KFIT 5.2 Course Outline as of Summer 2019

CATALOG INFORMATION

Dept and Nbr: KFIT 5.2 Title: INTERMEDIATE PILATES MAT
Full Title: Intermediate Pilates Mat
Last Reviewed: 4/13/2020

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	6	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 intermediate level class is designed for individuals with previous Pilates experience. Students will improve overall movement fluidity, breathing techniques, kinesthetic awareness, proprioception, core strength and endurance while integrating the mind/body connection during movement based on the original techniques developed by Joseph H. Pilates. Students will learn principles of proper alignment, strength, endurance, flexibility, balance and coordination using intermediate level mat exercises.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This intermediate level class is designed for individuals with previous Pilates experience. Students will improve overall movement fluidity, breathing techniques, kinesthetic awareness, proprioception, core strength and endurance while integrating the mind/body

connection during movement based on the original techniques developed by Joseph H. Pilates. Students will learn principles of proper alignment, strength, endurance, flexibility, balance and coordination using intermediate level mat exercises. (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:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Transferable	Effective:	Fall 2013	Inactive:
UC Transfer:	Transferable	Effective:	Fall 2013	Inactive:

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Create a personal intermediate level Pilates-based program.
2. Demonstrate proper form, proprioception, kinesthetic awareness, fluidity, endurance and breathing while performing intermediate level Pilates exercises.

Objectives:
Upon completion of the course the student will be able to:
1. Describe the history, evolution, and core principles of Pilates.
2. Identify exercises related to specific core muscles worked in Pilates exercises.
3. Demonstrate kinesthetic awareness, proper form, proprioception, core endurance and strength, and balance while performing Pilates-based exercises.
4. Demonstrate neutral pelvic, scapular, and spine placement while performing Pilates movemenst.
5. Demonstrate proper breathing techniques integrated with movement.
6. Perform intermediate level Pilates exercises using appropriate modifications and progressions and proper use of Pilates mat equipment.
7. Identify personal fitness-related goals and analyze fitness progress in relation to performing Pilates exercises.

Topics and Scope:

I. History and Evolution of Pilates Exercise
  A. Joseph Pilates

B. Introduction of Pilates exercise methods in the United States
C. Progression of Joseph Pilates' original theories
D. Additions and modifications of original exercises
E. Use of equipment for Pilates mat exercises

II. Review of 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

III. Pilates Alignment and Technique Fundamentals
A. Neutral pelvic and spine position
B. Core endurance, strength and stability
C. Primary and secondary muscle groups used in Pilates
D. Recruitment of deep pelvic and abdominal musculature
E. Scapular release (neutral placement)
F. Proprioception
G. Kinesthetic awareness

IV. Goals and Objectives of Pilates Exercise
A. Assessment of current personal fitness levels
B. Develop personal fitness goals
C. Analyzing fitness progress
D. Modifications and progression of exercises
E. Personal beginning level program or sequence

V. Intermediate level Pilates mat exercises
A. The hundred (legs up at 90 degrees or straight)
B. Pilates push up
C. Roll up
D. Single Straight leg stretch
E. Bicycle
F. Mermaid
G. Modified Pilates twist (Thread the needle)
H. Spinal balance
I. Tail wag
J. One leg teaser
K. Swimming
L. Leg pull
M. Corkscrew
N. Pilates twist

Assignment:

1. Written personal Pilates goals (1 page)
2. Journal entries (4-10 per semester)
3. Analysis of personal progress (1-2 per semester)
4. Personal intermediate level Pilates program
5. Skill performance examination of proper techniques, kinesthetic awareness, proprioception and intermediate level Pilates exercises
6. 1-3 exams and/or quizzes (Multiple choice, True/false, Matching items, Completion)

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, personal program	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.

Skill performance examination	Skill Demonstrations 20 - 40%

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

Exams and Quizzes	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: 2011.

Instructor prepared materials