College of San Mateo
Course Outline

Department: KINE  Number: 125
Course Title: Pilates Mat Instructor Training  Units: 3.0
Total Semester Hours  Lecture: 32  Lab: 48  Homework: 64  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.):
32/16 = 2 FLC lecture; 48/16*.75 = 2.25 FLC lab. Total = 4.25 FLC

1. Prerequisite (Attach Enrollment Limitation Validation Form.)

2. Corequisite (Attach Enrollment Limitation Validation Form.)

3. Recommended Preparation (Attach Enrollment Validation Form.)
   FITN 335; BIOL 130 or 250

4. Catalog Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)

   KINE 125 PILATES MAT INSTRUCTOR TRAINING (3) Pass/No Pass or letter grade option. Minimum of 32 lecture hours and 48 lab hours per term. Recommended Preparation: FITN 335; BIOL 130 or 250. For students enrolled in the Pilates Instructor Certificate Program (PICP) and for students who would like to deepen their knowledge and skill of the Pilates Mat exercises. This course includes an introduction to the history and principles of Pilates, a review of core anatomy, beginning, intermediate, and advanced level Pilates Mat exercises as well as modifications for each exercise. This course includes lectures on class order, programming in a fitness setting, and guidelines for safely teaching special populations. During the lab portion of this course, students will gain practical teaching experience by instructing their classmates. (AA, CSU)

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

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

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.*)

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.)

*Balanced Body Training Schedule* is attached. Course content will be adjusted to accommodate semester scheduling.

- 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

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.*)

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.

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’ 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.

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