

College of San Mateo Course Outline

- New Course
 Update/No change
 Course Revision (Minor)
 Course Revision (Major)

Date: 11/19/09

Department: FITN

Number: 339

Course Title: Pilates Circuit Training Units: 0.5 or 1.0

Total Semester Hours Lecture: Lab: 24 or 48 Homework: By Arrangement:

Length of Course

- Semester-long
 Short course (Number of weeks 6-8)
 Open entry/Open exit

Grading

- Letter
 Pass/No Pass
 Grade Option (letter or Pass/No Pass)

Faculty Load Credit (To be completed by Division Office; show calculations.):
 $2 \times 16/16 \times .75 = 1.5$ or $3 \times 16/16 \times .75 = 2.25$

1. Prerequisite (Attach Enrollment Limitation Validation Form.)
2. Corequisite (Attach Enrollment Limitation Validation Form.)
3. Recommended Preparation (Attach Enrollment Validation Form.)
4. Catalog Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)

339 Pilates Circuit Training (.5 or 1.0) (Pass/No Pass or letter grade option.) Minimum of 24 to 48 lab hours per term. A fitness class designed to develop core strength, flexibility, balance, and postural stability utilizing the equipment, exercises, and technique originally developed by Joseph Pilates. Students will work on a wide variety of apparatus including: Reformers, Towers, Chairs, Spine Correctors, and small equipment. This class will incorporate non-stop exercise routines to increase strength and endurance. Instruction on equipment safety, proper exercise set up and execution, and detailed information about each exercise circuit will precede each new routine. May be repeated 3 times for competency. (AA: Area E4, CSU)

5. Class Schedule Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)

339 Pilates Circuit Training

A fitness class designed to develop core strength, flexibility, balance, and postural stability utilizing the equipment, exercises, and technique originally developed by Joseph Pilates. Students will work on a wide variety of apparatus including: Reformers, Towers, Chairs, Spine Correctors, and small equipment. This class will incorporate non-stop exercise routines to increase strength and endurance. Instruction on equipment safety, proper exercise set up and execution, and detailed information about each exercise circuit will precede each new routine. May be repeated 3 times for competency. Pass/No Pass or letter grade option. (AA: Area E4, CSU)

6. **Student Learning Outcomes** (Identify 1-6 expected learner outcomes using active verbs.)

Upon successful completion of the course, the student will be able to:

- Improve/Maintain overall fitness level
- Demonstrate safe use of the Pilates equipment
- Perform proper set up and execution of the Pilates exercises
- Document progress to assure goals are being achieved

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. *For some courses, the course objectives will be the same as the student learning outcomes. In this case, "Same as Student Learning Outcomes" is appropriate here.*)

Same as Student Learning Outcomes

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, a sample course syllabus with timeline may be attached.)

- 1) **Review of equipment safety and set up:**
 - a) Always lock pins in desired positions
 - b) Use proper threading technique for Reformer ropes
 - c) Completely lock shoulder rests into keyholes
 - d) Attach springs securely to the spring bar, eye hooks, or cactus arms
 - e) Always secure safety strap when loading the Tower from bellow
- 2) **Pilates strength, flexibility, balance and postural stability exercises using the Pilates equipment:**
 - a) Reformer/Tower Combo
 - b) Reformer/Trap Combo
 - c) Wall Tower
 - d) Combo Chair
 - e) Contour Step Barrel
 - f) Small Equipment i.e. Magic Circles, Thera-Bands, Balls etc.
- 3) **Setting, understanding, and achieving fitness goals**
 - a) Fitness testing
 - b) Self evaluation of current fitness level
 - c) Creation of short and long term fitness goals
 - d) Pilates log to track student activities and progress

5) Cueing, coaching, safety and teaching tips

- e) Instructor feedback
- a) Handouts on: Proper Stretching Techniques, Self Myofascial Release, Biomechanics, Injury Prevention
- b) Question and Answer Forums

9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Describe out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills. **If hours by arrangement are required, please indicate the additional instructional activity which will be provided during these hours, where the activity will take place, and how the activity will be supervised.**)

Detailed information about each exercise circuit will be presented for each new routine in the form of lectures, handouts, and demonstrations.

Instructor will facilitate circuit-training routines utilizing the Pilates apparatus.

Lectures may be given on subjects such as: equipment safety, proper set up and execution of the exercises, proper biomechanics, proper breathing techniques, stretching, strength training, and nutrition.

Instructor and student led question and answer forums will be conducted to promote critical thinking skills. Topics may include functional training, gym/Pilates studio etiquette, Pilates facts and myths, scoliosis, and sport specific conditioning needs.

Students are required to maintain an up-to-date log tracking their progress.

10. **Representative Methods of Evaluation** (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

Students will be evaluated on their preparedness, focus, and execution of their workout program.

Students will be assessed based on safe and proper execution of the Pilates exercises.

Students are required to participate in Pre and Post Fitness Testing

Students will maintain a Pilates log to track activities and progress. The Pilates log will be submitted to the instructor for evaluation.

Students' knowledge of equipment safety will be monitored throughout the semester.

Students may be quizzed or tested on proper set up and execution of the Pilates exercises.

11. **Representative Text Materials** (With few exceptions, texts need to be current. Include publication dates.)

Isacowitz, Rael. *Pilates*. Champaign: Human Kinetics, 2006. Print.

Siler, Brooke. *The Pilates Body*. Broadway Books, 2000.

Herman, Ellie. *Pilates For Dummies*. Wiley, John & Sons, Incorporated, 2002.

Prepared by: _____
(Signature)

Email address:

Submission Date: _____