

PE G132: PILATES FOR FITNESS

Item	Value
Top Code	083500 - Physical Education
Units	1 Total Units
Hours	36 Total Hours (Lecture Hours 9; Lab Hours 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)
Local General Education (GE)	• GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

This course is designed for students who are interested in increasing their flexibility, strength, endurance, and coordination. The course will include mat work, using the principles of Pilates to focus on exercise to improve body alignment, strength, flexibility control and coordination. Students will also learn how each of the specific exercises will benefit their physical and mental health. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, PE Activity courses combined: maximum credit, 4 units.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Demonstrate an understanding of using posture and balance to increase core strength.
3. Combine his or her breathing rhythm with his or her body movements.
4. Demonstrate an understanding of proper form in poses.

Course Objectives

- 1. demonstrate an understanding of using posture, balance to increase core strength.
- 2. combine his/her breathing rhythm with his/her body movements.
- 3. demonstrate an understanding of proper form in poses

Lecture Content

I. Orientation A. Introduction to Pilates for Fitness B. Overview and demonstration of basic poses and movements. C. Discussion of safety precautions II. Foundation of Practice A. Core Control; flat abdominals and a strong back B. Elongate and strengthen the muscles C. Combining components together to create an effective routine III. Group exercise program A. Use of systematic developed

program B. Evaluation of movements and variation of adapted movements C. Modifications based on need or limitations

Lab Content

I. Orientation A. Introduction to Pilates for Fitness B. Overview and demonstration of basic poses and movements. C. Discussion of safety precautions II. Foundation of Practice A. Core Control; flat abdominals and a strong back B. Elongate and strengthen the muscles C. Combining components together to create an effective routine III. Group exercise program A. Use of systematic developed program B. Evaluation of movements and variation of adapted movements C. Modifications based on need or limitations

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Writing Assignments

The students will demonstrate and apply the use of specific poses to increase their flexibility and strength. Students will need to focus in order to find balance and control of their body.

Out-of-class Assignments

None listed.

Demonstration of Critical Thinking

Demonstration and application of skills needed to safely execute poses necessary to participate in the class. Students will also need to understand the function of the muscles in the body so they can adapt according to how their body is feeling.

Required Writing, Problem Solving, Skills Demonstration

The students will demonstrate and apply the use of specific poses to increase their flexibility and strength. Students will need to focus in order to find balance and control of their body.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Textbooks Resources

1. Required Brooks Siler. The Pilates Body, 1st ed. Broadway, 2000
Rationale: .