

**I. CATALOG INFORMATION**A. Discipline: DANCEB. Subject Code and Number: DANC M19BC. Course Title: Conditioning for Dance: Pilates II

D. Credit Course units:

Units: 2Lecture Hours per week: 1Lab Hours per week : 3Variable Units : No

E. Student Learning Hours:

Lecture Hours:

Classroom hours: 17.5 - 17.5

Laboratory/Activity Hours:

Laboratory/Activity Hours 52.5 - 52.5**Total Combined Hours** in a 17.5 week term: 70 - 70

F. Non-Credit Course hours per week \_\_\_\_\_

G. May be taken a total of:  1  2  3  4 time(s) for creditH. Is the course co-designated (same as) another course: No  Yes 

If YES, designate course Subject Code &amp; Number: \_\_\_\_\_

I. Course Description:

Introduces and practices level II somatic work of Joseph H. Pilates for apparatus and mat. Develops further strength, and flexibility alignment using the Pilates principles: Control, Centering, Coordination, Precision, Flow and Dynamics as they apply to human movement and performance.

J. Entrance Skills

\*Prerequisite: No  Yes  Course(s)DANC M19A\*Corequisite: No  Yes  Course(s)

\_\_\_\_\_

Limitation on Enrollment: No  Yes 

\_\_\_\_\_

Recommended Preparation: No  Yes  Course(s)

\_\_\_\_\_

Other: No  Yes 

\_\_\_\_\_

## K. Other Catalog Information:

## II. COURSE OBJECTIVES

Upon successful completion of the course, a student will be able to:

		<b>Methods of evaluation will be consistent with, but not limited by, the following types or examples.</b>
1	identify and discuss anatomical positions and movements of the body.	Test, written assessment
2	demonstrate an improvement in body alignment, abdominal strength, pelvic stability, flexibility, and range of motion.	Performance assessment
3	perform and understand the beginning/level II techniques/of the mat and apparatus techniques: Reformer, High Barrel, Spine Corrector, Wunda Chair, Electric Chair and Tower.	Test, performance assessment, written assessment
4	perform and understand supplemental Pilates related equipment techniques: Magic Circle, Ped-O-Pul, hand weights, Jumping Board.	Performance assessment, exam, written assessment
5	embody the 6 Pilates principles in their beginning/intermediate Pilates work.	Performance assessment
6	identify the 6 primary muscles of the Powerhouse.	Written exam, test, discussion

## III. COURSE CONTENT

<b>Estimated %</b>	<b>Topic</b>	<b>Learning Outcomes</b>
<b>Lecture (must total 100%)</b>		
5.00%	Review and discuss the historical aspects of Joseph H. Pilates' method of teaching Pilates A. History B. Disciples 'methods C. Evolution and governing methods of practice: Body Arts and Science International (BASI) and Pilates Method Alliance (PMA)	2, 3, 4, 5, 6
5.00%	Related Somatic techniques and theories – Beginning/ Intermediate-level applications A. Mind and Body Correctives, Eastern and Western views on Body and Soul B. Effort graph – Dynamics – Active weight C. Shape graph – Shape change D. Shape flow/Shape flow support: Breath/Torso	1, 2

