

PHYED 33 Course Outline as of Fall 2003

CATALOG INFORMATION

Dept and Nbr: PHYED 33

Title: PILATES MAT

Full Title: Pilates Mat

Last Reviewed: 4/13/2020

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	4.00	3	Lab Scheduled	70.00
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 70.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 22 - 4 Times in any Comb of Levels

Also Listed As:

Formerly: PE 92

**Catalog Description:**  
This class is designed for individuals of all fitness levels, dancers and athletes who want to increase overall movement efficiency, correct muscle imbalances, increase core strength and develop the mind/body connection during movement. Students will be introduced to principles of proper alignment, strength, flexibility, balance and coordination through mat exercises that have evolved from the original techniques developed by fitness pioneer, Joseph H. Pilates. Deep breathing is used 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: Based on techniques developed by fitness pioneer Joseph Pilates, this course will emphasize coordination, balance, flexibility, and overall body strength with focus on the deep

muscles of the body's core, development of the mind/body connection and efficient breathing.  
(Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: 4 Times in any Comb of Levels

## **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 2001	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 2001	Inactive:
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**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. Demonstrate and verbalize knowledge of a variety of exercises based on the principles of Joseph Pilates.
2. Perform fitness activities applying body alignment and usage principles integral to the Pilates-based exercise method including: recruitment of deep pelvic/abdominal musculature, neutral pelvic and spine placement, proper alignment of extremities, coordination of breathing with movement, and overall muscle control.
3. Identify one or more fitness goals and relate these goals to specific Pilates-based exercises.
4. Analyze personal fitness progress in relation to Pilates-based exercise.

### **Topics and Scope:**

#### **I. Theoretical Information**

##### **A. Historical origins of Pilates-based exercise**

1. The Joseph Pilates story
2. Introduction of Pilates' exercise methods in the United States
3. Evolution of Joseph Pilates' original theories
  - a. Interpretation of his methods by his students and other teachers to whom the exercises were taught
  - b. Developments and modifications up to the present

##### **B. Introduction to key principles and objectives of Pilates-based**

exercise

1. Incorporation of natural curves of the spine (neutral pelvic and spine position)
2. Core strengthening and stability
3. Extremity placement
4. Improvement of coordination and balance
5. Augmentation of joint range of motion
6. Development of increased kinesthetic awareness
7. Correction of muscle imbalances
8. Use of breath
  - a. as a tool to enhance concentration and centering
  - b. to facilitate physical execution
9. Injury Prevention
10. Use of visualization to facilitate performance of exercises and improve mental focus during exercise

## II. Exercise Techniques

### A. Fundamental movements

1. "Pelvic Clocks"
  - a. facilitation of engagement of deep pelvic muscles
  - b. promotion of flexibility, strength and coordination of pelvic muscles in relation to the legs
2. Breathing exercises
3. "Knee folds"
  - a. facilitation of iliopsoas and deep abdominal coordination and strength
  - b. promotion of stability of back and pelvis while moving the legs
4. Various abdominal exercises focusing on engagement of internal and external obliques and transversus abdominal muscles
5. Scapular Release
  - a. release of muscular tension in neck and shoulders
  - b. augmentation of awareness of scapular positioning in "neutral" position

### B. Adaptations of exercises based on Joseph Pilates' original movements

1. Exercises that emphasize:
  - a. strengthening of the deep muscles of the body's core
  - b. stabilizing of the pelvis and spine through engagement of deep muscles
  - c. mobilizing and strengthening of extremities while stabilizing scapulae or pelvis and low back
2. Modifications for varied levels of fitness and special populations reflecting research in physical fitness since Pilates' time in the areas of biomechanics, musculo-skeletal Injury prevention and contraindicated exercise

### C. Application of key principles such as breathing and neutral spine to the execution of exercises

### D. Practice of kinesthetic awareness during all movement

## Assignment:

Written analysis of fitness objectives including identification of Pilates-based exercises relevant to these objectives and evaluation of progress towards stated goals throughout the semester.  
Practice and demonstration of Pilates-based exercises and techniques.

### 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 homework

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.

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

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

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:

Instructor prepared materials