

DAN-14 — INTERNSHIP IN PILATES EDUCATION AND TEACHING

About This Course

Transfer: CSU

4.00 units

Prerequisite: DAN-13.

Description: Supervised experience in the teaching of the Pilates method of conditioning. Students will observe various populations and skill levels of Pilates learners and will research and develop lesson plans for beginning, intermediate and advanced level Pilates classes. Students are required to do 18 hours lecture, 100 hours of observation, and 62 hours of teaching under the direction of a certified Pilates teacher. (Letter grade only)