

**KINES 91 Course Outline as of Fall 2023****CATALOG INFORMATION**

Dept and Nbr: KINES 91 Title: PILATES MAT INSTR TRAIN

Full Title: Pilates Mat Instructor Training

Last Reviewed: 11/28/2022

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	4	Lab Scheduled	0
		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: 105.00

Total Student Learning Hours: 157.50

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:

**Catalog Description:**

Students will learn to safely and effectively instruct Pilates Mat exercises using Pilates principles for all skill levels and accommodations for various health conditions.

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

Description: Students will learn to safely and effectively instruct Pilates Mat exercises using Pilates principles for all skill levels and accommodations for various health conditions. (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:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b> Transferable	Effective:	Fall 2023	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Certificate Applicable Course

## **COURSE CONTENT**

### **Student Learning Outcomes:**

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

1. Identify and instruct the Pilates Mat repertoire of exercises with the ability to modify and adapt for a wide range of abilities and conditions.
2. Design and demonstrate a full multi-level Pilates Mat class using safe and effective instruction skills, tools, and techniques.

### **Objectives:**

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

1. Describe the principles, goals, and health benefits of Pilates Mat instruction.
2. Demonstrate the components of a Pilates Mat practice.
3. Design and instruct Pilates Mat exercises using safe and effective teaching skills and principles to address a wide variety of abilities in a balanced format.
4. Demonstrate proper use of Pilates Mat equipment to enhance classes.

### **Topics and Scope:**

#### **I. Introduction to Pilates Mat**

- A. History and lineage
- B. Pilates principles
- C. Goals and benefits
- D. Program requirements, certification, and employment

#### **II. Pilates Mat Teaching Skills**

- A. Observation
- B. Verbal cueing
- C. Cueing order
- D. Demonstration
- E. Tactile cueing
- F. Visual communication
- G. Feedback
- H. Coaching skills

- I. Safety considerations
- J. Multi-level and contraindications
- K. Accessibility, inclusion, and diversity
- III. Components of a Pilates Mat practice
  - A. Warm up
  - B. Movements of the spine
  - C. Planes of movement
  - D. Pre-pilates exercises
  - E. Main Segment
  - F. Cool-down/Flexibility
- IV. Principles of Developing a Mat Pilates Class
  - A. Alignment
  - B. Cueing
  - C. Variations
  - D. Modifications
  - E. Contraindications
  - F. Special populations
  - G. Spine safety
  - H. Program design and sequencing
  - I. Creating a balanced session
  - J. Planes of movement
  - K. Anatomical positions
  - L. Movements of the spine
- V. Principles of Teaching Mat Pilates Exercises
  - A. Setting up and preparation for the exercise
  - B. Breathing pattern, movement sequence, and recommended repetitions
  - C. Safety, precautions, contraindications, and multi-level options
  - D. Level, focus, and objective of the exercise
  - E. Communication, cueing, and feedback
- VI. Mat Pilates Exercises
  - A. Hundred
  - B. Roll Up
  - C. Roll Over
  - D. Single Leg Circle
  - E. Rolling Back (rolling like a ball)
  - F. Single and Double Leg Stretch
  - G. Single and Double Straight Leg Stretch
  - H. Criss-cross
  - I. Spine Stretch
  - J. Open Leg Rocker
  - K. Cork-Screw
  - L. Saw
  - M. Swan-Dive
  - N. Single and Double Leg Kick
  - O. Double Leg Kick
  - P. Neck Pull
  - Q. Scissors
  - R. Bicycle
  - S. Shoulder Bridge
  - T. Spine Twist
  - U. Jackknife
  - V. Side Kick

- W. Teaser
- X. Hip Circle
- Y. Swimming
- Z. Leg Pull and Leg Pull Front
- AA. Kneeling Side Kick
- AB. Side Bend
- AC. Boomerang
- AD. Seal
- AE. Crab
- AF. Rocking
- AG. Control Balance
- AH. Push Up

VII. Introduction to Pilates Mat Equipment

- A. Magic circle
- B. Foam roller
- C. Bands
- D. Bender ball and Togu inflatable ball
- E. Stability ball
- F. BOSU Balance Trainer

**Assignment:**

1. Weekly reading from textbooks and instructor-prepared materials (10-20 pages)
2. Written sequences for components of a class and full class
3. Skill Performance Demonstration leading Pilates exercises, warm up, cool-down/flexibility, main segment, and full class
4. Quizzes and exams

**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.

Written sequences for components of a class and full class

Writing  
5 - 15%

**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 Demonstration leading Pilates exercises, warm up, cool-down/flexibility, main segment, and full class

Skill Demonstrations  
10 - 40%

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

Quizzes and exams

Exams  
10 - 30%

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

Attendance and participation

Other Category  
30 - 50%

**Representative Textbooks and Materials:**

Pilates' Return to Life Through Contrology. 2nd ed. Pilates, Joseph H. Pilates Method Alliance, Incorporated, 2012 (classic).

Pilates. 2nd ed. Isacowitz, Rael. Human Kinetics. 2014 (classic).

National Pilates Certification Exam Study Guide. National Pilates Certification Program. 2021.

Instructor prepared materials