on core conditioning which strengthens and tones the core stomach and back muscles while improving posture, spinal alignment and flexibility. (Additional Description added by the faculty)

Semester Credits: 1

Lecture Hours: 0

Lab/Clinical/Internship Hours: 2

Required Materials

Textbook:

None

Other Required Materials:

All equipment provided

Course Outcomes

At the completion of this course, the student should be able to:

- Demonstrate core exercises that strengthen the stomach and back
- Participate in an instructor led class
- Demonstrate general knowledge of the mechanics of the body as it relates to performing core exercises

Topical Description

1	Introduction of course and physical performance that is required
2	Proper form
3	Abdominal and back regarding core strength
4	The importance of flexibility and spine alignment
5	Injury prevention

Note to Instructors