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

<table>
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<tr>
<th>Units</th>
<th>Number of Weeks</th>
<th>Type</th>
<th>Contact Hours/Week</th>
<th>Total Contact Hours</th>
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<td>18</td>
<td>Lecture:</td>
<td>0</td>
<td>0</td>
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<tr>
<td></td>
<td></td>
<td>Lab:</td>
<td>1.5 OR 3</td>
<td>27 OR 54</td>
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<td>Other:</td>
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<tr>
<td></td>
<td></td>
<td>Total:</td>
<td>1.5 OR 3</td>
<td>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 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

6/3/2020
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 exercises 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.
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