

## DAN-13 — PILATES METHODOLOGY

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### About This Course

**Transfer:** UC, CSU

2.00 units

Prerequisite: DAN-12.

Description: Designed to educate and prepare students to teach the Pilates Method, beginning through advanced, to a variety of populations. Upon successful completion of the course students will be prepared to teach Pilates based matwork and equipment work. Students will be able to teach individual sessions as well as group sessions in Pilates studios as well as gym/fitness establishments. 36 hours lecture and 72 hours laboratory. (Letter grade only)