College of San Mateo
Course Outline

New Course
Update/No change
☑ Course Revision (Minor)
☐ Course Revision (Major)  Date: 1/26/11

Department: KINE  Number: 127
Course Title: Pilates Apparatus 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 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 flcs; 48/16* .75 = 2.25.  Total = 4.25

1. Prerequisite  (Attach Enrollment Limitation Validation Form.)

2. Corequisite  (Attach Enrollment Limitation Validation Form.)

3. Recommended Preparation  (Attach Enrollment Validation Form.)

   BIOL 130 or 250; KINE 125; KINE 126; FITN 335

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

   KINE 127 PILATES APPARATUS INSTRUCTOR TRAINING (3)  (Pass/No Pass or letter grade option.) Minimum of 32 lecture and 48 lab hours per term.  
   Recommended Preparation: BIOL 130 or 250; KINE 125; KINE 126; FITN 335.  
   For students enrolled in the (PICP) Pilates Instructor Certificate Program and for students would like to deepen their knowledge and skill of the Pilates Apparatus exercises. Pilates Apparatus includes the complete repertoire on the Trapeze Table/ Cadillac/ Tower, the Pilates Chair, the Barrels, and small equipment. This course completes the comprehensive Pilates Instructor Training Certificate Program and offers Pilates instructors a great variety of tools to use when working with clients. 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:

- Perform proper Reformer equipment set up
- Demonstrate skill and knowledge of the Pilates Apparatus Exercises
- Plan and teach a safe and effective Pilates Apparatus 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 here.)

   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 Trapeze Table/Cadillac/Tower, Pilates Chair and Barrels and Small equipment
   - A comprehensive manual for each piece of equipment consistent with current national standards
   - Cueing, coaching, safety and teaching tips for clients at different levels of ability
   - Program sequences for classes and personal training sessions
   - Equipment safety and set up

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.)

Lectures will be given on the Pilates principles, working with back issues, upper body training principles, scapular stabilization, apparatus set up and safety, abdominal engagement and pelvic stability, scapular stability, and leg alignment.

Lectures and demonstrations of each Pilates Apparatus 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.

Working in pairs, students may teach one another exercises in order to practice cueing techniques, and to sharpen communication skills. As part of this exercise, students may evaluate one another’s teaching effectiveness.

Students are required to read the Balanced Body Pilates Instructor Training Manuals: Trapeze Table, Pilates Barrel, and Pilates Chair

Homework: Many of the Pilates Apparatus exercises have modifications that can be performed on various pieces of Pilates equipment. Students may be asked to write down what pieces of equipment a particular exercise can be performed on and why they might choose one option versus another for a particular client.

Students will be given assignments to design an ideal mixed apparatus program for themselves and design a session to teach others in the class.

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’ skills and knowledge of the Pilates Apparatus exercises will be partially evaluated based on their participation in class sessions.

Students will be scored on Pilates Apparatus exams: Trapeze Table and Tower, Chair, Barrels, Pilates Instructor Final Comprehensive Exam

Students will be appraised in their practical teaching assignments by how well they are prepared, the organization of exercise sequencing, and their verbal and physical clarity while demonstrating and teaching the exercises.

Students will also be assessed based on their ability to recognize and recall the names, breathing patterns, and execution of the Pilates Apparatus exercises.
Students may be evaluated based on completion and quality of homework assignments.

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


Prepared by: ____________________________
(Signature)

Email address: ____________________________

Submission Date: ____________________________