

KFIT 5.3 Course Outline as of Fall 2024**CATALOG INFORMATION**

Dept and Nbr: KFIT 5.3 Title: ADV PILATES MAT

Full Title: Advanced 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 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 class is designed for students of advanced fitness levels who want to increase overall movement efficiency, correct muscle imbalances, increase core strength and develop the mind/body connection during movement based on the original techniques developed by fitness pioneer, Joseph H. Pilates. Students will practice principles of proper alignment, strength, endurance, flexibility, balance, and coordination through advanced level mat exercises. Breathing techniques will be learned to facilitate smooth and efficient movement, promote sufficient oxygen circulation, and enhance kinesthetic awareness.

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

Description: This class is designed for students of advanced fitness levels who want to increase overall movement efficiency, correct muscle imbalances, increase core strength and develop the

mind/body connection during movement based on the original techniques developed by fitness pioneer, Joseph H. Pilates. Students will practice principles of proper alignment, strength, endurance, flexibility, balance, and coordination through advanced level mat exercises.

Breathing techniques will be learned to facilitate smooth and efficient movement, promote sufficient oxygen circulation, and enhance kinesthetic awareness. (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: Spring 2018	Inactive:
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 advanced level Pilates-based program
2. Demonstrate advanced principles and aspects of Pilates
3. Establish personal fitness goals related to Pilates

Objectives:

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

1. Identify the history, evolution, and core principles of Pilates.
2. Identify the core muscles developed in Pilates-based exercises.
3. Demonstrate kinesthetic awareness, proper body alignment, core strength, and stability while performing Pilates-based exercises.
4. Demonstrate neutral pelvic, scapular, and spine placement while performing Pilates-based movement.
5. Demonstrate coordination of breath with movement while performing Pilates-based exercises.
6. Identify one or more fitness-related goals.
7. Perform beginning through advanced 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-based Exercise
 - A. History of Joseph Pilates
 - B. Introduction of Pilates' exercise methods in the United States
 - C. Evolution of Joseph Pilates' original theories
 - D. Additions and modifications of original exercises
 - E. Use of equipment for Pilates Mat exercises
- II. Principles of Pilates
 - A. Breathing (inhalation and exhalation coordinated with movement)
 - B. Centering
 - C. Concentration
 - D. Control
 - E. Precision
 - F. Flow/Efficiency of Movement
- III. Other Aspects of Pilates
 - A. Neutral pelvic and spine position
 - B. Proprioception and kinesthetic awareness
 - C. Core strength and stability
 - D. Core muscles used in Pilates (primary and secondary muscle groups)
 - E. Recruitment of deep pelvic/abdominal musculature
 - F. Scapular placement (stability and mobility)
- IV. Goals and Objectives of Pilates-Based Exercise
 - A. Assessment of current personal fitness levels
 - B. Develop personal fitness goals
 - C. Analyzing fitness progress
 - D. Modifications and progression for various levels of fitness
 - E. Personal advanced level program or sequence
- V. Advanced Level Pilates Mat Exercises
 - A. Advancing lower-level exercises with addition of equipment
 - B. Advancing lower-level exercise through progression options
 - C. Teaser series
 - D Spine twist
 - E. Modified and regular corkscrew
 - F. Kneeling side kicks
 - G. Leg pull up and down
 - H. Scissors
 - I. Bicycle
 - J. Single leg bridge
 - K. Side bend mermaid
 - L. Seated twist and side bend twist

Assignment:

1. Written personal Pilates goals
2. Pilates journal entries
3. Written analysis of progress
3. Written personal advanced level Pilates program
4. Practical skill demonstration of proper technique and performance of introductory through advanced level Pilates-based exercises
5. 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, analysis of progress, personal Pilates program

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.

Practical skill demonstration

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. 2023.

Instructor prepared materials