



KINE 154B - Intermediate Pilates Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616691

Discipline(s) Dance
Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 154B

Course Title Intermediate Pilates

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE. Changing hours and units, no longer variable. Adding recommended preparation.

Units 1.5

Cross List DANS 154B - Intermediate Pilates

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00

Lab 0.00

Activity 54.00

Work Experience 0.00

Outside of Class Hours 27.00

Total Contact Hours 54

Total Student Hours 81

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description Intermediate course based on the work of Joseph H. Pilates with an emphasis on exercises for improved body alignment, strength and flexibility. This course will include intermediate-level mat work using mats, rings and foam rollers. Students will create a personalized Pilates Mat session.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended**

- KINE 154 with a minimum grade of C or better

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- Identify and describe Pilates Mat exercises.
- Create a personalized Pilates Mat exercise program for home practice.

2. Course Objectives: Upon completion of this course, the student will be able to:

- Demonstrate and describe the beginning and intermediate exercises.
- Describe the use of correct muscles for pelvic and spinal alignment, stability and overall movement control.
- Demonstrate application of Pilates principles and breathing techniques while performing Pilates Mat exercises.
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3. Course Content

1. Discussion of the similarities of typical abdominal exercises versus abdominal exercises executed using the six Pilates principles and engaging the deep core muscles.

2. Basic biomechanical and anatomical terminology related to Pilates Mat exercise. Included but not limited to:

- Bones of the axial and appendicular skeleton,
- Muscles of the torso and limbs involved in Pilates exercises,
- The anatomy of breathing,
- Modifications for safety.

3. Discussion of how the use of the deeper core muscles enhances stability, mobility and agility and how core awareness can be applied to lifetime activities.

4. Intermediate exercises (Level 2 will incorporate all level 1 exercises at a higher level of demand for core control.)

- a. Spine Twist,
- b. Teaser prep, Teaser 1, Teaser, 2, Teaser 3,
- c. Corkscrew,
- d. Hip Circles,
- e. Neck Pull,
- f. Full Plank and Leg Pull-down,
- g. Leg Pull-up,
- h. The Rollover,
- i. Jackknife,
- j. Kneeling Side kicks,
- k. Seated Twist,
- l. Side Bend Twist,
- m. Bicycle,
- n. Shoulder Bridge variations
- o. Swan Dive and Rocking.

5. Creating a personalized at-home practice.

4. Methods of Instruction:

Activity: 1. Technique 2. Alignment assessment 3. Breathing technique

Discussion: 1. Technique 2. History 3. Safety 4. Somatic application of technique and principles

Observation and Demonstration: 1. Instructor 2. Peer

Projects: Individual exercise plan

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- Exams for terminology, key principles, identification of specific exercises and modifications for safety.

Quizzes -- Take home quizzes on key concepts, breathing cues, general nutrition and safety concepts.

Research Projects -- Research text and other sources for creation of Pilates Mat at-home practice.

Group Projects -- Peer-led exercises

Class Participation -- 1. Exercise 2. Observation and 3. Evaluation

Home Work -- Take-home quizzes and personalized home practice assignment.

Final Class Performance -- 1. Student-led practice

Final Exam -- 1. Terminology / vocabulary 2. Technique 3. Principles

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Read Chapter Two: Posture and Movement Assessment.

Read Chapter Three: Application of the Pilates Method.

B. Writing Assignments

Written individualized program with goals, frequency, modifications, etc.

List the additional principles (those other than the 6 classic Pilates principles) that the author, Paul Massey, includes in his text.

C. Other Assignments

Create a personalized at-home practice session.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Ryan, L.

Title: Balancepoint Pilates Mat Manual: Foundational and Advanced Workbook

Publisher: CreateSpace Independent Publishing Platform

Date of Publication: 2013

Edition: 1st

B. Other required materials/supplies.