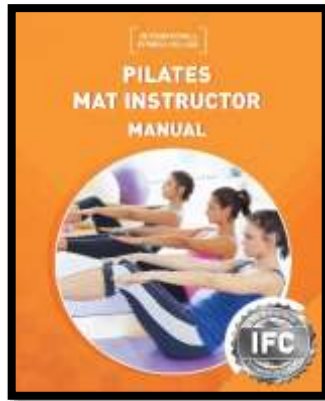


MANDATORY PRACTICAL TASK



**Complete the task according to the specified requirements.
Send it to the teacher for verification.**

Task: To compose an author Pilates lesson for clients of an Intermediate level of training for 30-40 minutes.

It is necessary to use exercises with different modifications, which should be described in the lesson.

Requirements for composing a lesson:

1. At the beginning of the work, list the requirements:

- a) to the place of the lesson;
- b) to clients' clothes;
- c) to the health conditions of clients.

2. The lesson should include three mandatory parts: warm-up, main part, cool-down.

3. Describe the introductory part: the instructor's greeting, what the instructor should say, warn about before the lesson.

4. In the warm-up, competently and in detail describe all body positions, warm-up exercises and the actions of the instructor.

5. In the main part, describe all the used exercises according to the scheme:

- The sequence number of the exercise.
- The name of the exercise.
- The purpose of the exercise.
- Initial position (I.P.).
- Execution.
- The number of repetitions.
- Methodical instructions.
- The main errors that clients may encounter when performing.

6. Choose the right exercises and correctly compose the sequence of exercises for the main part.

7. In the final part, competently and fully describe all the exercises and actions.

8! The description of the lesson should also include the instructor's commands that he makes during the lesson (not related to the exercise) (for example: "and now we move to the starting position ...", "we lie down", etc.). It is important to present your lesson visually and describe it as fully as possible.

When composing a lesson, the student can and should consult with the teacher on all questions that arise.