

Las Positas College
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Course Outline for KIN PL2

PILATES 2

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN PL2 — PILATES 2 — 1.00 - 2.00 units

This Kinesiology course is continued study of the Pilates Method. The student will learn the principle of neutral spine, how to use Pilates props to provide variation and increased difficulty, and create level 2 exercise routines to enhance overall fitness. The concept of "complete coordination of the body, mind and spirit" will be experienced.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN PL1 - Pilates 1
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Pilates

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINPL1

IV. MEASURABLE OBJECTIVES:

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

- Implement the guiding principles of Pilates;
- Application of core stabilization (neutral spine) during Pilates exercises;
- Perform Pilates Level 2 mat exercises using props and variations to increase difficulty;
- Demonstrate interval challenges to increase strength and cardiovascular health;
- Compose a Pilates mat routine with appropriate props, variations, and stretches;
- Exhibit an increase in core strength and overall flexibility.
- Articulate the benefits of mind/body practice on overall health

V. CONTENT:

- Key components in the Pilates methodology
 - Review and incorporate the 8 principles of Pilates into mat exercises
 - Practice using the breath to create more stability or more challenge
 - Train the mind to stay engaged
- Creating neutral spine
 - Use bony landmarks to align the pelvis in all 7 positions
 - Recruitment of muscle groups to create neutral spine
 - Perform more advanced exercises using neutral, scoop and c-shape spine appropriately
- Pilates exercises with variations and props to increase difficulty
 - Perform level 2 Pilates exercises
 - Use Props to increase level of intensity
 - Perform interval challenges to enhance cardiovascular output
 - Create overall grace and ease throughout exercises
 - Create level 2 Pilates exercise routine to enhance overall fitness
- The effects of a mind/body practice on overall health
 - Experience increased stamina during exercise
 - Create greater control over movement of breath
 - Increase self esteem and sense of well being

4. Balance of the body, mind and heart
5. Practice relaxation techniques to relieve stress

VI. METHODS OF INSTRUCTION:

- A. **Classroom Activity** -
- B. **Individualized Instruction** -
- C. Periodic handouts covering: Alignment of the spine and pelvis; Pilates methodology; and Pilates exercises performed with props
- D. **Demonstration** -
- E. Personalized assistance and verbal instructions will be provided as needed.

VII. TYPICAL ASSIGNMENTS:

- A. Create a Pilates exercise routine and teach it to fellow students
- B. List and explain the principles of Pilates
- C. Advance exercises to increase difficulty

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Class Performance
3. Other:
 - a. Observation of improved fitness as exercises become more difficult and props are added
 - b. Student's self evaluation throughout the semester

B. **Frequency**

1. Student participation is evaluated daily
2. Evaluation of student's improved fitness and application of the Pilates methodology - mid term
3. Evaluation of student's ability to demonstrate, articulate, and teach the Pilates methodology - Final Exam

IX. TYPICAL TEXTS:

1. Isacowitz, Rael. *Pilates*. 2nd ed., Human Kinetics, 2014.
2. Perez Pont, Javier, and Esperanza Aparicio Romero. *The Mat (Contrology Pilates Physical Collection BK 2.)*, Hakabooks, 2014.
3. Ungaro, Alycea. *Pilates: Body in Motion.*, DK Adult, 2014.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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