

DANC A215: PILATES INTERNSHIP I

Item	Value
Curriculum Committee Approval Date	10/19/2022
Top Code	083520 - Fitness Trainer
Units	1 Total Units
Hours	62 Total Hours (Other Hours 62)
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)

Course Description

A supervised internship related to classroom-based learning at a Pilates-related work site for the Pilates Instructor Certificates. ADVISORY: DANC A108, DANC A129, and DANC A152 or DANC A153 or concurrent enrollment. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Demonstrate skills necessary for future employment and accomplish written objectives at an internship site.
2. Demonstrate the ability to create a written lesson plan appropriate to the skill level and focus of selected classes.

Course Objectives

1. Conduct a search for an appropriate internship site/sites related to education and career goals.
2. Meet with the studio/school director/teacher and explain the purpose of the internship.
3. Set up times to observe/assist.
4. Find acceptable ways to assist in the work environment.
5. Write measurable learning objectives
6. Keep a journal and write a brief synopsis of each observation period.
7. Write lesson plans appropriate to the skill level and focus of selected classes.
8. Write a self-reflective summary for each objective including what was learned and its impact on future teaching.

Lecture Content

Career search skills Research future work sites Interview a professional, teacher and/or other intern who is actively teaching Pilates Planning and organization skills Write measurable learning objectives related to personal and internship site needs On-site interviewing skills Conduct successful interview at internship site Employment skills (Observation/ Assistance) Appropriate dress Communication with teacher or studio owner How to communicate Understanding what is expected before/during and after class Teaching skills Write lesson plans for various skill levels Keep a journal of classes observed Observations on

different teaching styles Observations on class focus Observations on organization and pacing of class

Lab Content

TBD

Method(s) of Instruction

- Work Experience (20)
- Directed/Independent Study (40)
- Field Experience (90)

Instructional Techniques

Lecture, discussion, critique (instructor/student), research

Reading Assignments

Readings as assigned

Writing Assignments

Write measurable learning objectives Maintain record of internship experience and documentation of hours Write lesson plans for appropriate level and styles of classes Write an evaluation of internship experience Write a self-evaluation of accomplishment of objectives

Out-of-class Assignments

Internship is conducted off-site

Demonstration of Critical Thinking

Through journaling, written lesson plans and self-reflection.

Required Writing, Problem Solving, Skills Demonstration

Through journaling, written lesson plans and self-reflection.

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. 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.