

**College of San Mateo
Official Course Outline**

1. COURSE ID: FITN 335.3 **TITLE:** Pilates III

Units: 0.5 -1.0 units **Hours/Semester:** 24.0-54.0 Lab hours

Method of Grading: Grade Option (Letter Grade or P/NP)

2. COURSE DESIGNATION:

Degree Credit

Transfer credit: CSU; UC

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E4: Physical Education

CSU GE:

CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E2

3. COURSE DESCRIPTIONS:

Catalog Description:

Training of the muscles in the torso through controlled exercises taught at an advanced level designed to improve posture, coordination and balance; build core strength; and increase flexibility and agility.

4. STUDENT LEARNING OUTCOME(S) (SLO'S):

Upon successful completion of this course, a student will meet the following outcomes:

1. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity at an advanced level.
2. Demonstrate knowledge of various exercises and practical applications in the study of Pilates at an advanced level.

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

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

1. Understand, at an advanced level, the concept of “functional neutral spine” to specifically target abdominal strength through body-awareness and practice while protecting the natural alignment of the spine.
2. Apply, at an advanced level, Pilates principles to personal biomechanics.
3. Through breathing exercises, display proper postural stabilization at an advanced level.
4. Perform, at an advanced level, Pilates exercises with proper spinal alignment.
5. Understand, at an advanced level, the concept of disciplining the muscles of the body in coordination with the breath.

6. COURSE CONTENT:

Lab Content:

At an advanced level:

1. Warm-up and Cool Down to Promote Body Awareness and Focus
2. Conditioning with Emphasis on the Muscles of the Abdomen, Back, Inner Thigh, Hamstrings and Pelvic Girdle, as well as Conditioning of the Joints of the Hip Sockets, Knees and Shoulders
3. Stretching to Increase Range of Motion

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Observation and Demonstration
- C. Other (Specify): Through the presentation of anatomical drawings, students will learn to identify muscle groups and joints. Handouts on the six original principles of the Pilates mat-work.

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Written examinations on history, vocabulary, and philosophy of Pilates mat work.
- Written personal evaluation of the application of Pilates to the student's well-being.
- Journal of outside Pilates practice.

Reading Assignments:

- Readings (5-10 pages) on various Pilates topics which might include relationships to other exercise practices and activities.
- Anatomical charts.

Other Outside Assignments:

- Outside of class time, students may be expected to practice at least 2 hours of Pilates exercises.
- Students may use critical thinking in evaluating incorrect technique demonstrations.

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Performance
- B. Homework
- C. Written examination
- D. Ability to demonstrate all exercises of the original Pilates mat work at an advanced level. Ability to identify muscle groups, joints and spinal articulations. Ability to demonstrate at an advanced level proper breathing techniques in application of the Pilates Method. Ability to demonstrate proper postural alignment at an advanced level. Knowledge of history, vocabulary, and philosophy of the Pilates Method through written examinations at an advanced level.

10. REPRESENTATIVE TEXT(S):

Other:

- A. Instructor-generated handouts.

Origination Date: February 2017
Curriculum Committee Approval Date: March 2017
Effective Term: Fall 2017
Course Originator: Andreas Wolf