

Las Positas College
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Course Outline for KIN PM

PILATES MAT WORK

Effective: Fall 2017

I. CATALOG DESCRIPTION:

KIN PM — PILATES MAT WORK — 0.50 - 2.00 units

Introduction to the guiding principles of Pilates. Students will be presented instruction on how to implement the guiding principles of Pilates to increase core strength, flexibility and balance.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

Family: Kinesiology Pilates

	MIN	MAX
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate knowledge of neutral spine and how to create it;
- B. Identify bony landmarks and use them to create stability;
- C. Demonstrate proper alignment of the triangles of the pelvis;
- D. Understand the importance of stabilization of the core;
- E. Experience exercise programs for flexibility and strength;
- F. Understand the importance of balancing strength and flexibility.

V. CONTENT:

- A. History of Pilates
 - 1. Joseph Pilates and the "Pilates Art of Contrology"
- B. Principles of Pilates
 - 1. Concentration
 - 2. Centering
 - 3. Breathing
 - 4. Control
 - 5. Precision
 - 6. Fluidity
- C. Components of Neutral spine and their importance to a healthy lifestyle
 - 1. Proper pelvic alignment
 - 2. Recruitment of muscle groups
 - 3. Stabilization
 - 4. Flexibility
- D. Benefits of Exercise and its importance to a healthy lifestyle
 - 1. Benefits of good posture
 - 2. Benefits of balanced muscular strength
 - 3. Benefits of flexibility
 - 4. Importance of relaxation techniques
- E. Pilates principles for breathing
 - 1. Inhale/exhale ratio
 - 2. Breathing in conjunction with movement
 - 3. Expansion of the ribcage during inhalation
 - 4. Compression of the ribcage during exhalation
- F. Pilates Mat Exercises
- G. Healthy Lifestyle Behavior as appropriate
 - 1. Stress Management
 - 2. Proper Nutrition and Hydration
 - 3. Exercise
 - 4. Proper rest

VI. METHODS OF INSTRUCTION:

- A. Lecture and Verbal explanation
- B. Visual and Physical Demonstration
- C. Class Discussions
- D. Individual, small group and entire class drills and activities
- E. Practice of technique with student participation

VII. TYPICAL ASSIGNMENTS:

A. Lecture/Demonstration 1. Students are given a Pilates exercise and asked to find the appropriate level at which to work safely, adding props appropriately. B. Small groups 1. Demonstrate exercise to group 2. Adjust participants as required 3. Add difficulty to exercise by adding props

VIII. EVALUATION:

A. **Methods**

- 1. Class Participation
- 2. Class Performance
- 3. Other:
 - a. Methods
 - 1. Student participation
 - a. Effort demonstrated
 - 2. Performance of proper technique
 - a. Proper pelvic alignment and posture
 - b. Proper alignment when creating the C-curve of the spine
 - 3. Completion of assignments/tasks in a timely manner

B. **Frequency**

- 1. Frequency
 - a. Daily evaluation of student's progress/participation level by instructor

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will provide their own clothing for class participation.