	<p>E. Modes of Shape Change: Directional Movement, Arc-Like, Spoke-like, Carving</p> <p>F. Barthelemy Fundamentals – Patterns of Total Body Connectivity</p> <p>G. Dimensions and Planes – Spatial Pulls</p>	
10.00%	<p>Basic Anatomy related to Pilates practice</p> <p>A. Vertebral Column</p> <p>B. Basic function of muscles</p> <p>C. Types of muscles: Voluntary/Involuntary</p> <p>D. Muscle activation: Concentric/Eccentric</p> <p>E. Anatomical position</p> <p>F. Anatomical Direction and Position: Superior/Inferior, Anterior/Posterior, Medial/Lateral, Proximal/Distal, Superficial/Deep</p> <p>G. Movements of the body: Flexion/Extension, Abduction/Adduction, Axial</p> <p>H. Primary muscles of the Powerhouse</p>	1, 2, 6
5.00%	<p>Laban theory and practice</p> <p>A. The 3 basic concepts of the body: Breathing, Powerhouse, Box of the body</p> <p>B. The 6 Pilates Principles: Control, Centering of Alignment, Coordination, Precision, Flow, Dynamics</p>	1, 2, 5, 6
30.00%	<p>Lecture Beginning level Mat work sequence and objectives</p> <p>A. The Hundreds</p> <p>B. Roll Up</p> <p>C. Leg Circles</p> <p>D. Rolling like a ball</p> <p>E. Series of 5: Single Leg Stretch, Double Leg Stretch, Single Straight Leg Stretch, Double Straight Leg Stretch, Criss/Cross</p> <p>F. Spine Stretch Forward</p> <p>G. Open Leg Rocker</p> <p>H. Saw</p> <p>I. Cobra Stretch</p> <p>J. Neck-Pull</p> <p>K. Side Kick Series</p> <p>L. Teaser</p> <p>M. Swimming</p> <p>N. Seal</p>	1, 2, 3, 4, 5, 6
30.00%	<p>Lecture Beginning level Reformer sequence and objectives</p> <p>A. Footwork</p> <p>B. The Hundreds</p> <p>C. Short Spine</p> <p>D. Coordination</p> <p>E. Stomach Massage</p> <p>F. Semi-Circle</p> <p>G. Long Box</p> <p>H. Short Box</p> <p>I. Long Stretch Series</p> <p>J. Leg Circles/Frog</p> <p>K. Knee Stretches</p> <p>L. Running</p> <p>M. Pelvic Lift</p> <p>N. Front Rowing</p> <p>O. Side Splits</p>	1, 2, 3, 4, 5, 6
15.00%	<p>Lecture: Introduction of the supplemental equipment sequence and their objectives</p> <p>A. Magic Circle</p> <p>B. Ped-O-Pul</p> <p>C. hand weights</p> <p>D. jumping Board</p>	1, 2, 3, 4, 5, 6

	E. Wunda Chair F. Spine Corrector G. High Barrel	
<b>Lab</b> (must total 100%)		
10.00%	Per lecture material Integrate related Somatic techniques and theories – Beginning/ Intermediate level applications A. Mind and Body Correctives, Eastern and Western views on Body and Soul B. Effort graph – Dynamics – Active weight C. Shape graph – Shape change D. Shape flow/Shape flow support: Breath/Torso E. Modes of Shape Change: Directional Movement, Arc- Like, Spoke- like, Carving F. Bartenieff Fundamentals – Patterns of Total Body Connectivity G. Dimensions and Planes – Spatial Pulls	1, 2, 6
10.00%	Per lecture material Integrate Laban theory into practice A. The 3 basic concepts of the body: Breathing, Powerhouse, Box of the body B. The 6 Pilates Principles: Control, Centering of Alignment, Coordination, Precision, Flow, Dynamics	1, 2, 3, 4, 5, 6
30.00%	Per lecture material Beginning level Mat work sequence and objectives The Hundreds A. Roll Up B. Leg Circles C. Rolling like a ball D. Series of 5: Single Leg Stretch, Double Leg Stretch, Single Straight Leg Stretch, Double Straight Leg Stretch, Criss/Cross E. Spine Stretch Forward F. Open Leg Rocker G. Saw H. Cobra Stretch I. Neck-Pull J. Side Kick Series K. Teaser L. Swimming M. Seal	1, 2, 3, 4, 5, 6
30.00%	Per lecture Material Beginning level Reformer sequence and objectives A. Footwork B. The Hundreds C. Short Spine D. Coordination E. Stomach Message F. Semi-Circle G. Long Box H. Short Box I. Long Stretch Series J. Leg Circles/Frog K. Knee Stretches L. Running M. Pelvic Lift N. Front Rowing O. Side Splits	1, 2, 3, 4, 5, 6
	Per Lecture Material Introduction of the supplemental equipment sequence and their objectives	

20.00%	A. Magic Circle B. Ped-O-Pul C. hand weights D. jumping Board E. Wunda Chair F. Spine Corrector G. High Barrel	1, 2, 3, 4, 5, 6
--------	--	---------------------

#### IV. TYPICAL ASSIGNMENTS

##### A. Writing assignments

Writing assignments are required. Possible assignments may include, but are not limited to:	
1	keep an observational journal.
2	report on the applications of the Pilates Method and the benefits to performance.
3	research the evolution of the various teaching methods currently in use and compare to the original techniques of Joseph Pilates.

