

# DANC A208: PILATES 3-4

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)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

## Course Description

Designed for students with intermediate to advanced-level Pilates skills. This course will present advanced-level Pilates skills, principles of movement facilitation, core stabilization, and re-education applied to mat work and to the equipment used in teaching the Pilates Method. ADVISORY: DANC A108; Intermediate level skills in Pilates mat and reformer work; This will be validated in class during the first week of the course. 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 correct alignment and form while performing advanced level Pilates exercises with modifications when appropriate.
2. Identify common problems seen in the field of Pilates and show critical thinking skills by analyzing how to improve a person's performance.

## Course Objectives

- 1. Demonstrate the application of basic principles of movement facilitation and re-education as outlined in the course.
- 2. Demonstrate use of breathing for trunk stabilization/organization.
- 3. Demonstrate application of the terms: core stability, inner core unit, neutral pelvis, static stabilization, dynamic stabilization, hip unleveling, gait.
- 4. Demonstrate alignment of lower extremity including knee, hip, foot and ankle mobility.
- 5. Demonstrate facilitation of spinal articulation, including spine flexion, extension, rotation sidebending, thoracic mobility, lumbar stability.
- 6. Demonstrate an ability to perform (at a minimum) intermediate level mat exercises.

- 7. Demonstrate an ability to teach appropriate reformer exercises to another person.
- 8. Demonstrate modification of exercises for certain physical conditions, such as osteoporosis, spinal disk problems, post-mastectomy, fibromyalgia, knee issues, hip, and shoulder issues.

## Lecture Content

Requirements and procedures Course objectives based on syllabus Vocabulary used in Dance A208 Movement and Pilates concepts used in Dance A208 Philosophy of teaching the Pilates Method and course requirements.

## Lab Content

A. Basic principles: breathing, core stabilization, alignment and mobility of the lower extremity, shoulder stabilization, facilitation of spinal placement, and articulationB. Causes of poor posture and how the Pilates Method will improve posture and body alignmentC. Identification of faulty movement patternsD. Pelvis and hip joint: structure and muscles, therapy for injuries of the pelvis and hip; "neutral pelvis", role of the sacrum and pelvic floor muscles; exercises to promote Core StabilityE. Ankle joint: structure and muscles, correcting poor mechanics of the foot and ankleF. Knee joint: structure and muscles, common knee problemsG. Shoulder stability: structure and muscles of scapula and shoulder girdle; exercises to stabilize scapula, facilitate width of chest and upper back, scapulo-humeral rhythmH. Movement/exercises using Pilates exercises and foam rollers to stretch and strengthen shoulder girdleI. Facilitation of spinal placement and articulation in spinal flexion, extension, rotation, side bending, thoracic mobility and cervical placementJ. Head and neckK. Modification needed for those with osteoporosis, spinal disk problems, post-mastectomy, fibromyalgia, knee, hip, and shoulder issuesL. Evaluation of skills and knowledge

## Method(s) of Instruction

- Lecture (02)
- Lab (04)

## Instructional Techniques

1. Lecture 2. Demonstration 3. Participation and group practice 4. Videos with discussion 5. Skills evaluation

## Reading Assignments

Student will spend three hours a week readings from Return To Life by Joseph H. Pilates and instructor-provided handouts

## Writing Assignments

Students will spend 1 hour a week writing observations of students in class.

## Out-of-class Assignments

Student will spend three hours a week on continued practice of skill learned in class.

## Demonstration of Critical Thinking

1. Proficiency demonstration of mat and equipment exercises2. Discussion of material read3. Written observations of those teaching or doing a Pilates workout, analyzing how the concepts are being applied and evaluating ways to improve the persons performance4. Participation in class5. Written exam

### **Required Writing, Problem Solving, Skills Demonstration**

1. Proficiency demonstration of mat and equipment exercises with modifications, as needed 2. Written observations of those teaching or those doing a Pilates workout 3. Written exam

### **Textbooks Resources**

1. Required Pilates, Joseph H.. Return to Life, ed. Pilates Method Alliance, Inc., 2012

### **Other Resources**

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