



Pilates Certificate

Department of Dance
 Catalogue Year: 2016-2017

Name: _____

Student ID: _____

Date: _____

Department of Dance Required Courses (11 credits)

Course	Pre-Reqs	Credit	Semester	Year	Grade	Transfer
DAN 108 Pilates I or PEX 161 Pilates*		1	F S			
DAN 110 Dance for Flexibility and Tone		1	F S Sum			
DAN 208 Pilates II	DAN 108	1	F S			
DAN 308 Pilates III	DAN 108, 208	2	F S			
DAN 351 Dance Kinesiology	ENG 102	3	F			
DAN 451 Prevention and Care of Dance Injury	DAN 351	3	S			

*PEX 161 is an option for non-dance majors only.

Department of Kinesiology and Nutrition Sciences Required Courses (3 credits)

Course	Pre-Reqs	Credit	Semester	Year	Grade	Transfer
SIM 101 Athletic Training or SIM 201 Exercise and Sport Injury	SIM 101 - no pre-reqs; SIM 201 - pre-req DAN 351, plus letter of consent from Dance Dept.	3	F S Sum			