

KFIT 5.2 Course Outline as of Fall 2013**CATALOG INFORMATION**

Dept and Nbr: KFIT 5.2 Title: INTERMEDIATE PILATES MAT
 Full Title: Intermediate Pilates Mat
 Last Reviewed: 4/13/2020

| 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: 0.00

Total Student Learning Hours: 52.50

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 intermediate level class is designed for individuals with previous Pilates experience. Students will improve overall movement fluidity, breathing techniques, kinesthetic awareness, proprioception, core strength and endurance while integrating the mind/body connection during movement based on the original techniques developed by Joseph H. Pilates. Students will learn principles of proper alignment, strength, endurance, flexibility, balance and coordination using intermediate level mat exercises.

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

Description: This intermediate level class is designed for individuals with previous Pilates experience. Students will improve overall movement fluidity, breathing techniques, kinesthetic awareness, proprioception, core strength and endurance while integrating the mind/body

connection during movement based on the original techniques developed by Joseph H. Pilates. Students will learn principles of proper alignment, strength, endurance, flexibility, balance and coordination using intermediate level mat exercises. (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: | Fall 2013 | Inactive: |
|----------------------|--------------|------------|-----------|-----------|

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|---------------------|--------------|------------|-----------|-----------|
| UC Transfer: | Transferable | Effective: | Fall 2013 | Inactive: |
|---------------------|--------------|------------|-----------|-----------|

CID:

Certificate/Major Applicable:

Both Certificate and Major Applicable

COURSE CONTENT

Outcomes and Objectives:

Upon completion of the course the student will be able to:

1. Describe the history, evolution, and core principles of Pilates.
2. Identify exercises related to specific core muscles worked in Pilates exercises.
3. Demonstrate kinesthetic awareness, proper form, proprioception, core endurance and strength, and balance while performing Pilates-based exercises.
4. Demonstrate neutral pelvic, scapular, and spine placement while performing Pilates movement.
5. Demonstrate proper breathing techniques integrated with movement.
6. Perform intermediate level Pilates exercises using appropriate modifications and progressions and proper use of Pilates mat equipment.
7. Identify personal fitness-related goals and analyze fitness progress in relation to performing Pilates exercises.

Topics and Scope:

I. History and Evolution of Pilates Exercise

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

II. Review of 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
- III. Pilates Alignment and Technique Fundamentals
- A. Neutral pelvic and spine position
 - B. Core endurance, strength and stability
 - C. Primary and secondary muscle groups used in Pilates
 - D. Recruitment of deep pelvic and abdominal musculature
 - E. Scapular release (neutral placement)
 - F. Proprioception
 - G. Kinesthetic awareness
- IV. 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 beginning level program or sequence
- V. Intermediate level Pilates mat exercises
- A. The hundred (legs up at 90 degrees or straight)
 - B. Pilates push up
 - C. Roll up
 - D. Straight leg stretch
 - E. Bicycle
 - F. Mermaid
 - G. Modified Pilates twist (Thread the needle)
 - H. Spinal balance
 - I. Tail wag
 - J. One leg teaser
 - K. Swimmer
 - L. Leg pull
 - M. Corkscrew
 - N. Pilates twist

Assignment:

1. Written personal Pilates goals (1 page)
2. Journal entries (4-10 per semester)
3. Analysis of personal progress (1-2 per semester)
4. Personal intermediate level Pilates program
5. Skill performance examination of proper techniques, kinesthetic awareness, proprioception and intermediate level Pilates exercises
6. 1-3 exams and/or quizzes (Multiple choice, True/false, Matching items, Completion)

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, personal program

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.

Skill performance examination

Skill Demonstrations
20 - 40%

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

Exams and 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 (1st). Isacowitz, Rael. Human Kinetics: 2006.(Classic)

Instructor prepared materials