

CATALOG INFORMATION

Dept and Nbr: KFIT 5

Title: INTRO TO PILATES MAT

Full Title: Introduction to Pilates Mat

Last Reviewed: 8/28/2023

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	5	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

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

Also Listed As:

Formerly:

Catalog Description:

This class is designed for individuals with no previous Pilates experience and will include basic Pilates training techniques, fitness principles and nutrition information for a healthy lifestyle.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:

Description: This class is designed for individuals with no previous Pilates experience and will include basic Pilates training techniques, fitness principles and nutrition information for a healthy lifestyle. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

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

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	<b>Effective:</b>	<b>Inactive:</b>
<b>CSU GE:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>

<b>IGETC:</b>	<b>Transfer Area</b>	<b>Effective:</b>	<b>Inactive:</b>
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<b>CSU Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Spring 2018	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course the student will:

1. Identify basic anatomy
2. Demonstrate proper technique for basic Pilates exercises
3. Understand basic nutritional concepts
4. Measure and monitor your heart rate

### **Topics and Scope:**

- I. Beginning Principles of Pilates
  - A. Breathing (inhalation and exhalation coordinated with movement)
  - B. Centering
  - C. Concentration
  - D. Control
  - E. Precision
  - F. Flow and efficiency of movement
- II. Pilates Alignment and Technique Fundamentals
- III. Introduction to Basic Nutritional Concepts in Relation to Fitness
- IV. Measuring and Monitoring your Heart Rate
- V. Basic Fitness Principles
- VI. Goals and Objectives of Pilates Exercise
  - A. Assessment of current personal fitness levels
  - B. Develop personal fitness goals

### **Assignment:**

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Written personal Pilates goals (1 page)
2. Read 5-10 pages from textbook each week
3. Journal entries (4-10 per semester)

4. Analysis of personal progress (1-2 per semester)
5. Skill performance examination of proper techniques and introductory level Pilates exercises
6. Exams and/or quizzes (1 - 3)

### 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.

Personal goals, journal entries, analysis, analysis of personal 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.

Performance exams

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 Illustrated. Page, Portia. Human Kinetics. 2010 (classic)  
Instructor prepared materials