

KIN 50.3 Course Outline as of Summer 2025**CATALOG INFORMATION**

Dept and Nbr: KIN 50.3 Title: PILATES MAT TEACH PRACT

Full Title: Pilates Mat Teaching Practicum

Last Reviewed: 12/12/2022

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0.25	17.5	Lecture Scheduled	4.38
Minimum	1.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	2.75		Contact DHR	48.13
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 8.75

Total Student Learning Hours: 61.25

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: KINES 50.3

Catalog Description:

Students seeking to complete the Pilates Mat Instructor Certificate will gain experience through practical application and supervised practice of lead instructional techniques. Students will assist faculty in areas of administration, classroom management, teaching techniques, and instruction.

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

Description: Students seeking to complete the Pilates Mat Instructor Certificate will gain experience through practical application and supervised practice of lead instructional techniques. Students will assist faculty in areas of administration, classroom management, teaching techniques, and instruction. (Grade Only)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;

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 2023	Inactive:
UC Transfer:		Effective:	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. Develop written lesson plans for a Pilates Mat class.
2. Instruct an entire class using appropriate communication and Pilates Mat instructional methods and skills.

Objectives:

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

1. Identify and implement the components of a lesson plan with clear objectives and learning outcomes.
2. Demonstrate communication skills pertaining to group and individual instruction using appropriate cueing, terminology, and student feedback.
3. Demonstrate appropriate Pilates Mat exercise selection and order, using proper technique and safety in individual and group instruction.
4. Demonstrate standard safety skills in selected equipment and activities.
5. Provide appropriate options for multi-level participants and various health conditions.
6. Apply instructional methods, classroom management techniques, and administration organization for a particular activity to teaching experiences in a practical setting.
7. Assess and analyze personal experience and current strengths and areas of development as a lead instructor.

Topics and Scope:

- I. Lead Instructing for Components of a Pilates Mat Class
 - A. Introduction and warm-up
 - B. Cool-down and flexibility
 - C. Main Pilates Mat Session
- II. Lead Instructing for a Full Pilates Mat Class
- III. Assisting a Lead Instructor

IV. Lesson Planning and Class Organization

V. Classroom Procedures and Protocol

A. Administration

B. Classroom management

VI. Proper Form, Skills, Use of Pilates Mat Equipment, and Safety Considerations for the Activity

VII. Teaching Methods Appropriate for Pilates Mat Instruction

VIII. Providing Options, Modifications, Regressions, and Progressions for All Levels and Limitations

IX. Appropriate Corrections, Assistance, and Feedback to Participants

X. Communication Skills

XI. Assessment of Teaching Experience

A. Personal evaluation of strengths and areas of development

B. Student evaluations and feedback

Assignment:

1. Develop personal objectives (4)
2. Lesson plans for Pilates Mat class (3-5)
3. Instruction of individual components of lesson plans
4. Instruct full length class based on lesson plan and proper instructional methods
5. Written assessment of teaching experience, personal objectives, and self-evaluation
6. Attendance and participation

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 objectives; lesson plans; assessment of teaching experience, personal objectives, self-evaluation

Writing
10 - 40%

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.

Personal objectives; instruction of individual components; full-length Pilates Mat class

Skill Demonstrations
40 - 50%

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

None

Exams
0 - 0%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category
20 - 40%

Representative Textbooks and Materials:

National Pilates Certification Exam Study Guide, National Pilates Certification Program, Lessen, Infante , and Betz. Independent, 2021.

Instructor prepared materials