

**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; 64.0-72.0 Homework hours;
144.0-162.0 Total Student Learning hours

Method of Grading: Grade Option (Letter Grade or Pass/No Pass)

Recommended Preparation:
FITN 335, KINE 300

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU

3. **COURSE DESCRIPTIONS:**

Catalog Description:

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. Plan and teach a safe and effective Pilates Mat class.
2. Demonstrate skill and knowledge of the Pilates Mat Exercises.
3. Identify and understand the Pilates Principles.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Teach a variety of exercises, their modifications, and understand precautions for certain populations.
2. Physically demonstrate, describe, and/or identify the exercise starting positions, movement sequences, purposes, and modifications.
3. Develop well-rounded Pilates Mat class programs that include safe and effective warm ups, cover all major muscle groups, includes all spinal movements, and follow a sequence of beginning-to-advanced and simple-to-complex exercises.

6. **COURSE CONTENT:**

Lecture Content:

1. Instruction of the Pilates Principles
2. Instruction of the Movement Principles exercises aka "Pre-Pilates" exercises
3. Exercise instruction covering beginning, intermediate, and advanced Pilates Mat repertoire
4. Pedagogy for teaching private sessions and group classes
5. Cueing, coaching and teaching techniques for clients of various levels and abilities
6. Introduction to special populations and conditions: older adults, osteopenia/osteoporosis, pre-natal, post-natal, joint conditions (neck, back, wrist, shoulder, hip, knee, ankle), etc.
7. Safety protocols for working with accessory items: elastic bands, balls, foam rollers

Lab Content:

1. Student Teaching
 - A. Practical teaching experiences: one-on-one and 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. Individualized Instruction
- I. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

- Reflective Writing: class observations, student teaching, personal sessions (1-2 pages)
- Peer Teaching Evaluations (1-3 pages)
- Program Design (1 Hour Class/Session)
- Quizzes & Exams: multiple choice, fill-in, matching, essay question(s)

Reading Assignments:

Students are required to read the Pilates Mat Instructor Training Manuals

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. Group Projects
- F. Homework
- G. Lab Activities
- H. Oral Presentation
- I. Papers
- J. Projects
- K. Quizzes
- L. Simulation
- M. Written examination
- N. 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. Students will be appraised in their Practical Teaching Assignments by how well they know the starting positions, equipment set up and movement sequences. They will also be evaluated on their ability to follow safety protocols, provide modifications for clients as necessary, and deliver effective and proper cuing. Student's will also be evaluated based on their exercise sequencing, teaching style, and physical clarity while demonstrating and teaching the exercises.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. St. John, N., Puleo, J., and Page, P.. *Pilates Instructor Training Manual: Mat 3*, ed. Sacramento: Balanced Body, 2020
- B. Pilates, J.H.. *Return to Life: Through Contrology*, ed. Miami: Pilates Method Alliance, 1945
- C. St. John, N.. *Pilates Instructor Training Manual: Mat 2*, revision 1 ed. Sacramento: Balanced Body, 2020
- D. St. John, N.. *Pilates Instructor Training Manual: Mat 1*, revision 1 ed. Sacramento: Balanced Body, 2020
- E. St. John, N., Puleo, J.. *Balanced Body Movement Principles*, 4th ed. Sacramento: Balanced Body, 2021

Effective Term: Fall 2024
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