

DANS-154B: INTERMEDIATE PILATES

Justification for this inactivation request

Course was originally cross-listed with KINE-154b. We are no longer cross-listing.

Effective Term

Fall 2026

CC Approval

09/05/2025

AS Approval

10/09/2025

BOT Approval

10/16/2025

COCI Approval

02/23/2026

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Dance (Master's Degree)	
Physical Education (Master's Degree)	

Subject Code

DANS - Dance

Course Number

154B

Department

Dance

Division

Kinesiology & Athletics

Double Coded With

PHYE-154B

Department

PHYE

Division

Full Course Title

Intermediate Pilates

Short Title

Intermediate Pilates

CB03 TOP Code

1008.10 - *Commercial Dance

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course 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.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

Yes

Units

1.00

Units Maximum

1.50

Activity Hours

36.00

Activity Hours Maximum

54.00

Outside of Class Hours

18

Outside of Class Hours Maximum

27

Total Contact Hours

36

Total Contact Hours Maximum

54

Total Student Hours

54

Total Student Hours Maximum

81

Distance Education Approval

Is this course offered through Distance Education?

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Identify and describe Pilates Mat exercises.
2.	Create a personalized Pilates Mat exercise program for home practice.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Demonstrate and describe the beginning and intermediate exercises.
2.	Describe the use of correct muscles for pelvic and spinal alignment, stability and overall movement control.
3.	Demonstrate application of Pilates principles and breathing techniques while performing Pilates Mat exercises.

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:
 - a. Bones of the axial and appendicular skeleton,
 - b. Muscles of the torso and limbs involved in Pilates exercises,
 - c. The anatomy of breathing,
 - d. 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.

Methods of Instruction**Methods of Instruction**

Types	Examples of learning activities
Activity	<ol style="list-style-type: none"> 1. Technique 2. Alignment assessment 3. Breathing technique
Discussion	<ol style="list-style-type: none"> 1. Technique 2. History 3. Safety 4. Somatic application of technique and principles

Observation and Demonstration	1. Instructor 2. Peer
Projects	Individual exercise plan

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	
Journal	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Exams for terminology, key principles, identification of specific exercises and modifications for safety. Final Exam 1. Terminology/vocabulary 2. Technique 3. Principles
Quizzes	Take home quizzes on key concepts, breathing cues, general nutrition and safety concepts.
Projects	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 3. Evaluation
Homework	Take-home quizzes and personalized home practice assignment.
Performances	1. Student-led practice

Assignments

Reading Assignments

Read Chapter Two: Posture and Movement Assessment.
 Read Chapter Three: Application of the Pilates Method.

Writing Assignments

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

Outside-of-Class Assignments

Create a personalized at-home practice session.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Angell, Harri

Title

Pilates for Living: Get stronger, fitter, and healthier for an active older life

Edition/Version

1st

Publisher

Bloomsbury Sport

Year

2018

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000589906

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No