

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2021                      **CURRICULUM APPROVAL DATE:** 3/08/2022

**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 LAB-LEH 0.65

**STUDENT LEARNING OUTCOMES:**

By the end of this course, a student should:

1. Explain the Pilates Principles of Concentration, Control, and Centering.
2. Perform the seven (7) Pilates exercises that are utilized in the modified basic mat routine.

**COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Perform and Execute basic level 1 Pilates floor and mat exercises within an exercise class.
2. Apply the Principles of Pilates into a basic mat routine.

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

Curriculum Approval Date:3/08/2022

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.

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.

4 - 10 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.

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.

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.

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.

2 Hours:

Final.

**METHODS OF INSTRUCTION:**

demonstration, multi-media, guided practice

**METHODS OF EVALUATION:**

Writing assignments

Evaluation Percent 10

Evaluation Description

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

Skill demonstrations

Evaluation Percent 30

Evaluation Description

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

Objective examinations

Evaluation Percent 10

Evaluation Description

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

Other methods of evaluation

Evaluation Percent 50

Evaluation Description

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

**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:

CSU Crosswalk Course Number:

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: CCC000536786

Sports/Physical Education Course: Y

Taxonomy of Program: 127000