

College of San Mateo
Official Course Outline

1. **COURSE ID:** KINE 127 **TITLE:** Pilates Apparatus 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:

KINE 300, FITN 335, KINE 125, KINE 126

2. **COURSE DESIGNATION:**

Degree Credit

Transfer credit: CSU

3. **COURSE DESCRIPTIONS:**

Catalog Description:

For students working toward a Pilates Certificate. 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.

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 Apparatus Exercises.
3. Plan and teach a safe and effective Pilates Apparatus class.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**

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

1. Perform proper Reformer equipment set up.
2. Demonstrate skill and knowledge of the Pilates Apparatus Exercises.
3. Plan and teach a safe and effective Pilates Apparatus class.

6. **COURSE CONTENT:**

Lecture Content:

- 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

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): 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 cuing 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.

8. REPRESENTATIVE ASSIGNMENTS

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

Writing Assignments:

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.

Reading Assignments:

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

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. Quizzes
- I. Written examination
- J. 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.

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. St. John, N.. *Pilates Instructor Training Manual: Trapeze Table*, 2nd ed. Sacramento: Balanced Body University, 2008

- B. St. John, N.. *Pilates Instructor Training Manual: Pilates Chair*, 2nd ed. Sacramento: Balanced Body University, 2008
- C. St. John, N.. *Pilates Instructor Training Manual: Pilates Barrel*, 2nd ed. Sacramento: Balanced Body University, 2008

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Course Originator: Sarah Artha Negara