

DAN-12 — KINESIOLOGY FOR PILATES/DANCE

About This Course

Transfer: UC, CSU

3.00 units

Prerequisite: DAN-D47.

Description: Designed to provide students with an understanding of the human body in motion as it learns and experiences the repertoire of the Pilates Method of body conditioning and dance. The course addresses the anatomical and biomechanical principles as they apply to these forms of movement. 54 hours lecture. (Letter grade only)