

College of San Mateo
Official Course Outline

1. **COURSE ID:** KINE 126 **TITLE:** Pilates Reformer 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:

KINE 300, FITN 335, KINE 125

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU

3. **COURSE DESCRIPTIONS:**

Catalog Description:

This course includes an introduction to the Pilates Reformer including set up, safety, and basic maintenance. Students will learn how to practice and teach the beginning, intermediate, and advanced 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. Perform proper reformer equipment set up.
2. Demonstrate skill and knowledge of the Pilates Reformer exercises.
3. Plan and teach a safe and effective Pilates Reformer class.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Follow proper equipment safety and cleaning protocols.
2. Physically demonstrate, describe, and/or identify Pilates Reformer exercise starting positions, movement sequences, purposes, and modifications.
3. Develop and teach a well-rounded Pilates Reformer class that includes a safe and effective warm up, covers all major muscle groups, includes all spinal movements, and follows a sequence of beginning-to-advanced and simple-to-complex exercises.

6. **COURSE CONTENT:**

Lecture Content:

- Review of the Pilates Principles
- Basic cleaning and equipment maintenance protocols
- Exercise instruction covering beginning, intermediate, and advanced Pilates Reformer repertoire
- Pedagogy for teaching private sessions and group classes
- Cueing, coaching and teaching techniques for clients of various levels and abilities
- Lectures on special populations and conditions: older adults, osteopenia/osteoporosis, pre-natal, post-natal, joint conditions (neck, back, wrist, shoulder, hip, knee, ankle), etc.
- Program design
- Basic equipment safety and maintenance

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 and alignment
 - 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:

- Program Design (1 Hour Class/Session)
- Quizzes & Exams: multiple choice, fill-in, matching, essay question(s)
- Reaction paper to a Pilates article on a special topic
- Social Media posts
 - Photography of exercises
 - Creating copy
 - Creating hashtags relevant to topic

Reading Assignments:

- Students will be given reading assignments in their instructor training manuals.
- Students may be assigned to read Pilates articles on special topics

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 Reformer exercises will be partially evaluated based on their participation in class sessions. Students will be scored on written Pilates Reformer exams. Students will be appraised in their practical teaching assignments by how well they were prepared, the organization of exercise sequencing, the following of safety protocols, and 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: Reformer 1*, revision 1 ed. Sacramento: Balanced Body

University, 2020

B. St. John, N.. *Pilates Instructor Training Manual: Reformer 2*, revision 1 ed. Sacramento: Balanced Body University, 2020

C. St. John, N.. *Pilates Instructor Training Manual: Reformer 3*, revision 1 ed. Sacramento: Balanced Body University, 2020

Other:

A. Pilates Articles & Studies <https://thecore.balancedbody.com/>
<https://pubmed.ncbi.nlm.nih.gov/>

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