

Adult Learning - Course Information Sheet



SZZ1DA55 - An Introduction To Pilates

Virtual Classroom - Zoom

ZZ99 9ZZ **Room** Meeting ID:

Start Date: 01 March 2021
End Date: 22 March 2021
Start Time: 2:30PM
End Time: 3:30PM
Day: Monday
Sessions: 4
Tutor: Ms Elizabeth Willis

Course description

To gain knowledge of the fundamentals and principles of Pilates and apply them to the Pilates exercises.

Course Outcomes

- a) Explain 3 Fundamentals of Pilates
- b) Demonstrate Lateral Breathing
- c) Show one of the Principles of Pilates in your practice

How will the course be taught?

The course will be taught online via Zoom and will be a live interactive class. Joining instructions along with unique log in for the session will be emailed to you by our support services team prior to the course start date so please check your email address prior to the class. The Pilates exercises will be demonstrated and supported with verbal instructions with explanation and feedback.

What do I need to bring?

To take part in the course, you will need a computer, laptop, phone or tablet connected to the internet and be able to view a live video stream. For safety purposes you will need to have both video and audio switched on during the session. We also recommend that you have; a pen and notepad to hand. You will also need the following:

A good quality non-slip pilates or yoga mat

A folded blanket or pilates/yoga block (and a kneeling pad or pilates/yoga strap if you have them)

Wear layers of comfortable clothing

Drink (water) in a non-breakable container

Please return your completed medical questionnaire via email at least 2 days before the course.

Further support or progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northamptonshire.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety

Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to

https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefivestopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Further Information

Please email your completed Medical Questionnaire (PAR-Q) form at least 2 days before the course. For safety purposes you will need to have both video and audio switched on during the session.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

