

Las Positas College
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Course Outline for KIN PL1

PILATES 1

Effective: Spring 2019

I. CATALOG DESCRIPTION:

KIN PL1 — PILATES 1 — 0.50 - 2.00 units

This course is an introduction to the Pilates Method of body conditioning. This course presents a system that helps build flexibility and long lean muscles as well as strength and endurance in the legs, abdominals, arms, hips and back. Strong emphasis is placed on spinal and pelvic alignment.

0.50 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Pilates

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- Identify the guiding principles of Pilates
- Recognize the importance of proper alignment during Pilates exercises
- Explain neutral spine
- Perform basic level Pilates exercises with proper alignment
- Recognize the importance of balancing strength and flexibility
- Apply techniques learned to create a healthy balance of activity and rest

V. CONTENT:

- Introduction to the principles of Pilates
 - Learn the 8 principles of Pilates
 - Identify the key components of the principles
 - Apply principles to Pilates exercises
- Components of Neutral spine and their importance to a healthy lifestyle
 - Understand proper pelvic alignment
 - Recruitment of muscle groups to create neutral spine
 - Stabilization of core during exercises
 - Develop flexibility in balance with strength
- Learn the pilates exercise program
 - Memorize names of the Pilates exercises
 - Explain proper alignment
 - Use props to increase or decrease level of intensity
 - Articulate benefits of the exercises
- Benefits of exercise and it's importance to a healthy lifestyle
 - Learn components of good posture
 - Build stamina and muscular strength
 - Practice stretches to promote flexibility
- Practice relaxation techniques to reduce stress

VI. METHODS OF INSTRUCTION:

- Classroom Activity** - Class participation
- Demonstration** - Verbal explanation accompanied by demonstration
- Individualized Instruction** - Individual assistance given when needed

VII. TYPICAL ASSIGNMENTS:

- Identify 3 key components of a Pilates exercise, and teach the exercise using those 3 key components

- B. Create a Pilates exercise routine, including appropriate stretches and key elements
- C. Adding props to enhance/modify the Pilates exercises

VIII. EVALUATION:

Methods/Frequency

- A. Class Participation
Weekly
- B. Class Performance
Monthly
- C. Other
Student's ability to demonstrate and articulate the Pilates methodology - weekly

IX. TYPICAL TEXTS:

1. Pilates, Joseph H., Miller, William J *Pilates' Return to Life Through Contrology.*, Presentation Dynamics, 2012.
2. Bowman, Katy. *Move Your DNA: Restore Your Health Through Natural Movement.* 2 ed., Propriometrics Press, 2017.
3. Hessel, Jillian. *Pilates Basics (Full Color 2nd Edition).* 2 ed., Well-Tempered Workout, Inc., 2017.
4. Periodic handouts covering alignment of the spine, Pilates methodology and Pilates exercises

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will wear appropriate attire.
- B. Pilates mat is recommended but not required.