

# 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 using any of studied in the course small props for 30-40 minutes. It is necessary to use exercises with different modifications, which should be described in the lesson. And also use the knowledge on the methodology of drawing up the lesson: structure, smooth transitions between exercises, etc. from previous courses ("Pilates. Basic level" and "Pilates. Intermediate level").**

**When composing the author lesson, a creative approach is welcome and the addition of other exercises with this equipment from the Basic and Intermediate levels not presented in MODULE 4 is welcome. That is, the student can figure out how to use small props himself, for example, in the exercises of the Pre-Pilates series.**

**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.**





