

Course Outline

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

TERM EFFECTIVE: Fall 2011 **Inactive Course**

SHORT TITLE: PILATES

LONG TITLE: Pilates

<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 flexibility and strength for the total body through a series of controlled movements. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. This course is now listed as Kinesiology 70, effective Fall 2011.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

P - Pass/No Pass

REPEATABILITY: R - Course may be repeated

Maximum of 3 times

SCHEDULE TYPES:

04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. The student will demonstrate 4 flexibility and 4 strengthening movements.

Measure: Performance based, pre/post testing

ILO: 7, 2, 6

GE-LO: E1, A1

2. The student will demonstrate 2 stability movements.

Measure: Performance based, pre/post testing

ILO: 7, 2, 6

GE-LO: E1, A1

3. The student will execute proper breathing techniques specific to Pilates.

Measure: Observation, Demonstration

ILO: 7, 6

GE-LO: E1, A1

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

Inactive Course: 11/08/2010

This course is now listed as Kinesiology 70, effective Fall 2011.

Curriculum Approval Date: 11/23/2009

3 - 6 Hours

Orientation of course requirements. Complete individual flexibility, strength, and balance assessment. Class workouts. Continue pre-testing as needed. Introduce breathing exercises.

SPO: Students will participate in pre-testing. They will demonstrate proper breathing techniques as it relates to Pilates. They will execute the skills presented in class.

3 - 6 Hours

Warm up. Demonstration of posture awareness and pelvic stability exercises. Continue exercises from previous week(s). Introduce spinal mobility movements designed to strengthen the back, gluteals, and hips.

SPO: Students will demonstrate a progression of movements designed to maintain a neutral pelvis position and develop abdominal and shoulder stability for postural endurance. They will participate in class workouts.

4.5 - 9 Hours

Warm up. Presentation on abdominal warm up and abdominal strengthening movements. Review movements learned to date. Introduce spinal rotation.

SPO: Students will demonstrate 2 abdominal strengthening exercises. They will execute pelvic and shoulder stability for postural endurance.

4.5 - 9 Hours

Warm up. Presentation on side stability and exercises to strengthen the side, hip, and inside thigh muscles. Continue exercises from previous weeks. Add scapula stability and back strengthening exercises.

SPO: Students will participate in class workouts. They will demonstrate the new side, hip, and inside thigh muscle exercises and perform two scapula stability and back strengthening exercises.

4.5 - 9 Hours

Warm up. Review movements covered to date. Incorporate additional stretches used to improve flexibility.

SPO: Students will demonstrate two different flexibility exercises. They will participate in class workouts.

6 - 12 Hours

Warm up. Integrate full body challenges. Complete individual flexibility, strength, and balance assessment (post-testing).

SPO: Students will apply the various movements into a total body workout. They will participate in post-testing.

2 Hours

Final.

SPO: Students will complete their self-reflection and personal assessment of progress written assignment.

Note:

Students who repeat the class will have the opportunity to improve their flexibility, strength, and balance. The student's skills or proficiencies will be enhanced by supervised repetition and practice.

METHODS OF INSTRUCTION:

Demonstration, video, guided practice

METHODS OF EVALUATION:

The types of writing assignments required:

Other: Journaling, written self assessment

The problem-solving assignments required:

None

The types of skill demonstrations required:

Performance exams

Other: Pre and Post Training

The types of objective examinations used in the course:

None

Other category:

Requires student participation

The basis for assigning students grades in the course:

Writing assignments: 5% - 10%

Problem-solving demonstrations: 0% - 0%

Skill demonstrations: 30% - 40%

Objective examinations: 0% - 0%

Other methods of evaluation: 50% - 60%

REPRESENTATIVE TEXTBOOKS:

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

GAV E1, effective 200530

CSU GE:

CSU E1, effective 200530

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200530

UC TRANSFER:

Transferable UC, effective 200530

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

CSU Crosswalk Course Number: 70

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000031265

Sports/Physical Education Course: Y

Taxonomy of Program: 083500