

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

1. **COURSE ID:** KINE 125    **TITLE:** Pilates Mat Instructor Training  
**Units:** 3.0 units    **Hours/Semester:** 32.0-36.0 Lecture hours; 48.0-54.0 Lab hours; and 64.0-72.0 Homework hours

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

**Recommended Preparation:**  
FITN 335, KINE 300

2. **COURSE DESIGNATION:**

**Degree Credit**

**Transfer credit:** CSU

3. **COURSE DESCRIPTIONS:**

**Catalog Description:**

Course designed for students working toward a Pilates Certificate. This course includes an introduction to the history and principles of Pilates, review of essential anatomy, beginning, intermediate, and advanced level Pilates Mat exercises as well as modifications for each exercise. This course includes lectures on pedagogy, programming, and teaching special populations. During the lab portion of this course, students will gain practical teaching experience.

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

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

1. State or describe what each of the Pilates Movement Principles are.
2. Demonstrate skill and knowledge of the Pilates Mat Exercises.
3. Plan and teach a safe and effective Pilates mat class.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. State or describe what each of the Pilates Movement Principles are.
2. Demonstrate skill and knowledge of the Pilates Mat Exercises.
3. Plan and teach a safe and effective Pilates mat class.

6. **COURSE CONTENT:**

**Lecture Content:**

- Exercise instruction in the complete Pilates Mat repertoire
- A comprehensive manual consistent with current national standards
- Cueing, coaching and teaching tips for clients at different levels of ability
- Safety information for teaching older adults, pre- and post-natal women, and clients with back, knee, neck and shoulder conditions
- Tips on teaching successful group programs

**Lab Content:**

1. Student Teaching
  - A. Practice teaching each individual exercise one-on-one or small groups.
  - B. Teach given Pilates programs to one another from manuals
  - C. Teach student created programs to one another
  - D. Students will evaluate one another's teaching skills
2. Postural Analysis
  - A. Students will analyze one another's posture
  - B. Students will use analysis to create personalized programs for each other
3. Practical Examination
  - A. Students will teach a one hour program to another student and be given feedback from the teacher/evaluator

7. **REPRESENTATIVE METHODS OF INSTRUCTION:**

Typical methods of instruction may include:

- A. Lecture
- B. Lab

- C. Activity
- D. Critique
- E. Directed Study
- F. Discussion
- G. Experiments
- H. Observation and Demonstration
- I. Other (Specify): This course includes lectures on the History of Pilates, Pilates Principles, Anatomy, Pilates Mat Exercises, Class programming, Teaching Pedagogy, Correcting Alignment & Postural Assessment, and guidelines for safely teaching special populations. Lectures and demonstrations of each Pilates Mat exercise will be presented. Students will be granted time to practice each exercise, to work in pairs, and to participate in question and answer forums. Students will be also be quizzed on their ability to recognize and recall the names, breathing patterns, and execution of the Pilates mat exercises. Students are required to read the Balanced Body University Pilates Training Manual Mat 1 and Pilates Instructor Training Manual Mat 2. In class, students may be given assignments to identify, analyze, and correct each other's alignment. Opportunities will be given to students to teach the entire class in a round robin format where each student gets a chance to teach one exercise. Students may be given assignments to create a Pilates mat routine to practice and teach to the class. Students may also be asked to design a Pilates mat class for a special population i.e. Students with Osteoporosis. Students will be expected to practice the Pilates Mat exercises for homework and may be given journaling assignments to track their progress.

## 8. REPRESENTATIVE ASSIGNMENTS

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

### **Writing Assignments:**

- Program Design
- Written Tests

### **Reading Assignments:**

Students are required to read the Balanced Body University *Pilates Training Manual Mat 1* and *Pilates Instructor Training Manual Mat 2*.

### **Other Outside Assignments:**

- Observation Hours
- Student Teaching Hours
- Personal Practice Sessions

## 9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Final Class Performance
- F. Group Projects
- G. Homework
- H. Lab Activities
- I. Oral Presentation
- J. Quizzes
- K. Written examination
- L. Students' skill and knowledge of the Pilates Mat exercises will be partially evaluated based on their participation in class sessions. Students will be scored on quizzes and Pilates Mat exams 1 & 2. Students will be appraised in their Practical Teaching Assignments by how well they are prepared, the organization of exercise sequencing, and lastly, their verbal and physical clarity while demonstrating and teaching the exercises.

## 10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. St. John, N.. *Pilates Instructor Training Manual: Mat 1*, 2nd ed. Sacramento: Balanced Body University, 2008
- B. St. John, N.. *Pilates Instructor Training Manual: Mat 2*, 2nd ed. Sacramento: Balanced Body University, 2008
- C. Anthony Lett. *Stretching on the Pilates Reformer: Essential Cues and Images*, ed. Innovations in Pilates, 2016

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**Course Originator:** Sarah Artha Negara