##### B. Appropriate outside assignments

Appropriate outside assignments are required. Possible assignments may include, but are not limited to:	
1	attending a master class session in the classical Pilates technique.
2	observing and comparing/contrasting a local studio's class with the classical Pilates curriculum: Classical Pilates vs Balance Body, Stotts, BASI, etc.
3	interviewing or observe a master teacher.

##### C. Critical thinking assignments

Critical thinking assignments are required. Possible assignments may include, but are not limited to:	
1	create an exercise journal that discusses modification for specific apparatus when dealing with injuries to specific parts of the body: shoulder girdle, lower extremities, and spinal injuries.
2	identify and develop a routine/a Pilates regimen to strengthen/support a specific body region that needs strengthening: abdomen, thoracic region, lower extremities, and/or back extensors
3	compare and contrast the 6 basic principles of Pilates with Laban's Effort/Shape theories.

#### V. METHODS OF INSTRUCTION

Methods of instruction may include, but are not limited to:

- Distance Education – When any portion of class contact hours is replaced by distance education delivery mode (Complete DE Addendum, Section XV)
- Lecture/Discussion
- Laboratory/Activity
- Other (Specify) Master teachers/Master classes with lecture and lab work
- Optional Field Trips

Required Field Trips

**VI. METHODS OF EVALUATION**

Methods of evaluation may include, but are not limited to:

- |  |   |   |
|--|---|---|
| <input checked="" type="checkbox"/> Essay Exam | <input checked="" type="checkbox"/> Classroom Discussion    | <input checked="" type="checkbox"/> Skill Demonstration |
| <input type="checkbox"/> Problem Solving Exam  | <input checked="" type="checkbox"/> Reports/Papers/Journals | <input checked="" type="checkbox"/> Participation       |
| <input type="checkbox"/> Objective Exams       | <input checked="" type="checkbox"/> Projects                | <input checked="" type="checkbox"/> Other (specify)     |

Faculty to student discussion and assessment

Student will also self-assess and discuss outcomes with faculty

**VII. REPRESENTATIVE TEXTS AND OTHER COURSE MATERIALS**

Isacowitz, Rael, and Karen Clippinger. Pilates Anatomy. Human Kinetics, 2011.

Friedman, Phillip, and Gail Eisen. The Pilates Method of Physical and Mental Conditioning. Viking Studio, 2005.

Hackney, Peggy. Making Connections: Total Body Integration through Bartenieff Fundamentals. Roulledge, 2002.

Pilates, Joseph, and William John Miller.  
 The Complete Writings of Joseph H. Pilates; Return to Life Through Contrology and Your Health. The Authorized Editions.  
 Bainbridge Books, 2000.  
 (A classic in the field)

**VIII. STUDENT MATERIALS FEES**

No  Yes

**IX. PARALLEL COURSES**

<i>College</i>	<i>Course Number</i>	<i>Course Title</i>	<i>Units</i>
Mount San Antonio College	DNCE 42	Pilates II	0.5-1
Irvine Valley College	DNCE 51B	Pilates B	1
Canada College	FITM 335.2	Pilates II	1
Grossmont College	DANC 118B	Pilates II	1.5
San Joaquin Delta College	DANC 41B	Pilates II	1

**X. MINIMUM QUALIFICATIONS**

**Courses Requiring a Masters Degree:**  
 Master's degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelor's degree in any of the above AND master's degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent.

**XI. ARTICULATION INFORMATION**

A. Title V Course Classification:

1. This course is designed to be taken either:

- Pass/No Pass only (no letter grade possible); or
- Letter grade (P/NP possible at student option)

2. Degree status:

Either  Associate Degree Applicable; or  Non-associate Degree Applicable

B. Moorpark College General Education:

1. Do you recommend this course for inclusion on the Associate Degree General Education list?

Yes:  No:  If YES, what section(s)?

