

DANS-154: MAT PILATES

Justification for this inactivation request

This course was cross-listed with KINE 154. Inactivating course to no longer cross-list.

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

154

Department

Dance

Division

Kinesiology & Athletics

Double Coded With

PHYE-154

Department

PHYE

Division

Full Course Title

Mat Pilates

Short Title

Mat Pilates

CB03 TOP Code

0835.00 - Physical Education

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

SECTION B - Course Description

Catalog Course Description

Course will introduce students to the basic principles and mat exercises to develop strength, flexibility, balance, coordination and proper alignment.

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

1.00000

Units Maximum

1.50000

Activity Hours

36.00

Activity Hours Maximum

54

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.	List and describe 6 principles utilized in a Pilates program.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	List and describe the six principles ascribed to Pilates Mat exercises.
2.	Practice beginning level Pilates Mat exercises as historically developed by Joseph Pilates.
3.	Apply breathing techniques during the execution of exercises.

Course Content

1. Historical background on the Pilates exercises form.
2. Introduction of the key principles used in Pilates exercises. Principles: Control, Center, Concentration, Precision, Flow and Breathing.
3. Basic biomechanics and anatomy related to Pilates technique and concept of the core or powerhouse including but not limited to: "neutral spine", "supported neutral", breathing guidelines, muscles, tendons and bones, and alignment.
4. Specific Level One / basic exercise techniques:
 - a. 100's,
 - b. Roll-up
 - c. Single Leg Circles,
 - d. Rolling like a Ball,
 - e. Single Leg Stretch,
 - f. Double Leg Stretch,
 - g. Single Straight Leg Stretch,
 - h. Double Straight Leg Stretch,
 - i. Criss Cross,
 - j. Spine Stretch (including spine stretch side),
 - k. Saw,
 - l. Seal,
 - m. Open Leg Rocker,
 - n. Plank,
 - o. Single Leg Kick,
 - p. Double Leg Kick,
 - q. Swimming,
 - r. Side-lying Leg Series,
 - s. Preparation/modification of Swan
 - t. Push-ups and / or Modified Plank.

Methods of Instruction**Methods of Instruction**

Types	Examples of learning activities
Activity	1. Technique 2. Alignment assessment
Lab	1. Specific exercises 2. Incorporating breath
Lecture	1. History 2. Principles

Observation and Demonstration	1. Instructor 2. Peer
Projects	Online research of Pilates 1. Variations 2. Equipment

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	1. Vocabulary 2. Technique Final Exam 1. Physical technique 2. Vocabulary
Quizzes	1. Principles 2. Alignment
Class Participation	Independent and small group study of theory and exercises.

Assignments

Reading Assignments

Read Chapter 1 "Footwork and the Yo-yoing of the Pelvis".

Writing Assignments

List and describe the six Pilates principles.

Outside-of-Class Assignments

Internet research of Pilates on Video such as a demonstration of the work done on the apparatus known as the Pilates Reformer.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Wilkes, C.

Title

P-i-l-a-t-e-s Mat Work Essential Skills and Level 1 Exercises

Edition/Version

1st

Publisher

ulu.com

Year

2016

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

CCC000589908

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