

DANC A209: PILATES MAT WORK 2

Item	Value
Curriculum Committee Approval Date	11/02/2022
Top Code	083520 - Fitness Trainer
Units	.5-1 Total Units
Hours	9-36 Total Hours (Lecture Hours 9; Lab Hours 0-27)
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

An intermediate level exercise and body conditioning course for improved body alignment, strength, flexibility, control, coordination, and breathing. The focus of the course will be on intermediate level Mat work exercises developed by Joseph H. Pilates, and the application and use of props. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Perform an intermediate-level Mat workout incorporating appropriate Pilates exercises and props.
2. Apply the six main principles of Pilates through analysis of specific Pilates exercises.
3. Modify Pilates Mat exercises for increased challenge and safety by incorporating props.

Course Objectives

- 1. Demonstrate intermediate level understanding of Pilates principles of "control, centering, concentration, flow, breathing, precision" applied to mat exercises with props.
- 2. Demonstrate improved body alignment.
- 3. Demonstrate increased abdominal strength and pelvic stability.
- 4. Demonstrate increased range of motion and flexibility.
- 5. Demonstrate improved awareness of body coordination.
- 6. Identify in writing specific vocabulary and terminology at the intermediate level and as it pertains to the use of props.

Lecture Content

Lecture: Requirements and procedures Course objectives based on syllabus Pilates terminology Movement and Pilates concepts using props

Lab Content

Assessment of individual conditioning level Pilates Mat exercises for warm-up and designing of a conditioning program Intermediate level Pilates Mat exercises utilizing props and concepts of body awareness,

strength, and range of motion Intermediate level Mat work following the Pilates syllabus Review of intermediate level Mat work Goal setting and individualized program utilizing props Continued evaluation of skills for Mat and prop workout

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

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

Reading Assignments

Students will spend approximately one half hour doing assigned readings.

Writing Assignments

Students may spend time journaling, designing lesson plans, and/ or writing self-evaluations.

Out-of-class Assignments

Students may spend time reviewing terminology, exercises and viewing Pilates DVDs and/ or online resources.

Demonstration of Critical Thinking

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

Required Writing, Problem Solving, Skills Demonstration

Weekly journal writing, written/ performed final exam, skills 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, R.. Pilates, Third ed. Champagne, IL: Human Kinetics, 2022

Other Resources

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