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

<table>
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<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>Lecture:</td>
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<td></td>
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<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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<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 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