PHYED 33 Course Outline as of Summer 2011

CATALOG INFORMATION

Dept and Nbr: PHYED 33 Title: PILATES MAT
Full Title: Pilates Mat
Last Reviewed: 4/13/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	6	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00 Total Student Learning Hours: 70.00

Title 5 Category:	AA Degree Applicable
Grading:	Grade or P/NP
Repeatability:	22 - 4 Times in any Comb of Levels
Also Listed As:	
Formerly:	PE 92

Catalog Description:
This class is designed for individuals of all fitness levels, dancers and athletes who want to increase overall movement efficiency, correct muscle imbalances, increase core strength and develop the mind/body connection during movement based on the original techniques developed by fitness pioneer, Joseph H. Pilates. Students will be introduced to principles of proper alignment, strength, endurance, flexibility, balance and coordination through mat exercises. Breathing techniques will be learned to facilitate smooth and efficient movement, promote sufficient oxygen circulation and enhance kinesthetic awareness.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This class is designed for individuals of all fitness levels, dancers and athletes who want to increase overall movement efficiency, correct muscle imbalances, increase core strength

and develop the mind/body connection during movement based on the original techniques developed by fitness pioneer, Joseph H. Pilates. Students will be introduced to principles of proper alignment, strength, endurance, flexibility, balance and coordination through mat exercises. Breathing techniques will be learned to facilitate smooth and efficient movement, promote sufficient oxygen circulation and enhance kinesthetic awareness. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: 4 Times in any Comb of Levels

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 2001	Inactive:
UC Transfer:	Transferable	Effective:	Fall 2001	Inactive:

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Outcomes and Objectives:
Upon completion of the course the student will be able to:
1. Identify the history, evolution, and core principles of Pilates.
2. Identify the core muscles developed in Pilates-based exercises.
3. Demonstrate kinesthetic awareness, proper body alignment, core strength, and stability while performing Pilates-based exercises.
4. Demonstrate neutral pelvic, scapular, and spine placement while performing Pilates-based movement.
5. Demonstrate coordination of breath with movement while performing Pilates-based exercises.
6. Identify one or more fitness-related goals.
7. Perform Pilates exercises using appropriate modifications for current ability and proper use of Pilates Mat equipment.
8. Analyze personal fitness progress in relation to performing Pilates-based exercises.
Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives.

Topics and Scope:

I. History and Evolution of Pilates-based exercise
  A. History of Joseph Pilates
  B. Introduction of Pilates' exercise methods in the United States
  C. Evolution of Joseph Pilates' original theories

D. Additions and modifications of original exercises
E. Use of equipment for Pilates Mat exercises

II. Principles of Pilates
A. Breathing (inhalation and exhalation coordinated with movement)
B. Centering
C. Concentration
D. Control
E. Precision
F. Flow/Efficiency of Movement

III. Other Aspects of Pilates
A. Neutral pelvic and spine position
B. Kinesthetic awareness
C. Core strength and stablity
D. Core muscles used in Pilates (primary and secondary muscle groups)
E. Recruitment of deep pelvic/abdominal musculature
F. Scapular release (neutral placement)

IV. Goals and objectives of Pilates- based exercise
A. Assessment of current personal fitness levels
B. Develop personal fitness goals
C. Analyzing fitness progress
D. Modifications for various levels of fitness
E. Personal program or sequence

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives

Assignment:

1. Written personal Pilates goals and objectives
2. 1-4 Pilates journal entries or written analysis of progress
3. Written personal Pilates program
4. Practical demonstration of proper technique and performance of Pilates-based exercises
5. 1-3 Exams and/or quizzes

Repeating students must demonstrate increased depth and breadth of related skills, with new learning objectives

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.

Journal entries, personal program, analysis of progress	Writing 10 - 30%

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 demonstration, performance.	Skill Demonstrations 20 - 40%

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

Exams and Quizzes: Multiple choice, True/false, Matching items, Completion	Exams 10 - 30%

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

Attendance and participation	Other Category 40 - 60%

Representative Textbooks and Materials:
Pilates (1st). Isacowitz, Rael. Human Kinetics: 2006.

Instructor prepared materials