

Course Outline

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

TERM EFFECTIVE: Fall 2021 **CURRICULUM APPROVAL DATE:** 03/09/2022

SHORT TITLE: PILATES - LEVEL 2

LONG TITLE: Pilates - Level 2

<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 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:

By the end of this course, a student should:

1. Explain the Pilates Principles of Fluidity, Precision, and Breath.
2. Demonstrate four (4) flexibility, four (4) strengthening, and four (4) stability movements while executing proper breathing techniques specific to Pilates.

COURSE OBJECTIVE:

By the end of this course, a student should:

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

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

Curriculum Approval Date: 03/09/2022

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.

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.

4 - 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.

4.5 - 10 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.

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.

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.

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 %

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: CCC000536787

Sports/Physical Education Course: Y

Taxonomy of Program: 127000