KFIT 31.1 Course Outline as of Fall 2013

CATALOG INFORMATION

Dept and Nbr: KFIT 31.1 Title: PILATES YOGA FUSION
Full Title: Pilates Yoga Fusion
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 class blends concepts of yoga and Pilates into one class for a comprehensive mind/body workout. Class will include exercises for improving core strength, muscular endurance, coordination, stability and flexibility. Focus will be on proper breathing techniques, form, alignment and integration of both pilates and yoga principles into the workout.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This class blends concepts of yoga and Pilates into one class for a comprehensive mind/body workout. Class will include exercises for improving core strength, muscular endurance, coordination, stability and flexibility. Focus will be on proper breathing techniques, form, alignment and integration of both pilates and yoga principles into the workout. (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:

CSU Transfer:	Transferable	Effective:	Fall 2013	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 2013	Inactive:	

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Outcomes and Objectives:
1. Identify the core principles of Pilates and yoga.
2. Identify muscles and fitness components worked to specific pilates exercises and yoga asanas.

3. Demonstrate kinesthetic awareness, proper form, proprioception, stability, core endurance and strength while performing Pilates and yoga exercises.
4. Demonstrate proper breathing techniques integrated with movement.
5. Identify personal fitness goals.
6. Perform exercises using appropriate modifications and progressions for current ability and proper use of equipment.
7. Create a personal yoga and pilates blended workout routine.
8. Integrate stress management techniques into daily life.

Topics and Scope:

I. Principles of Pilates-based exercise
  A. Breathing
  B. Centering
  C. Concentration
  D. Control
  E. Precision
  F. Flow and efficiency of movement
  G. Use of equipment for Pilates mat exercises
  H. Body awareness
  I. Connection of mind and body
II. Principles of Yoga
  A. Relaxation

B. Mental detachment
C. Integration of breathing
D. Intention
E. Anchoring and rooting
F. Extension and elongation
G. Connection of mind and body
H. Alignment
I. Balance

III. Anatomy, alignment, and fitness components
A. Neutral pelvic and spine position
B. Kinesthetic awareness
C. Proprioception
D. Core endurance, strength and balance
E. Core muscles groups used in Pilates and yoga
F. Recruitment of deep pelvic/abdominal musculature
G. Scapular release (neutral placement)
H. Balance and alignment
I. Breath integration for exercises or poses

IV. Goals and objectives of Pilates and Yoga
A. Assessment of current personal fitness levels
B. Develop personal fitness goals
C. Analyzing fitness progress
D. Modifications and progression for various levels of fitness
E. Personal program or sequence

V. Stress management techniques
A. Meditation
B. Imagery and visualization
C. Exercise and stress reduction
D. Journaling
E. Progressive relaxation
F. Deep breathing

Assignment:

1. Written personal goals (1 page)
2. Weekly journal
3. Analysis of personal progress (1-2 per semester)
4. Personal yoga and Pilates program
5. Skill performance examination of proper techniques of yoga and 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:
Instructor prepared materials
Yogilates (R): Integrating Yoga and Pilates for Complete Fitness, Strength, and Flexibility, Johnation Urla. William Morrow: 2003