

# DANC A108: PILATES MAT WORK

Item	Value
Curriculum Committee Approval Date	09/06/2023
Top Code	083520 - Fitness Trainer
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Activity - AA (OE2)
Associate Science Local General Education (GE)	• OCC Arts - AS (OSC1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

A course in alignment and correctives work based on concepts and exercises developed by Joseph H. Pilates. The focus is on mat work exercises for improved body alignment, strength, flexibility, control, coordination, and breathing. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

## Course Level Student Learning Outcome(s)

1. Demonstrate improved alignment and form by successfully performing a mat workout incorporating appropriate level Pilates exercises.
2. Identify the six main principles of Pilates and analyze their application to specific exercises.

## Course Objectives

- 1. Demonstrate appropriate level of skill on mat.
- 2. Demonstrate the Pilates principles of "control, centering, concentration, flow, breathing, precision" applied to the mat exercises.
- 3. Demonstrate improved body alignment.
- 4. Demonstrate increased abdominal strength and pelvic stability.
- 5. Demonstrate increased range of motion and flexibility.
- 6. Demonstrate improved awareness of body coordination.
- 7. Identify in writing specific vocabulary and terminology used in this course.

## Lecture Content

Requirements and procedures Course objectives based on syllabus Vocabulary Movement and Pilates concepts

## Lab Content

A. Pre-assessment of individual conditioning level B. Pre-Pilates exercises for warm-up and basic conditioning program C. Beginning level mat exercises D. Pilates mat exercises and concepts that increase in difficulty of body awareness, strength, and range of motion E. Continued practice and conditioning applying Pilates concepts F. Warm-up using beginning/intermediate level mat work G. Intermediate level mat work following the Pilates syllabus H. >High intermediate mat work I. Goal setting and individualized program J. Evaluation of program K. Evaluation of skills for assigned workout

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Lecture and demonstration, individual/pairs/small group work, instructor feedback, video taping of skill testing, video viewing, writing assignments

## Reading Assignments

Students will spend approximately one hour a week reading chapters in book or class handouts.

## Writing Assignments

Students will spend approximately half an hour a week journal writing and will also write a self-evaluation.

## Out-of-class Assignments

Students will spend approximately one half an hour a week viewing Pilates DVDs and practicing skills learned in class.

## Demonstration of Critical Thinking

Attendance and participation, teacher observation, skill demonstration, written work

## Required Writing, Problem Solving, Skills Demonstration

Weekly journal writing, written mid-term and final exam, skill demonstration

## Textbooks Resources

1. Required Isacowitz, R.. Pilates, Second ed. Champagne, IL: Human Kinetics, 2014

## Other Resources

1. Selected material handouts will be provided and distributed by the instructor.