



DANS 154 - Mat Pilates Course Outline

Approval Date: 12/14/2017

Effective Date: 08/01/2018

SECTION A

Unique ID Number CCC000589908

Discipline(s) Dance
Physical Education

Division Kinesiology & Athletics

Subject Area Dance

Subject Code DANS

Course Number 154

Course Title Mat Pilates

TOP Code/SAM Code 0835.00 - Physical Education / E - Non-Occupational

Rationale for adding this course to the curriculum Cross listing with Mat Pilates (PHYE154)

Units 1 – 1.5

Cross List PHYE 154 - Mat Pilates

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 0.00
to 0.00

Lab 0.00
to 0.00

Activity 36.00
to 54.00

Work Experience 0.00
to 0.00

Outside of Class Hours 18.00
to 27.00

Total Contact Hours 36
to 54

Total Student Hours 54
to 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 Course will introduce students to the basic principles and mat exercises to develop strength, flexibility, balance, coordination and proper alignment.

Schedule Description

SECTION D

Condition on Enrollment

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

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

1c. **Recommended:** *None*

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

SECTION E

Course Outline Information

1. Student Learning Outcomes:

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

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

A. List and describe the six principles ascribed to Pilates Mat exercises.

B. Practice beginning level Pilates Mat exercises as historically developed by Joseph Pilates.

C. Apply breathing techniques during the execution of exercises.

D.

3. Course Content

A. Historical background on the Pilates exercises form.

B. Introduction of the key principles used in Pilates exercises. Principles: Control, Center, Concentration, Precision, Flow and Breathing.

C. 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.

D. 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.

4. Methods of Instruction:

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

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 -- 1. Vocabulary 2. Technique

Quizzes -- 1. Principles 2. Alignment

Class Work -- Independent and small group study of theory and exercises.

Final Exam -- 1. Physical technique 2. Vocabulary

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

B. Writing Assignments

List and describe the six Pilates principles.

C. Other Assignments

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

7. Required Materials

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

Book #1:

Author: Wilkes, C.

Title: p-i-l-a-t-e-s Mat Work Essential Skills and Level 1 Exercises

Publisher: lulu.com

Date of Publication: 2016

Edition: 1

B. Other required materials/supplies.