

KFIT 5 Course Outline as of Summer 2019**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	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	5	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 individuals with no previous Pilates experience and will include basic Pilates training techniques, fitness principles and nutrition information for a healthy lifestyle.

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

Description: This class is designed for individuals with no previous Pilates experience and will include basic Pilates training techniques, fitness principles and nutrition information for a healthy lifestyle. (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:
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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. Safely perform basic Pilates exercises
2. Apply basic nutritional concepts
3. Apply basic fitness principles
4. Create personal fitness goals

Objectives:

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

1. Identify basic anatomy
2. Demonstrate proper technique for basic Pilates exercises
3. Understand basic nutritional concepts
4. Measure and monitor your heart rate

Topics and Scope:

- I. 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
- II. Pilates Alignment and Technique Fundamentals
- III. Introduction to Basic Nutritional Concepts in Relation to Fitness
- IV. Measuring and Monitoring your Heart Rate
- V. Basic Fitness Principles
- VI. Goals and Objectives of Pilates Exercise
 - A. Assessment of current personal fitness levels
 - B. Develop personal fitness goals

Assignment:

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

1. Written personal Pilates goals (1 page)
2. Read 5-10 pages from textbook each week
3. Journal entries (4-10 per semester)
4. Analysis of personal progress (1-2 per semester)
5. Skill performance examination of proper techniques and introductory level Pilates exercises
6. Exams and/or quizzes (1 - 3)

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, analysis of personal progress

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.

Performance exams

Skill Demonstrations
20 - 40%

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

Exams and Quizzes (Multiple choice, True/false, Matching items, Completion)

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. 2010 (classic)
Instructor prepared materials