

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 45 - Pilates

1.5 Unit(s)

Prerequisite(s): NONE

Recommended Prep: NONE

Transfer Status: CSU/UC

17 hours Lecture

34 hours Lab

This course introduces students to the fundamental skills of Pilates. Pilates is a mind-body form of exercise that enhances overall health and fitness. Students will learn the principles of Pilates and the basic and progressive Pilates movements. Emphasis will be placed on understanding the muscles that are used for specific movements and how to activate the muscles needed to properly perform these movements.

II. OBJECTIVES

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

- A. identify and describe the fundamental Pilates principles.
- B. perform basic and progressive Pilates movements using a variety of exercise tools.
- C. demonstrate an increase in muscle strength, flexibility, and overall balance.
- D. identify and demonstrate proper posture and alignment to ensure safe movements and improve general mobility.
- E. explain the benefits of mind and body wellness through Pilates exercise.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction to Pilates Fitness	1.00
2. Overview of the Eight Principles of Joseph Pilates Method	1.00
3. Review of Core Muscles	1.00
4. Mental Control over Physical Movements	2.00
5. Principle #1: Concentration	1.00
6. Principle #2: Control	1.00
7. Principle #3: Alignment/Centering	1.50
8. Principle #4: Breathing	1.50
9. Principle #5: Precision	1.00
10. Principle #6: Flowing Movement	1.00
11. Principle #7: Isolation	1.00
12. Principle #8: Routine	1.00
13. Mat Work	2.00
14. Personal Exercise Fitness Design	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Introduction to Pilates Fitness	1.00
2. Basic and Progressive Mat Pilates Movements	3.00
3. Basic and Progressive Pilates Movements with the use of exercise modalities	3.00
4. Warm-up and Cool-down Movements	3.00
5. Stretch and Strength Training with Resistance Band	4.00
6. Strength Training with Hand Weights	4.00
7. Balance Training with Foam Roller	4.00
8. Balance Training with Stability Ball	4.00
9. Core Control Training with Stability Ball	4.00
10. Strength Training with Stability Ball	4.00
Total Hours	34.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Collaborative Group Work
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Demonstration
- B. Journal
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Read an article on the history of Pilates exercise and founder Joseph Pilates. Create a one page outline and be prepared to discuss in class.
 - 2. Read the eight principles set by Joseph Pilates. Create a one page outline describing how to utilize these principles to the movements and be prepared to discuss in class.
- B. Writing Assignments
 - 1. Write a two page essay about your exercise history including your past success or inability to reach your fitness goals. Include your reason and understanding of how Pilates is different from other forms of exercise and how it will benefit your overall health and fitness.
 - 2. Maintain a journal documenting your progress throughout the semester. Be sure to address your goals, concerns, progressions, and future maintenance for continued health.
- C. Out-of-Class Assignments
 - 1. Participate in a non-Pilates class doing some movements with and without the eight Pilates principles and write a one page essay comparing the differences.
 - 2. Review a Pilates exercise video and write a two page essay describing the different

techniques observed. Be sure to participate with the video and document your exercise outcomes based on the pros and cons of in person instructor feedback.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

A. Isacowitz, Rael. Pilates. 2nd Edition. Human Kinetics, 2014.

Materials Other Than Textbooks:

A. Athletic Apparel

B. Exercise Mat

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