

Las Positas College  
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## Course Outline for KIN PL2

### PILATES 2

Effective: Fall 2013

#### I. CATALOG DESCRIPTION:

KIN PL2 — PILATES 2 — 0.50 - 2.00 units

Continued study of the Pilates Method of body conditioning. Defined as "complete coordination of the body, mind, and spirit", the Pilates exercises focus on developing the core stabilizing muscles of the abdomen, or powerhouse. Using the principles of Pilates as a base, this class offers variations to traditional exercises as well as adding props to increase difficulty.

0.50 - 2.00 Units Lab

#### **Strongly Recommended**

KIN PM - PILATES MAT WORK

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	27.00	108.00
<b>Total Hours:</b>	27.00	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. KINPM
1. Demonstrate knowledge of neutral spine and how to create it;
  2. Understand the importance of stabilization of the core;

#### IV. MEASURABLE OBJECTIVES:

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

- A. Implement the guiding principles of Pilates;
- B. Demonstrate knowledge of neutral spine, c-shape and scoop;
- C. Apply knowledge of core stabilization during Pilates exercises;
- D. Perform Pilates mat exercises using props and variations to increase difficulty;
- E. Compose a Pilates mat routine with appropriate props, variations, and stretches;
- F. Identify an increase in core strength and overall flexibility.

#### V. CONTENT:

- A. Key components in the Pilates methodology
  1. Review the 8 principles of Pilates
  2. Incorporate principles into all areas of life
  3. Train the mind to stay engaged
  4. Learn to work smarter, not longer
  5. Engaging your powerhouse to lengthen and strengthen
- B. Creating neutral spine
  1. In supine, prone, sidelying, seated, plank, standing, and all fours
  2. Use bony landmarks to align the pelvis in all 7 positions
  3. Recruitment of muscle groups to create neutral spine

- C. Stabilization of core during exercises
  - 1. Pelvic stability
  - 2. Torso stability
  - 3. Scapular stability
  - 4. Balance intrinsic and extrinsic muscle strength and flexibility
  - 5. Use neutral, scoop and c-shape spine appropriately
- D. Pilates method of breathing
  - 1. Apply proper breathing techniques to Pilates exercises
  - 2. Experience improved stamina
  - 3. Flush toxins from your system
  - 4. Release tension from the neck and shoulders
- E. Pilates exercises with variations and props to increase difficulty
  - 1. Memorize names of the Pilates exercises
  - 2. Explain proper alignment
  - 3. Use props to increase level of intensity
  - 4. Use proper breathing techniques
  - 5. Articulate benefits of the exercises
- F. The effects of a mind/body practice on overall health
  - 1. Experience increased stamina during exercises
  - 2. Create greater control over movement of breath
  - 3. 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** - Class participation
- B. **Individualized Instruction** - Individual assistance given when needed
- C. **Demonstration** - Verbal explanation accompanied by demonstration

#### VII. TYPICAL ASSIGNMENTS:

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

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Class Participation
- 2. Class Performance
- 3. Other:

Demonstration of improved fitness as exercises become more difficult and props are added Student's ability to demonstrate, articulate and teach the Pilates methodology Student's self-evaluation

##### B. **Frequency**

Student participation is evaluated daily

#### IX. TYPICAL TEXTS:

- 1. Rael Isacowitz *Pilates Anatomy*, Human Kinetics, 2011.
- 2. Eme Cole *Pilates Expanded Matwork & Props Photo Encyclopedia*. 2nd edition ed., Pilates Expanded, 2012.
- 3. Periodic handouts covering:

Alignment of the spine and pelvis  
 Pilates methodology  
 Pilates exercises performed with props

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

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

