

College of San Mateo Course Outline

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

Date: 2/10/2010

Department: Fitn **Number:** 335
Course Title: Pilates **Units:** .5 or 1.0
Total Semester Hours: **Lecture:** **Lab:** 24 or 48 **Homework:** **By Arrangement:**

| | |
|--|---|
| Length of Course | Grading |
| <input checked="" type="checkbox"/> Semester-long | <input type="checkbox"/> Letter |
| <input checked="" type="checkbox"/> Short course (Number of weeks <u>6-8</u>) | <input type="checkbox"/> Pass/No Pass |
| <input type="checkbox"/> Open entry/Open exit | <input checked="" type="checkbox"/> Grade Option (letter or Pass/No Pass) |

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.)

Training of the muscles of the torso through controlled exercises that increase core strength and postural stability to optimize performance in athletics, dance and everyday activities. May be repeated 3 times for competency. UC, CSU

5. **Class Schedule Description** (Include prerequisites/corequisites/recommended preparation.)

Training of the muscles of the torso through controlled exercises that increase core strength and postural stability to optimize performance in athletics, dance and everyday activities. May be repeated 3 times for competency. UC, 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
- Improve/Maintain physical independence through evaluation of skill and knowledge of equipment.
- Understand individual fitness goals
- Demonstrate the ability to implement a self directed fitness program

- Document progress to assure fitness 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. If this is the case, please simply indicate this in this section).*
- To execute various Pilates exercises, "fundamentals", and "mini exercises"
 - To execute knowledge of safely performing Pilates exercises
 - To execute mastery, control, and focus of the exercises
 - To understand the importance of integrating exercise into daily life
 - To understand major muscle groups of the body
 - To identify and correct muscle imbalances and postural deviations
 - To display an increased general knowledge of the body and the way it works
 - Identify, demonstrate, and apply the principle and benefits of fitness, strength, flexibility, coordination, agility, and functional posture/body alignment
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, you may attach a sample course syllabus with a timeline.)
- How to apply biomechanic principles of core stability, mobility, breathing and alignment to relevant exercises
 - Breakdown of essential, intermediate, and advanced level exercises
 - Exercise principles, initiation of muscular movement, and sequencing
 - Variations to increase or decrease exercise intensity
 - Modifications for specific body types, postural issues, and conditions
 - Effective communication, visual skills, verbal cueing and imagery for performance enhancement, and motivation
 - A working knowledge of functional anatomy and Pilates training.
9. **Representative Instructional Methods** (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Include examples of out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills.) **If hours by arrangement are required by this course, indicate the additional instructional activity which will be provided during this time.**

Teaching Strategies: Class lecture, demonstration, discussion, videos.

Examples of required assignments:

1) Find a current article about Pilates in a recent publication written within the last year that is of interest to you. Write a short summary about this article and bring the article and your summary to class to present and turn in. Articles will be presented in class. We will go in alphabetical order for the presentations. Articles turned in after the assigned due date will drop 1 letter grade for each class day the assignment is late.

2) Food journal: You will need to legibly record everything you eat and drink for 7 consecutive days in whatever format works for you. Also add to your journal any observations and/or personal goals. Points will be taken off for each day the journal is turned in late.

3) Personal Practice Hours: You are required to do 10 hours of Pilates outside of class. Please legibly document these hours in whatever form works for you. You need to list the date, the time completed, exercises completed, and any general observations about your progress. If you do not complete 10 hours your grade will be lowered. Five of the ten hours may be completed through

DVDs or other Pilates classes. For DVDs or other classes, please record general notes about these hours and have instructors sign if applicable.

Sample entry:

Name: _____

Pilates Personal Hours

Date: June 30, 2007 Time completed: 0.25

Exercises completed: Knee over spinal rotation, bridging, Barbie arms, angel arms, the 5's, knee plank

Observation: Bridging was difficult today, and I worked a lot on keeping my ribs down in Barbie arms. My abs are getting stronger - the 5's are easier now, and I felt connected to my breath throughout all of the movements.

4) Fitness Journal:

Part 1: Describe your fitness goals, your current weaknesses, past and present injuries, personal nutritional assessment, long term goals, and specific areas of your body you wish to strengthen through Pilates.

Part 2: Your response to the first journal you wrote, with an additional focus on lifelong fitness, Pilates, nutrition strategies and reflection on Fitness Testing.

5) Fitness Testing:

Given two times throughout the semester to all students enrolled in fitness classes at College of San Mateo. A "pre" test to establish the students initial physical condition and a "post" test to determine quantitative change. eg. body weight, height, flexibility, percentage body fat, aerobic capacity, sit-up test, resting blood pressure, resting heart rate

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.)

In class methods of measuring student progress and skills:

1) Pilates Practical Exam: Ask students to demonstrate knowledge of Pilates by executing Pilates exercises. For example, verbally ask students to demonstrate exercises, such as "single leg stretch," and observe their ability to execute the exercises correctly and accurately.

2) Pilates exam: Create written exam where students need to answer questions about vocabulary words, terms, and exercises based on Pilates, anatomy, and postural alignment.

3) Pilates group project: Students get into small groups focusing on different parts of the body (core, back, legs, feet, arms, etc.) and discuss which Pilates exercises are the most effective for: toning this area, strengthening, stretching, and for improving coordination. Students discuss as a group and then present to the class what they decided to be the best Pilates exercises for the area of body they discussed. The rest of the class will then do the exercises presented.

4.) Measuring Progress in class via Attendance, Participation and Fitness Testing

Participation: Participation includes effort, attitude, contribution to discussions, knowledge and improvement during the course. You are expected to participate in all classroom activities. However, if you are unable to participate due to injury or illness, you must watch class, take notes, and turn the notes in to me at the end of class.

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

Smith, Judy. Yoga and Pilates. London: Hermes House, 2005.

Herman, Ellie. Pilates for Dummies. For Dummies Publishers, 2002.

Herman, Ellie. Pilates Props Workbook. Berkeley: Ulysses, 2004.

Silver, Brooke. The Pilates Body: The Ultimate Guide to Strengthening, Lengthening, and Toning Your Body--Without Machines. Broadway, 2000
Ungaro, Alycea. Pilates: Body in Motion. DK Adult, 2002.

Prepared by: _____
(Signature)

Email address:

Submission Date: _____