

# **PED-217 : Pilates I**

**Credits** 1

**Lab** 1

**Lecture** 0

**Clinical/WkExp** 0

## **Description**

This course provides an introduction to the pilates method of body conditioning exercise. Topics include instruction in beginning and intermediate pilates exercises using a mat or equipment, history of pilates method, and relevant anatomy and physiology. Upon completion, students should be able to perform beginning and intermediate exercises, and possess an understanding of the benefits of conditioning the body's core muscles.