

**College of San Mateo**  
**Official Course Outline**

1. **COURSE ID:** FITN 339    **TITLE:** Pilates Circuit Training  
**Units:** 0.5 -1.0 units    **Hours/Semester:** 24.0-54.0 Lab hours  
**Method of Grading:** Grade Option (Letter Grade or P/NP)  
**Prerequisite:** FITN 335.1

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:**

A fitness class designed to develop core strength, flexibility, balance, and postural stability utilizing Pilates equipment, exercises, and technique. Students will work on a wide variety of apparatus which may or may not include: 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.

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

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

1. Demonstrate knowledge of various exercises applicable to the study and practice of Pilates at a beginning level.
2. Improve one or more: body composition, range of motion, overall body weight, resting heart rate, strength and endurance, and aerobic capacity

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

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

6. **COURSE CONTENT:**

**Lab Content:**

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

4. Cueing, coaching, safety and teaching tips
  - A. Instructor feedback
  - B. Handouts on: Proper Stretching Techniques, Self Myofascial Release, Biomechanics, Injury Prevention
  - C. Question and Answer Forums

#### 7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lab
- B. Directed Study
- C. Activity
- D. Observation and Demonstration
- E. Other (Specify): 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.

#### 8. REPRESENTATIVE ASSIGNMENTS

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

##### **Writing Assignments:**

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

##### **Reading Assignments:**

Students may be given outside reading assignments such as:

Reviewing/Summarizing a Pilates Quarterly Article:

<http://www.pilates.com/BBAPP/V/pilates/library/pilates-coreterly.html>

##### **Other Outside Assignments:**

View Online Video Tutorials:

<https://www.youtube.com/user/BalancedBodyPilates>

#### 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Work
- C. Lab Activities
- D. 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.

#### 10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Isacowitz, Rael. *Pilates*, ed. Champaign: Human Kinetics, 2006
- B. Siler, Brooke. *The Pilates Body*, ed. Broadway Books, 2000
- C. Herman, Ellie. *Pilates For Dummies*, ed. Wiley, John & Sons, Incorporated, 2002
- D. Rael Isacowitz and Karen Clippinger. *Pilates Anatomy*, ed. Human Kinetics, 2011
- E. Anthony Lett. *Stretching on the Pilates Reformer: Essential Cues and Images*, ed. Innovations in Pilates, 2016

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**Curriculum Committee Approval Date:** April 2017

**Effective Term:** Fall 2017

**Course Originator:** Sarah Artha Negara