

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

Certificate/Major Applicable:

Both Certificate and Major Applicable

Approval and Dates

Version:	04	Course Created/Approved:	4/23/2013
Version Created:	11/27/2018	Course Last Modified:	8/15/2021
Submitter:	Venona Orr	Course last full review:	4/13/2020
Version Status:	Approved (Changed Course)	Prereq Created/Approved:	4/13/2020
Version Status Date:	12/10/2018	Semester Last Taught:	Summer 2021
Version Term Effective:	Summer 2019	Term Inactive:	Fall 2021

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 movement.
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

OTHER REQUIRED ELEMENTS

STUDENT PREPARATION

Matric Assessment Required:	X	Exempt From Assessment
Prerequisites-generate description:	NP	No Prerequisite
Advisories-generate description:	NA	No Advisory
Prereq-provisional:	N	NO
Prereq/coreq-registration check:	N	No Prerequisite Rules Exist
Requires instructor signature:	N	Instructor's Signature Not Required

BASIC INFORMATION, HOURS/UNITS & REPEATABILITY

Method of instruction:	04	Laboratory
	72	Internet-Based, Delayed Interaction
	71	Internet-Based, Simultaneous Interaction
Area department:	PE	Kinesiology, Athletics, & Dance
Division:	78	Kinesiology, Athletics, & Dance
Special topic course:	N	Not a Special Topic Course
Program status:	1	Both Certificate and Major Applicable
Repeatability:	00	Two Repeats if Grade was D, F, NC, or NP
Repeat group id:		KAD-Eff F2016 Pilates

SCHEDULING

Audit allowed:	N	Not Auditable
Open entry/exit:	N	Not Open Entry/Open Exit
Credit by exam:	N	Credit by examination not allowed
Budget code: Program:	0000	Unrestricted
Budget code: Activity:	1270	Kinesiology

OTHER CODES

Discipline:	Physical Education	
Basic skills:	N	Not a Basic Skills Course
Level below transfer:	Y	Not Applicable
CVU/CVC status:	Y	Distance Ed, Not CVU/CVC Developed
Distance Ed Approved:	Y	Either online or hybrid, as determined by instructor
Emergency Distance Ed Approved:	Y	Fully Online Partially Online Online with flexible in-person activities
Credit for Prior Learning:	N	Agency Exam
	N	CBE
	N	Industry Credentials
	N	Portfolio
Non-credit category:	Y	Not Applicable, Credit Course
Classification:	Y	Liberal Arts and Sciences Courses
SAM classification:	E	Non-Occupational
TOP code:	0835.00	Physical Education
Work-based learning:	N	Does Not Include Work-Based Learning
DSPS course:	N	Not a DSPS Course

In-service:

N

Not an in-Service Course

Lab Tier:

21

Credit Lab - Tier 1