

**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; 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, KINE 126

2. **COURSE DESIGNATION:**

Degree Credit
Transfer credit: CSU

3. **COURSE DESCRIPTIONS:**

Catalog Description:

This course prepares students to teach Pilates Apparatus classes. Students will study exercises on the Trapeze Table, Wunda Chair, Ladder Barrel, Step Barrel, and auxiliary apparatus. This course includes lectures on pedagogy, programming, and special populations. Students will develop their physical fitness, observation, and practical teaching skills.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**

Upon successful completion of this course, a student will meet the following outcomes:

1. Perform proper apparatus set up.
2. Demonstrate proficient knowledge and skill of program design.
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. Follow proper equipment safety and cleaning protocols.
2. Physically demonstrate, describe, and/or identify Pilates Apparatus exercise starting positions, movement sequences, purposes, and modifications.
3. Develop and teach a well-rounded Pilates Apparatus 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:

- Equipment safety and set up
Exercise instruction on the Pilates Trapeze Table/Cadillac/Tower, Pilates Chair and Barrels and auxiliary equipment
- Cueing & Coaching
- The Pilates System
- Safety and teaching tips for clients at different levels of ability
- Program sequencing for classes and personal training sessions
- Special Populations

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 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
- 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 *Pilates Instructor Training Manuals* covering the Pilates repertoire on the 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*, revision 1 ed. Sacramento: Balanced Body University, 2021
- B. St. John, N.. *Pilates Instructor Training Manual: Pilates Barrel*, revision 1 ed. Sacramento: Balanced Body University, 2020
- C. St. John, N.. *Pilates Instructor Training Manual: Pilates Chair*, revision 1 ed. Sacramento: Balanced Body University, 2020

Origination Date: November 2022
Curriculum Committee Approval Date: January 2024
Effective Term: Fall 2024

