

**KFIT 5.1 Course Outline as of Fall 2021****CATALOG INFORMATION**

Dept and Nbr: KFIT 5.1 Title: BEGINNING PILATES MAT

Full Title: Beginning 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: PHYED 33

**Catalog Description:**

This beginning level class is designed for individuals with no previous Pilates experience. Students will improve overall movement efficiency, correct muscle imbalances, increase core strength, and develop the mind/body connection during movement based on the original techniques developed by Joseph H. Pilates. Students will be introduced to principles of proper alignment, strength, endurance, flexibility, balance and coordination using beginning level mat exercises.

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

Description: This beginning level class is designed for individuals with no previous Pilates experience. Students will improve overall movement efficiency, correct muscle imbalances, increase core strength, and develop the mind/body connection during movement based on the

original techniques developed by Joseph H. Pilates. Students will be introduced to principles of proper alignment, strength, endurance, flexibility, balance and coordination using beginning 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:**

|                      |                      |                              |            |           |
|----------------------|----------------------|------------------------------|------------|-----------|
| <b>AS Degree:</b>    | <b>Area</b>          |                              | Effective: | Inactive: |
|                      | L8                   | Student Success and Wellness | Fall 2025  |           |
| <b>CSU GE:</b>       | <b>Transfer Area</b> |                              | Effective: | Inactive: |
| <b>IGETC:</b>        | <b>Transfer Area</b> |                              | Effective: | Inactive: |
| <b>CSU Transfer:</b> | Transferable         | Effective:                   | Fall 2001  | Inactive: |
| <b>UC Transfer:</b>  | Transferable         | Effective:                   | Fall 2001  | 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 beginning level Pilates program.
2. Demonstrate principles of beginning level Pilates exercises.

**Objectives:**

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

1. Describe the history, evolution, and core principles of Pilates.
2. Identify the core muscles developed in Pilates-based exercises.
3. Demonstrate proper body alignment, core strength, and stability while performing beginning level Pilates-based exercises.
4. Demonstrate neutral pelvic, scapular, and spine placement while performing Pilates-based movements.
5. Demonstrate coordination of breath with movement while performing Pilates-based exercises.
6. Create personal fitness goals.
7. Perform beginning level Pilates exercises using appropriate modifications and progressions for current ability and proper use of Pilates mat equipment.
8. Analyze personal fitness progress in relation to performing Pilates-based 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. 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 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)
- 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. Beginning Level Pilates Mat Exercises
- A. The hundred (feet on floor)
  - B. Knee sway
  - C. Bridge
  - D. Assisted roll up
  - E. Leg circles
  - F. Cat-cow
  - G. Single leg stretch
  - H. Rolling like a ball
  - I. Criss cross
  - J. Saw
  - K. Side leg lifts and kick series
  - L. Chest lift
  - M. Modified Pilates push-up

**Assignment:**

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

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 beginning level Pilates program
5. Skill performance examination of proper techniques and beginning level Pilates exercises
6. One to three exam(s) and/or quiz(zes)

## 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.

Exam(s) and/or Quiz(zes)

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 (classic)

Instructor prepared materials