

Course Outline

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

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

SHORT TITLE: PILATES - LEVEL 2

LONG TITLE: Pilates - Level 2

<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 strength, stamina, and flexibility. 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 LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

1. Explain the Pilates Principles of Fluidity, Precision, and Breath.

Measure of assessment: class discussion, exam

Year assessed, or planned year of assessment: 2018

Semester: Fall

2. Demonstrate four (4) flexibility, four (4) strengthening, and four (4) stability movements while executing proper breathing techniques specific to Pilates.

Measure of assessment: demonstration, observation

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. Review of Pilates principles and exercises presented in Level 1. Introduce the Pilates Principle of Precision and present a variety of Pilates exercises that help develop that principle.

Student Performance Objectives: Explain the Pilates Principle of Precision. Demonstrate a series of exercises that utilize that principle. Discuss and perform the Pilates principles and exercises presented in Level 1.

3 - 6 Hours:

Content: Warm up. Presentation on the Pilates Principle of Breath. Introduce Pilates breathing exercises. Incorporate the Pilates Principles of Precision and Breath into a variety of Pilates exercises.

Student Performance Objectives: Discuss the Pilates Principle of Breath. Demonstrate proper breathing techniques as it relates to Pilates. Participate in class activities.

4.5 - 9 Hours:

Content: Warm up. Introduce the Pilates Principle of Fluidity. Presentation on the Pilates exercises that incorporate the Principle of Fluidity. Incorporate the Pilates Principles of Breath and Fluidity into a variety of Pilates exercises.

Student Performance Objectives: Discuss the Pilates Principle of Fluidity and demonstrate Pilates exercises which incorporate that principle. Perform a variety of Pilates exercises which utilize both the Principles of Breath and Fluidity.

4.5 - 9 Hours:

Content: Warm up. Introduce Pilates exercises that incorporate the Principles of Precision, Breath, and Fluidity. This could include:

Rolling-like-a-Ball, Open-Leg Rocker, Prone Hold, and Seal. These exercises will develop strength, stamina, and flexibility.

Student Performance Objectives: Perform a variety of Pilates exercises that incorporate the Pilates Principles of Precision, Breath, and Fluidity.

4.5 - 9 Hours:

Content: Warm up. Continue working on the three (3) Pilates Principles of Precision, Breath, and Fluidity. Introduce additional Pilates exercises which help develop these principles, such as: Double Straight-Leg Stretch and Darts.

Student Performance Objectives: Participate in class workouts. Demonstrate the new Pilates exercises presented in class. Discuss how these exercises help develop the Pilates Principles of Precision, Breath, and Fluidity.

6 - 12 Hours:

Content: Warm up. Continue to build on the mat routine by incorporating Pilates exercises that help develop strength, stamina, and flexibility into a mat sequence. Review for final, including the requirements for the self-reflection paper.

Student Performance Objectives: Participate in class workouts, moving more quickly between exercises with fewer rests. Apply the three (3) Principles of Pilates presented in class and a variety of Pilates exercises into a mat sequence.

2 Hours:

Final

METHODS OF INSTRUCTION:

demonstration, multi-media, guided practice

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 %

REPRESENTATIVE TEXTBOOKS:

Recommended Representative Textbooks

No textbook required. Handouts will be provided as needed.

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: 70B

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: CCC000536787

Sports/Physical Education Course: Y

Taxonomy of Program: 127000