

PILATES, UNDERGRADUATE CERTIFICATE

UWM Pilates Certificate prepares students to teach Beginning, Intermediate, and Advanced Pilates Mat and Equipment and develops a substantial, scientific basis for movement analysis through the rigorous study of Anatomy and Kinesiology.

Requirements

The Pilates Certificate combines the science and art of the modality. Through the application of theoretical concepts, anatomical understanding of body mechanics, as well as a deep acquaintance with the teachings of the Joseph Pilates method, students will learn teaching strategies to advance their own individual practice, and most importantly that of their future clients. Courses will consist of lectures, discussions, practice teaching and mentorship as students begin the process of teaching Pilates.

A minimum GPA of 3.0 in all coursework is required to successfully complete the certificate. Students may not count any coursework that is taken as audit or pass/fail.

Code	Title	Credits
DANCE 323	Body Conditioning: Pilates Method ¹	2-3
DANCE 371	Dance Anatomy & Kinesiology	3
DANCE 623	Body Conditioning: Pilates Method II ¹	2-3
DANCE 611	Pilates Method Observation and Practice ²	1
DANCE 685	Seminar in Pilates Student Teaching	2
KIN 230 or KIN 200	Health Aspects of Exercise and Nutrition Introduction to Kinesiology	3
Total Credits		18

¹ Must be taken twice for a maximum of 4 credits.

² Must be taken twice for a maximum of 2 credits.

Advising

Location: Theatre 120

Hours: M–Th 9 a.m. to 4 p.m. | Fri. 9 a.m. to 2 p.m. (*closed on university holidays*)

Contact: 414-229-4763 | Contact Form (<https://uwm.edu/arts/advising/contact-form/>)

Academic advising is an important aspect of long-term academic success. At the Peck School of the Arts, we offer professional advising in the undergraduate disciplines of art, dance, film, music and theatre.

Our advisors provide students with individualized appointments to assist them in areas such as: degree requirements, major options, course selection, campus resources, college success strategies, graduation assessment, academic policies and procedures, and more.

For more information please visit the Peck School of the Arts advising and student services page (<https://uwm.edu/arts/advising/>).