

KINE-154: MAT PILATES

SECTION A - Course Data Elements

CB04 Credit Status

Credit - Degree Applicable

Subject Code

KINE - Kinesiology

Course Number

154

Department

Kinesiology

Division

Kinesiology & Athletics

Double Coded With

DANS-154

Department

Dance

Division

Kinesiology & Athletics

Full Course Title

Mat Pilates

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

SECTION B - Course Description

Catalog Course Description

Course will introduce students to the basic principles and mat exercise system developed by Joseph H. Pilates. Students will use mat exercises to develop strength, flexibility, balance, coordination and proper alignment.

SECTION C - Conditions on Enrollment

Repeatability

Not Repeatable

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable unit?

No

Units

1.50000

Activity Hours

54.00

Distance Education Approval

Is this course offered through Distance Education?

No

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:	
1.	List and describe
2.	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

Historical background on the Pilates exercises form. Introduction of the key principles used in Pilates exercises. Principles: Control, Center, Concentration, Precision, Flow and Breathing. Basic bio-mechanics 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. Specific Level One / basic exercise techniques: 100's, Roll-up Single leg circles, Rolling like a Ball, Single Leg Stretch, Double Leg Stretch, Single Straight Leg Stretch, Double Straight Leg Stretch, Criss Cross, Spine Stretch (including spine stretch side), Saw, Seal, Open Leg Rocker, Plank, Single Leg Kick, Double Leg Kick, Swimming, Side-lying leg series, Preparation/ modification of Swan 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
Projects	Online research of Pilates 1. Variations 2. Equipment
Lecture	1. history 2. principles
Observation and Demonstration	1. Instructor 2. Peer

Methods of Evaluation

Assignments

Reading Assignments

Read Chapter 1 "Footwork and the Yo-yoing of the Pelvis". Read the handout on neutral alignment in standing and supine positions.

Writing Assignments

List and describe the six Pilates principles. Describe the difference between classical abdominal exercises and Pilates abdominal exercises.

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 G - Diversity, Equity and Inclusivity

Course Codes (Admin Only)

CB00 State ID
CCC000616690

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No