

DANC A229: PILATES METHODOLOGY 2

Item	Value
Curriculum Committee Approval Date	11/02/2022
Top Code	083520 - Fitness Trainer
Units	1-2 Total Units
Hours	18-36 Total Hours (Lecture Hours 18-36)
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

Designed for Pilates students to learn how to teach classes in Pilates Apparatus techniques for various age groups in a variety of settings. This class covers assessments, goal setting, lesson plans, communication, cueing, precautions, safety and modifications for Pilates Clients utilizing a variety of apparatus. ADVISORY: DANC A129 or Intermediate to advanced level skills in Pilates Mat and Apparatus techniques; This will be validated during the first week of the course. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Exhibit understanding of how to safely teach Pilates exercises and modifications for a beginning and intermediate level Pilates apparatus class.
2. Create a written lesson plan with progressions for a Pilates apparatus class, using the Reformer, Cadillac, Tower and Wunda or Combination Chair.
3. Identify common problems and show critical thinking skills by analyzing how to improve a client's performance of exercises on various Pilates apparatus.

Course Objectives

- 1. Demonstrate correct use of Basic Movement Principles and proper body alignment that are necessary to teach a Pilates apparatus class to a mixed level group of students.
- 2. Evaluate and assess a clients postural patterns, their specific needs and restrictions and create realistic goals for the client.
- 3. Demonstrate an understanding of the principles of Pilates by effectively designing an exercise program that warms up the body and achieves strength, flexibility, coordination and endurance.
- 4. Design and implement class lesson plans that demonstrate an awareness of progression and class level.
- 5. Demonstrate, in a hands-on teaching setting, the ability to evaluate and modify a clients skills, experience, and mastery of material presented on various apparatus.
- 6. Identify safety precautions and demonstrate modifications and advancements for clients on various apparatus.

- 7. Apply effective communication required in teaching on various apparatus: clear demonstration, verbally cueing with an understanding of the benefits of the exercise, taking safety precautions with proper attention to springs and attachments.
- 8. Demonstrate comprehension of professionalism, including all proper business conduct, taking proper and accurate client notes, and best practices for emergencies.

Lecture Content

A. Safety issues B. Class requirements and procedures C. Vocabulary of terms used in client assessment D. Principles of Pilates E. History of Pilates and the development of current advancements F. Names of parts of Pilates apparatus

Method(s) of Instruction

- Lecture (02)

Instructional Techniques

Lecture and lab covering various topics in Pilates methodology including philosophy, ethical professional standards, client assessment, goal setting, lesson plans, communications, cueing, safety precautions, and modifications for Pilates clients.

Reading Assignments

Readings as assigned.

Writing Assignments

Students will spend approximately 2.5 hours on class observation notes, analysis, and on written lesson plans.

Out-of-class Assignments

Students will spend approximately 2 hours a week reading their text and handouts. Students will spend approximately 1 hour a week watching Pilates online resources and practicing course skills.

Demonstration of Critical Thinking

Tests, skill demonstrations, problem solving exercise, written observations, and written lesson plans.

Required Writing, Problem Solving, Skills Demonstration

Class observation notes and analysis, written lesson plans, proficiency in demonstration of Pilates and Pilates based exercises, corrections and modifications on various apparatus.

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 Lessen, Deborah. The PMA Pilates Certification Exam Study Guide, 2nd ed. Miami: Pilates Method Alliance, 2021 2. Required Pilates, Joseph H. and William John Miller. Pilates Return to Life Through Contrology, ed. Incline Village: Presentation Dynamics Inc., 2014 Rationale: Reference. Seminal.