

## Pilates Training Certificate

Department of Dance Catalogue Year: 2022 – 2023

Name: Student ID:

Date:

**Department of Dance Required Courses (15 credits)** 

| Course                                      | Pre-Reqs | Credit | Rotation | Enrolled | Grade | Transfer |
|---|----------|--------|----------|----------|-------|----------|
| DAN 108 Pilates I or PEX 161 Pilates*       |          | 1      | F S Sum  |          |       |          |
| DAN 110 Dance for Flexibility and Tone      |          | 1      | F S Sum  |          |       |          |
| DAN 208 Pilates II                          | DAN 108  | 1      | FS       |          |       |          |
| DAN 308 Pilates III                         | DAN 208  | 2      | FS       |          |       |          |
| DAN 351 Dance Kinesiology                   | ENG 102  | 3      | F S Sum  |          |       |          |
| DAN 451 Prevention and Care of Dance Injury | DAN 351  | 3      | F S Sum  |          |       |          |
| BIOL 189 Fundamentals of Life Science       |          | 4      | F S Sum  |          |       |          |

<sup>\*</sup>PEX 161 is an option for non-dance majors only.