

Course Outline

COURSE: KIN 70A **DIVISION:** 40 **ALSO LISTED AS:** KIN 70 & PE 70

TERM EFFECTIVE: Fall 2020 **CURRICULUM APPROVAL DATE:** 06/09/2020

SHORT TITLE: PILATES - LEVEL 1

LONG TITLE: Pilates - Level 1

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
.5 OR 1	18	Lecture:	0	0
		Lab:	1.5 OR 3	27 OR 54
		Other:	0	0
		Total:	1.5 OR 3	27 OR 54

COURSE DESCRIPTION:

This class utilizes the Pilates exercise system focused on improving the total body through a series of controlled movements. Emphasis will be on developing core awareness, physical alignment, and form. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 70. Courses should be taken in sequential order.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet Delayed LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

1. Explain the Pilates Principles of Concentration, Control, and Centering.

Measure of assessment: class discussion, exam

Year assessed, or planned year of assessment: 2018

Semester: Fall

2. Perform the seven (7) Pilates exercises that are utilized in the modified basic mat routine.

Measure of assessment: demonstration

Year assessed, or planned year of assessment: 2018

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 06/09/2020

3 -6 Hours:

Content: Orientation of course requirements. Complete individual assessments. Present class with information on the Pilates Principle of Concentration. Introduce and practice Pilates exercises that develop the Principle of Concentration.

Student Performance Objectives: Discuss the Pilates Principle of Concentration. Perform a variety of exercises which help develop this principle.

3 - 6 Hours:

Content: Warm up. Presentation on the Pilates Principle of Control. Introduce and practice Pilates exercises that help develop the Principle of Control. Integrate exercises that utilize both Concentration and Control.

Student Performance Objectives: Explain the Pilates Principle of Control and demonstrate exercises that help develop this principle.

Perform exercises that incorporate both the Pilates Principles of Concentration and Control.

4.5 - 9 Hours:

Content: Warm up. Introduction to the Pilates Principle of Centering. Presentation of Pilates exercises that help develop the Principle of Centering. Introduce exercises that utilize the Pilates Principles of both Control and Centering.

Student Performance Objectives: Discuss the Pilates Principle of Centering. Demonstrate Pilates exercises that develop this principle. Perform Pilates exercises that incorporate both Control and Centering.

4.5 - 9 Hours:

Content: Warm up. Introduce Pilates exercises that incorporate the Principles of Concentration, Control, and Centering. This could include: The Hundreds, Leg Circles, Swimming, and the Leg Stretch. These exercise will help develop core awareness, physical alignment, and form.

Student Performance Objectives: Perform a variety of Pilates exercises that incorporate the Pilates Principles of Concentration, Control, and Centering.

4.5 - 9 Hours:

Content: Warm up. Continue working on the three (3) Pilates Principles of Concentration, Control, and Centering. Introduce additional Pilates exercise which help develop these principles, such as: The Roll Up, The Roll Over, and the Teaser.

Student Performance Objectives: Demonstrate the Pilates exercises presented in class. Discuss how these exercises help develop the

Pilates Principles of Concentration, Control, and Centering.

6 - 12 Hours:

Content: Warm up. Continue working on a modified basic mat routine which helps develop core awareness, physical alignment, and

form. Review for final, including the requirements for the self-reflection paper.

Student Performance Objectives: Participate in class workouts. Apply the Pilates Principles and Pilates exercises into a basic mat routine.

2 Hours:

Final

METHODS OF INSTRUCTION:

demonstration, multi-media, guided practice

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours:

Assignment Description: As this is a lab class no out of class assignments are required.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 10.00 %

Percent range of total grade: 10 % to 20 % Other: journaling, written self assessment

Skill demonstrations

Percent of total grade: 30.00 %

Percent range of total grade: 10 % to 30 % Demonstration Exams

Objective examinations

Percent of total grade: 10.00 %

Percent range of total grade: 10 % to 20 % Multiple Choice; True/False

Other methods of evaluation

Percent of total grade: 50.00 %

Percent range of total grade: 50 % to 70 % Requires student participation.

REPRESENTATIVE TEXTBOOKS:

Recommended Representative Textbooks

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 201570

CSU GE:

CSU E, effective 201570

CSU E1, effective 201370

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201570

UC TRANSFER:

Transferable UC, effective 201570

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 70A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 1

Minimum Hours: .5

Course Control Number: CCC000536786

Sports/Physical Education Course: Y

Taxonomy of Program: 127000