

# DANC A152: PILATES APPARATUS 1

Item	Value
Curriculum Committee Approval Date	12/08/2021
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 emphasizing alignment and correctives work based on exercises and concepts developed by Joseph H. Pilates using various apparatus. Focus is on 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 an improvement in alignment and form while performing the appropriate level of Pilates exercises on various apparatus.
2. Identify the six main principles of Pilates and analyze their application to specific exercises on various apparatus.

## Course Objectives

- 1. Demonstrate appropriate level of skill on reformer, and other apparatus.
- 2. Demonstrate the Pilates principle of "control, centering, concentration, flow, breathing precision" applied to apparatus 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 Use and care of Pilates Reformer and other apparatus Pre-assessment of individual conditioning level Explanation of Pre-Pilates exercises for warm-up and basic conditioning program Beginning level Pilates reformer exercises for strengthening major muscle groups Exercises that can be modified for use on the Pilates Reformer, Cadillac and Wunda Chair Pilates apparatus exercises and concepts that increase in difficulty of body awareness, strength, and range of motion Review of correct use of the abdominals, hip flexors, breathing, arms, and shoulders Review of Pilates principles as related to apparatus work: control, centering, concentration, flow, breathing, precision

## Lab Content

Practice Pre-Pilates exercises for warm-up and basic conditioning program Beginning level Pilates apparatus (Reformer, Wunda chair and Cadillac) exercises and concepts for strengthening major muscle groups Increase in difficulty for body awareness, strength, and range of motion Evaluation of Reformer, Cadillac and Wunda chair exercises Review of correct use of the abdominals, hip flexors, breathing, arms, and shoulders on apparatus Ongoing evaluation of skills Review of Pilates principles as related to apparatus work: control, centering, concentration, flow, breathing, precision Reformer: Foot work, supine arm arcs, bridging, leg arcs, all fours core control, seated arm work, standing hip stretch, standing leg slides Wunda chair: Leg pumps, arm arcs with Theraband, bridging, standing leg pumps, seated pike, spine stretch, hip stretch, side bend Cadillac: Foot work, supine arm arcs, parakeet, long spring series, roll back, seated arm work, push through, standing leg abduction and adduction

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

Demonstration and lecture, individual, paired, and small group practice and peer feedback, video viewing, written journal work

## Reading Assignments

Students will spend approximately 1-2 hours a week reading handouts and chapters from their text.

## Writing Assignments

Students will work on writing assignments for approximately 1 hour a week.

## Out-of-class Assignments

Students will watch Pilates DVDs and practice skills learned in class for approximately 1 hour a week.

## 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

## **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 Isacowitz, Rael. Pilates, Third ed. Champaign: Human Kinetics, 2022 Rationale: -

## **Other Resources**

1. Selected material handouts will be provided and distributed by the instructor. 2. DVDs of Pilates master classes