

**Course Outline**

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

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

**SHORT TITLE:** PILATES - LEVEL 3

**LONG TITLE:** Pilates - Level 3

<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 performing all thirty-four (34) exercises in the complete Pilates mat routine. 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. Apply the six (6) Pilates principles while performing the thirty-four (34) exercises in the complete Pilates mat routine.

## **COURSE OBJECTIVES:**

By the end of this course, a student should:

1. Discuss and perform the Pilates principles and exercises presented in Level 2.
2. Participate and incorporate all six Pilates principles into a series of mat exercises (level 1, 2 and 3).
3. Perform more challenging progressions and variations of the Pilates exercises. Execute the skills presented in class.

## **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. Review of Pilates principles and exercises presented in Level 2.

Student Performance Objectives: Participate in class activities. Discuss and perform the Pilates principles and exercises presented in Level 2.

3 - 6 Hours:

Content: Warm up. Continue to build strength, stamina, and flexibility by incorporating all six Pilates principles into full execution of the basic mat exercises.

Student Performance Objectives: Incorporate all six Pilates principles into a series of basic mat exercises. Participate in class workouts.

4.5 - 9 Hours:

Content: Warm up. Continue to work on a variety of Pilates principles and Pilates exercises. The students will be encouraged to

develop progressions of more challenging variations of the exercises.

Student Performance Objectives: Perform more challenging progressions and variations of the Pilates exercises. Execute the skills

presented in class.

4.5 - 9 Hours:

Content: Warm up. Continue to build on the mat routine by incorporating additional Pilates exercises, such as: Swan Dive, Jack-Knife, Hip Circles, and Cross Extensions. These exercises will continue to build the student's strength, stamina, and flexibility.

Student Performance Objectives: Perform the new Pilates exercises presented in class. Utilize all six Pilates principles with these new exercises.

4.5 - 9 Hours:

Content: Warm up. Introduce additional more challenging Pilates exercises, such as: Corkscrew, Shoulder Bridge with Kick, and Pushups. Provide opportunities for students to incorporate them into more challenging mat routines.

Student Performance Objectives: Demonstrate the new Pilates exercises presented and incorporate them into more challenging mat

routines.

6 - 12 Hours:

Content: Warm up. Continue to work on incorporating all six Pilates principles into a full execution of a mat routine. Work on performing all thirty-four (34) exercises in the complete Pilates mat routine. Review for final, including the requirements for the self-reflection paper.

Student Performance Objectives: Incorporate all six Pilates principles while performing increasingly challenging mat routines. Participate in class workouts.

2 Hours:  
Final Exam

**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: CCC000536788

Sports/Physical Education Course: Y

Taxonomy of Program: 127000