

# DANC A129: PILATES METHODOLOGY 1

Item	Value
Curriculum Committee Approval Date	10/19/2022
Top Code	083520 - Fitness Trainer
Units	1-2 Total Units
Hours	18-36 Total Hours (Lecture Hours 18-36)
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)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Designed for Pilates students to learn how to teach classes in Pilates Mat techniques for adults or teens in a variety of settings. This class covers assessment, goal setting, lesson plans, communication, cueing, precautions, safety and modifications for Pilates clients. ADVISORY: Intermediate to advanced level skills in Pilates techniques; This will be validated in class during the first week of the course. Transfer Credit: CSU.

## Course Level Student Learning Outcome(s)

1. Demonstrate teaching skills by safely teaching Pilates exercises and modifications for a beginning and intermediate level Pilates Mat class.
2. Create a written lesson plan with progressions for a Pilates Mat class.
3. Identify common problems and apply critical thinking skills by analyzing how to improve a client's performance of Mat exercises.

## Course Objectives

- 1. Demonstrate correct use of basic movement principals and proper body alignment that are necessary to teach a Pilates Mat class.
- 2. Design and implement class lesson plans that demonstrate an awareness of progression and class level relating to Mat work.
- 3. Identify precautions and demonstrate modifications for clients.
- 4. Demonstrate effective communication required in teaching Mat exercises: clear demonstration, verbally cueing with an understanding of the benefits of the exercise.

## Lecture Content

Safety issues Class requirements and procedures Vocabulary of terms used in client assessment Principles of Pilates Names of Pilates Mat exercises

## Lab Content

Lecture and discussion Philosophy of teaching Ethics and professionalism Body alignment Evaluating clients level of exercise Observation and analysis Observation and notes on different teachers Analysis of the teaching styles observed in class and outside studios Cueing and progressions Developing a lesson plan for Mat work Considerations of level, age of clients, length of class, Choosing effective exercises Teaching class with video taping and feedback

## Method(s) of Instruction

- Lecture (02)

## Instructional Techniques

Varied topics in Pilates methodology including philosophy, ethical professional standards, client assessment, goal setting, lesson plans, communications, cueing, precautions, and modifications for Pilates clients.

## Reading Assignments

Readings as assigned.

## Writing Assignments

Students will spend approximately 2.5 hours on class observation notes and analysis, written lesson plans.

## Out-of-class Assignments

Students will spend approximately 2 hours a week reading their text and handouts. Students will spend approximately 1 hour a week watching Pilates online resources and practicing course skills.

## Demonstration of Critical Thinking

Tests, skill demonstrations, problem solving exercises, written observations, and written lesson plans.

## Required Writing, Problem Solving, Skills Demonstration

Class observation notes and analysis, written lesson plans, proficiency in demonstrations of Pilates and Pilates based exercises, corrections and modifications for a Pilates Mat class.

## Eligible Disciplines

Dance: Masters degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelors degree in any of the above AND masters degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Masters degree required.

## Textbooks Resources

1. Required Lessen, Deborah. . The PMA Pilates Certification Exam Study Guide. , 2nd ed. Miami: Pilates Method Alliance, 2021 Rationale: - 2. Required Pilates, Joseph H. and William John Miller. Pilates Return to Life Through Contrology, ed. Incline Village: : Presentation Dynamics Inc, 2014 Rationale: Reference