

KFIT 5 Course Outline as of Fall 2024**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 | Lecture Scheduled 0 |
| Minimum 1.50 | Lab Scheduled | 3.00 | 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 introductory-level class is designed for students with no previous Pilates mat 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 mat techniques developed by Joseph H. Pilates. Using introductory-level mat exercises, students will learn the principles of proper alignment, strength, endurance, flexibility, balance, and coordination.

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

Description: This introductory-level class is designed for students with no previous Pilates mat 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 mat techniques developed by Joseph H. Pilates. Using introductory-level mat exercises, students will learn the principles of proper alignment, strength, endurance, flexibility, balance, and coordination. (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: | Spring 2018 | Inactive: |
|----------------------|--------------|------------|-------------|-----------|

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|---------------------|--------------|------------|-------------|-----------|
| UC Transfer: | Transferable | Effective: | Spring 2018 | 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 introductory-level Pilates program.
2. Demonstrate principles of introductory-level Pilates exercises.

Objectives:

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

1. Describe the history and core principles of Pilates.
2. Identify basic anatomy.
3. Demonstrate proper body alignment and technique while performing introductory 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 introductory-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. Goals and Objectives of Pilates Exercise
 - A. Assessment of current personal fitness levels
 - B. Develop personal fitness goals

II. History of Pilates Exercise

- A. Joseph Pilates
- B. Introduction of Pilates exercise methods in the United States
- C. Additions and modifications of original exercises
- D. Use of equipment for Pilates mat exercises

III. 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

IV. Basic Anatomy

V. Pilates Alignment and Technique Fundamentals

- A. Neutral pelvic and spine position
- B. Core strength
- C. Neutral Pelvis and spine stability
- D. Scapular stability and mobility
- E. Recruitment of deep pelvic and abdominal musculature

VI. 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 introductory level program or sequence

VII. Introductory-Level Pilates Mat Exercises

- A. All fours abdominals
- B. Sternum drop
- C. Marching toe taps
- D. Abdominal curl
- E. Oblique abdominal curl
- F. Opposite arm and leg reach
- G. Tail wag
- H. Rockets
- I. Mini swan
- J. Bridging
- K. Side leg lifts
- L. Modified push-up

Assignment:

1. Written personal Pilates fitness goals
2. Journal entries
3. Written personal Pilates program based on level and goals
4. Analysis of personal progress
5. Skill performance of proper techniques for introductory-level Pilates exercises
6. Exams and/or quizzes

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, personal program, analysis of personal progress

Writing
5 - 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

Skill Demonstrations
5 - 30%

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

Exams and/or 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. 3rd ed. Isacowitz, Rael. Human Kinetics Publisher. 2023.
Instructor prepared materials