

# Minnesota State University Moorhead

## PE 136: Pilates

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course offers comprehensive physical instruction on the pilates method of total body conditioning. This class will cover foundational pilates exercises, cardio pilates, and yogalates styles. This class is designed to increase flexibility and strength, while improving posture and balance. No prior experience necessary.

**B. COURSE EFFECTIVE DATES:** 08/24/2008 - 02/01/2020

### C. OUTLINE OF MAJOR CONTENT AREAS

None

### D. LEARNING OUTCOMES (General)

None

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted