

KIN 0069 - MAT PILATES

Catalog Description

Formerly known as PHED 19

Hours: 36 activity per unit

Description: Designed to improve "core" muscles of the torso, improve posture, suppleness, and elongate the body. Targets legs, back, hips, and abdominal muscle groups. Includes warm up, muscle strengthening exercises, muscle endurance exercises, flexibility training, and cool down. Student must provide Yoga or Pilates "sticky" mat. (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Explain 5 criteria to determine personal fitness level.
- CSLO #2: Analyze difficulty progression of Pilates movements.
- CSLO #3: Distinguish between safe and harmful movements in the class environment.
- CSLO #4: Assemble and perform a workout, with a group, and demonstrate a variety of exercises.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

18-72

Outside of Class Hours

9-36

Total Student Learning Hours

27-108

Course Objectives

1. Discuss the benefits of Pilates to establish and maintain proper postural alignment, appropriate joint mobility, and required joint stability and the importance of maintaining these relationships.
2. Evaluate personal fitness levels in the areas of muscular strength, muscular endurance, and flexibility at the start and finish of course;
3. Design a personal Pilates workout utilizing basic guidelines which demonstrates a variety of exercises to address major muscle groups throughout the body;
4. Rate a selected set of movements in order of progression of levels of difficulty including possible needed modifications;
5. Select appropriate movements to achieve specific fitness goals;
6. Discuss elements of safe practice of Pilates including: warm up, progression, core stabilization, and distinguishing between safe and harmful movements.
7. Describe the basic role of nutrition relating to exercise and it's role to fuel and maintain the body.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Examples: 1. What comprises the "core" muscles?
2. List three movements, exercises that primarily target the obliques.
- Skill Demonstrations
 - Example: Each student must demonstrate and explain a selected Pilates movement.

Repeatable

No

Methods of Instruction

- Activity
- Distance Learning

Activity:

1. The instructor will lecture and demonstrate "The Hundred," and identify all the muscles that are the primary movers. Students are expected to participate in the lecture and demonstrate.
2. Instructor will use lecture and video presentations to explore issues or problems, then guide the students in gathering data and observations to develop a hypothesis for solutions, confirm or refine their hypothesis, and explain or prove their problems in written form using college level writing skills. (For example, the instructor will lead a discussion about developing the core muscles, and then ask the students write a list citing twelve examples of movements that develop those muscles.)

Distance Learning

1. Instructor will lecture on the basic role of nutrition relating to exercise and it's role to fuel and maintain the body. Student will create a personal nutrition plan to use during exercise.

Typical Out of Class Assignments Reading Assignments

1. Read assigned chapters from text "Pilates Evolution Body - The 21st Century", review the historical advancements made by decades of scientific study, experimentation, and research the variety of factors that upset the balance of body and mind. 2. Read an assigned handout that addresses worldwide revolution in fitness strategies and exercise techniques and the role Pilates plays within the advancement.

Writing, Problem Solving or Performance

1. Describe and demonstrate a selected Pilates movement. Include contraindications, goal, and movement specifics. 2. Write a personal fitness plan to be implemented during the length of this course. Include diet choices, rest, and fitness commitments.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Pilates Evolution - The 21st Century
 - Author: Joseph Pilates, Judd Robbins, Lin Van Heuit-Robbins
 - Publisher: Presentation Dynamics
 - Publication Date: 2012
 - Text Edition: 1st
 - Classic Textbook?:
 - OER Link:
 - OER:
- Pilates
 - Author: Rael Isacowitz
 - Publisher:
 - Publication Date: 2014
 - Text Edition: 2nd
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.

Yoga or Pilates "sticky" mat