



## DANS 154B - Intermediate Pilates Course Outline

Approval Date: 12/14/2017

Effective Date: 08/01/2018

### SECTION A

**Unique ID Number** CCC000589906

**Discipline(s)** Dance  
Physical Education

**Division** Kinesiology & Athletics

**Subject Area** Dance

**Subject Code** DANS

**Course Number** 154B

**Course Title** Intermediate Pilates

**TOP Code/SAM Code** 1008.10 - Dance, Other\* / E - Non-Occupational

**Rationale for adding this course to the curriculum** cross-list with PHYE 154B

**Units** 1 – 1.5

**Cross List** PHYE 154 B - Intermediate Pilates Mat

**Typical Course Weeks** 18

### Total Instructional Hours

#### Contact Hours

**Lecture** 0.00  
to 0.00

**Lab** 0.00  
to 0.00

**Activity** 36.00  
to 54.00

**Work Experience** 0.00  
to 0.00

**Outside of Class Hours** 18.00  
to 27.00

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**Total Contact Hours** 36  
to 54

**Total Student Hours** 54  
to 81

**Open Entry/Open Exit** No

**Maximum Enrollment** 30

**Grading Option** Letter Grade or P/NP

**Distance Education Mode of Instruction** On-Campus

## SECTION B

### General Education Information:

## SECTION C

### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** Intermediate course based on the work of Joseph H. Pilates with an emphasis on exercises for improved body alignment, strength and flexibility. This course will include intermediate-level mat work using mats, rings and foam rollers. Students will create a personalized Pilates Mat session.

### Schedule Description

## SECTION D

### Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

## SECTION E

### Course Outline Information

#### 1. Student Learning Outcomes:

- A. Identify and describe Pilates Mat exercises.
- B. Create a personalized Pilates Mat exercise program for home practice.

#### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Demonstrate and describe the beginning and intermediate exercises.
- B. Describe the use of correct muscles for pelvic and spinal alignment, stability and overall movement control.
- C. Demonstrate application of Pilates principles and breathing techniques while performing Pilates Mat exercises.

D.

#### 3. Course Content

1. Discussion of the similarities of typical abdominal exercises versus abdominal exercises executed using the six Pilates principles and engaging the deep core muscles.

2. Basic biomechanical and anatomical terminology related to Pilates Mat exercise. Included but not limited to:

- a. Bones of the axial and appendicular skeleton,
- b. Muscles of the torso and limbs involved in Pilates exercises,
- c. The anatomy of breathing,
- d. Modifications for safety.

3. Discussion of how the use of the deeper core muscles enhances stability, mobility and agility and how core awareness can be applied to lifetime activities.

4. Intermediate exercises (Level 2 will incorporate all level 1 exercises at a higher level of demand for core control.)

- a. Spine Twist,
- b. Teaser prep, Teaser 1, Teaser, 2, Teaser 3,
- c. Corkscrew,
- d. Hip Circles,
- e. Neck Pull,
- f. Full Plank and Leg Pull-down,
- g. Leg Pull-up,
- h. The Rollover,
- i. Jackknife,
- j. Kneeling Side kicks,
- k. Seated Twist,
- l. Side Bend Twist,
- m. Bicycle,
- n. Shoulder Bridge variations
- o. Swan Dive and Rocking.

5. Creating a personalized at-home practice.

**4. Methods of Instruction:**

**Activity:** 1. Technique 2. Alignment assessment 3. Breathing technique

**Discussion:** 1. Technique 2. History 3. Safety 4. Somatic application of technique and principles

**Observation and Demonstration:** 1. Instructor 2. Peer

**Projects:** Individual exercise plan

**5. Methods of Evaluation:** Describe the general types of evaluations for this course and provide at least two, specific examples.

**Typical classroom assessment techniques**

Exams/Tests -- Exams for terminology, key principles, identification of specific exercises and modifications for safety.

Quizzes -- Take home quizzes on key concepts, breathing cues, general nutrition and safety concepts.

Research Projects -- Research text and other sources for creation of Pilates Mat at-home practice.

Group Projects -- Peer-led exercises

Class Participation -- 1. Exercise 2. Observation and 3. Evaluation

Home Work -- Take-home quizzes and personalized home practice assignment.

Final Class Performance -- 1. Student-led practice

Final Exam -- 1. Terminology / vocabulary 2. Technique 3. Principles

Letter Grade or P/NP

**6. Assignments:** State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Read Chapter Two: Posture and Movement Assessment.

Read Chapter Three: Application of the Pilates Method.

B. Writing Assignments

Written individualized program with goals, frequency, modifications, etc.

C. Other Assignments

Create a personalized at-home practice session.

**7. Required Materials**

**A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.**

Book #1:

Author: Angell, Harri

Title: Pilates for Living: Get stronger, fitter, and healthier for an active older life

Publisher: 978-1472947789

Date of Publication: 2018

Edition: 1

**B. Other required materials/supplies.**