

DANC A151: PILATES AS A PROFESSION

Item	Value
Curriculum Committee Approval Date	10/05/2022
Top Code	083520 - Fitness Trainer
Units	1 Total Units
Hours	18 Total Hours (Lecture Hours 18)
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)

Course Description

For students planning a career as a Pilates instructor (both Mat and/or Apparatus instructor), including Pilates-related career options, and resumes, contracts, fees, insurance and other aspects of Pilates as a business. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Write resumes and cover letters for Pilates-related employment and develop a personal plan for pursuing a career as a Pilates instructor.
2. Demonstrate interview skills for a Pilates instructor-related job.

Course Objectives

- 1. Write a resume specific for a Pilates-related job.
- 2. Write a cover letter to a potential employer in the Pilates field.
- 3. Demonstrate interview skills for a Pilates-related job.
- 4. Research a variety of Pilates-related topics including Pilates, physical therapy, fitness, yoga and dance studio employment information.
- 5. Research Pilates studio information including fees for classes, studio locations, intake and screening procedures and employment protocols and expectations.
- 6. Develop a personal plan for pursuing a career as a Pilates instructor.

Lecture Content

Orientation Requirements and procedures Students current and future goals Course objectives Course syllabus Lecture Professional behavior and responsibility Commitment Punctuality Attitude Working relationships Writing an appropriate resume Amount of time practicing Pilates Pilates teaching experience Internship experience Related practice and experience Writing an appropriate cover letter General cover letters Researching and writing a specific cover letters Developing interview skills Voice and projection Overcoming anxieties and fears Posture and appearance Proper attire and attitude When and what to buy for insurance When you need to be covered Different kinds of insurance Pay scale and contracts How to know what your fee should be What kind of contract should you expect. Asking for a promotion Knowing

when to ask Knowing how to ask Leaving a job on good terms with your former employer Knowing how to gracefully exit Giving appropriate notice Starting your own studio Legal requirements--zoning, licensing, permits Financial planning considerations Finding the right space for your needs Finding the right location Getting and keeping clients Marketing and flyers Advertising and word of mouth

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Lecture, discussion, small group exercises, peer feedback, research assignments, written assignments, video taping of "mock interview."

Reading Assignments

Reading as assigned - articles, scholarly papers, on Pilates-related topics. 1 hour per week.

Writing Assignments

Students will spend 2 hours per week on writing resumes, cover letters, documenting research assignments, and writing papers on various Pilates topics

Out-of-class Assignments

Research assignments on Pilates-related topics 1.5 hours per week.

Demonstration of Critical Thinking

1. Written work, including a resume, cover letter and other written assignments.
3. Completion and quality of assigned research projects.

Required Writing, Problem Solving, Skills Demonstration

Resume, cover letter, written documentation of research assignment, written paper on Pilates-related topic. Performance ability and skills in a "mock interview."

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 Conraths-Lange, Nicola. Pilates Space. The Workbook for Inspired Entrepreneurs, ed. Ann Arbor: Logokinesis, 2005 Rationale: -
2. Required Conraths-Lange, Nicola. . Survival Skills for Pilates Teachers: Thriving in the Mind-body Fitness World. , ed. Ann Arbor: Logokinesis, 2004 Rationale: -

Other Resources

1. Handouts to be provided and distributed by instructor.