Course Outline

COURSE: KIN 70C  DIVISION: 40  ALSO LISTED AS: KIN 70  PE 70
TERM EFFECTIVE: Spring 2018  CURRICULUM APPROVAL DATE: 11/13/2017

SHORT TITLE: PILATES - LEVEL 3
LONG TITLE: Pilates - Level 3

<table>
<thead>
<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<tr>
<td>.5 OR 1</td>
<td>18</td>
<td>Lecture: 0</td>
<td>Lecture: 0</td>
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<tr>
<td>Lab:</td>
<td>1.5 OR 3</td>
<td>Lab: 27 OR 54</td>
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<td>Other:</td>
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<tr>
<td>Total:</td>
<td>1.5 OR 3</td>
<td>Total: 27 OR 54</td>
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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 performing all thirty-four (34) exercises in the complete Pilates mat routine. 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

STUDENT LEARNING OUTCOMES:

1. Apply the six (6) Pilates principles while performing the thirty-four (34) exercises in the complete Pilates 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: 11/13/2017

3 - 6 Hours:
Content: Orientation of course requirements. Complete individual assessments. Review of Pilates principles and exercises presented in Level 2.
Student Performance Objectives: Participate in class activities. Discuss and perform the Pilates principles and exercises presented in Level 2.

3 - 6 Hours:
Content: Warm up. Continue to build strength, stamina, and flexibility by incorporating all six Pilates principles into full execution of the basic mat exercises.
Student Performance Objectives: Incorporate all six Pilates principles into a series of basic mat exercises. Participate in class workouts.

4.5 - 9 Hours:
Content: Warm up. Continue to work on a variety of Pilates principles and Pilates exercises. The students will be encouraged to develop progressions of more challenging variations of the exercises.
Student Performance Objectives: Perform more challenging progressions and variations of the Pilates exercises. Execute the skills presented in class.

4.5 - 9 Hours:
Content: Warm up. Continue to build on the mat routine by incorporating additional Pilates exercises, such as: Swan Dive, Jack-Knife, Hip Circles, and Cross Extensions. These exercises will continue to build the student's strength, stamina, and flexibility.
Student Performance Objectives: Perform the new Pilates exercises presented in class. Utilize all six Pilates principles with these new exercises.

4.5 - 9 Hours:
Content: Warm up. Introduce additional more challenging Pilates exercises, such as: Corkscrew, Shoulder Bridge with Kick, and Pushups. Provide opportunities for students to incorporate them into more challenging mat routines.
Student Performance Objectives: Demonstrate the new Pilates exercises presented and incorporate them into more challenging mat routines.

6 - 12 Hours:
Content: Warm up. Continue to work on incorporating all six Pilates principles into a full execution of a mat routine. Work on performing all thirty-four (34) exercises in the complete Pilates mat routine. Review for final, including the requirements for the self-reflection paper.
Student Performance Objectives: Incorporate all six Pilates principles while performing increasingly challenging mat routines. Participate in class workouts.

2 Hours:

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 %

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: 70C
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: CCC000536788
Sports/Physical Education Course: Y
Taxonomy of Program: 127000

12/4/2017