

KIN 90 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: KIN 90 Title: PILATES TEACHING METHOD

Full Title: Pilates Teaching Methodology and Principles

Last Reviewed: 11/28/2022

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	2.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	2.00	Lab Scheduled	0	4	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 105.00

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: KINES 90

Catalog Description:

In this course students will focus on the methods, principles, and industry standards of teaching and developing Pilates training programs. Students will also learn the history, benefits, assessment tools, and goals of Pilates training.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: In this course students will focus on the methods, principles, and industry standards of teaching and developing Pilates training programs. Students will also learn the history, benefits, assessment tools, and goals of Pilates training. (Grade Only)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 2023	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Certificate Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Summarize the history, benefits, goals, and principles of Pilates training.
2. Outline the industry standards and methods for teaching and developing Pilates training programs.

Objectives:

At the conclusion of this course, the student should be able to:

1. Explain the history, goals, benefits, ethics, and scope of practice of Pilates training.
2. List and describe the six Pilates movement principles.
3. Demonstrate effective application of assessment tools and goal setting for Pilates training.
4. Define the key components utilized in designing safe and effective Pilates training programs.
5. Describe essential teaching methods and skills for effective Pilates instruction.
6. Identify the professional standards expected for Pilates instructors.

Topics and Scope:

I. Introduction to the Pilates Method

- A. History
- B. Goals and benefits
- C. Scope of practice
- D. Code of ethics

II. The Pilates Movement Principles

- A. Control
- B. Breath
- C. Concentration
- D. Centering
- E. Flowing Motion
- F. Precision

III. Assessment Tools

- A. Intake and interview
- B. Personal Activity Readiness Questionnaire (PAR-Q) and risk factors
- C. Precautions
- D. Contraindications
- E. Medical release
- F. Physical and postural assessment
 - 1. Planes of motion
 - 2. Joint movement
 - 3. Spinal movement
 - 4. Common misalignments (kyphosis, lordosis, scoliosis)
 - 5. Pelvic tilt
 - 6. Genu valgum and varum
 - 7. Varus and valgus (pronation/supination)
 - 8. Winging and elevated scapula
 - 9. Neutral pelvis and neutral spine
 - 10. Knee and elbow hyperextension
 - 11. Tibial torsion
- G. Goal setting
- IV. Program Design
 - A. Private, group, or self-directed
 - B. Classic protocols for beginning, intermediate, and advanced participants
 - C. Customized programs
 - D. Components of a Pilates session
 - E. Regression, progressions, and modifications
 - F. Integrating intake and assessment information
 - G. Sequencing and balance of movements
 - H. Reassessment and adjustment of program and goals
- V. Teaching Skills
 - A. Observation
 - B. Verbal cueing
 - C. Cueing order
 - D. Demonstration
 - E. Tactile cueing
 - F. Visual communication
 - G. Feedback
 - H. Coaching skills
 - I. Safety considerations
 - J. Multi-level and contraindications
 - K. Accessibility, inclusion, and diversity
- VI. Professionalism and Industry Standards
 - A. Certifications and testing
 - B. Liability insurance
 - C. Continuing education
 - D. Employment
 - E. National Pilates Certification Program (NPCP) requirements and content
 - F. Pilates Method Alliance (PMA)

Assignment:

1. Weekly reading from textbook and instructor-prepared materials (10-20 pages)
2. Written assignments and discussions
3. Personal instructor plan following professional industry standards and career goals

4. Quizzes or exams

5. Practical demonstrations: client intake, assessments, and goal setting practical

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written assignments and discussions; personal instructor plan following professional industry standards and career goals

Writing
10 - 15%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Practical demonstrations

Skill Demonstrations
10 - 15%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes or exams

Exams
20 - 30%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
40 - 50%

Representative Textbooks and Materials:

Pilates' Return to Life Through Contrology. 2nd ed. Pilates, Joseph H. Pilates Method Alliance, Incorporated. 2012 (classic).

Pilates. 2nd ed. Isacowitz, Rael. Human Kinetics. 2014 (classic).

National Pilates Certification Exam Study Guide. National Pilates Certification Program. 2021.
Instructor prepared materials