- A1 - Natural Sciences - Biological Science
- A2 - Natural Sciences - Physical Science
- B1 - Social and Behavioral Sciences - American History/Institutions
- B2 - Social and Behavioral Sciences - Other Social Behavioral Science
- C1 - Humanities - Fine or Performing Arts
- C2 - Humanities - Other Humanities
- D1 - Language and Rationality - English Composition
- D2 - Language and Rationality - Communication and Analytical Thinking
- E1 - Health/Physical Education
- E2 - PE or Dance
- F - Ethnic/Gender Studies

C. California State University(CSU) Articulation:

1. Do you recommend this course for transfer credit to CSU? Yes:  No:

2. If YES do you recommend this course for inclusion on the CSU General Education list?

Yes:  No:  If YES, which area(s)?

- |                             |                             |                             |                             |                             |                              |                                       |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------------|---------------------------------------|
| A1 <input type="checkbox"/> | A2 <input type="checkbox"/> | A3 <input type="checkbox"/> | B1 <input type="checkbox"/> | B2 <input type="checkbox"/> | B3 <input type="checkbox"/>  | B4 <input type="checkbox"/>           |
| C1 <input type="checkbox"/> | C2 <input type="checkbox"/> | D1 <input type="checkbox"/> | D2 <input type="checkbox"/> | D3 <input type="checkbox"/> | D4 <input type="checkbox"/>  | D5 <input type="checkbox"/>           |
| <input type="checkbox"/>    | D6 <input type="checkbox"/> | D7 <input type="checkbox"/> | D8 <input type="checkbox"/> | D9 <input type="checkbox"/> | D10 <input type="checkbox"/> | E <input checked="" type="checkbox"/> |

D. University of California (UC) Articulation:

1. Do you recommend this course for transfer to the UC? Yes:  No:

2. If YES do you recommend this course for the Intersegmental General Education Transfer Curriculum (IGETC)? Yes:  No:

IGETC Area 1: English Communication

- English Composition
- Critical Thinking-English Composition
- Oral Communication

IGETC Area 2: Mathematical Concepts and Quantitative Reasoning

- Mathematical Concepts

IGETC Area 3: Arts and Humanities

- Arts
- Humanities

IGETC Area 4: Social and Behavioral Sciences

- Anthropology and Archaeology
- Economics
- Ethnic Studies
- Gender Studies
- Geography
- History
- Interdisciplinary, Social & Behavioral Sciences
- Political Science, Government & Legal Institutions
- Psychology
- Sociology & Criminology

IGETC Area 5: Physical and Biological Sciences (mark all that apply)

- Physical Science Lab or Physical Science Lab only (non-sequence)
- Physical Science Lecture only (non-sequence)
- Biological Science
- Physical Science Courses
- Physical Science Lab or Biological Science Lab Only (non-sequence)
- Biological Science Courses
- Biological Science Lab course
- First Science course in a Special sequence
- Second Science course in a Special Sequence
- Laboratory Activity
- Physical Sciences

IGETC Area 6: Language other than English

- Languages other than English (UC Requirement Only)
- U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)
- U.S. History, Constitution, and American Ideals (CSU



Requirement ONLY)

**XII. REVIEW OF LIBRARY RESOURCES**

- A. What planned assignment(s) will require library resources and use?

The following assignments require library resources:

Research, using the Library's print and online resources, on such topics as the Pilates Method Alliance (PMA) standards and their applications in studio and physical therapy environments.

- B. Are the currently held library resources sufficient to support the course assignment?

YES:  NO:

If NO, please list additional library resources needed to support this course.

**XIII. PREREQUISITE AND/OR COREQUISITE JUSTIFICATION**

Requisite Justification for DANC M19A

- A. Sequential course within a discipline.

1. discuss the pertinent historical aspects of Joseph H. Pilates and the development of his somatic method.

2. define Laban Movement Analysis (LMA) somatic theories and its application to Pilates and performance.

3. identify the major components of the musculo-skeletal system as it pertains to Pilates technique and theory.

4. identify and define the Pilates principles of: Control, Centering, Coordination, Precision, Flow and Dynamics.

5. identify and define the three basic concepts of the body: Breathing, Powerhouse and Box of the Body.

6. demonstrate an improvement in body alignment, abdominal strength, pelvic stability, flexibility, and range of motion.

7. perform and understand the basic/level 1 techniques of the mat and apparatuses: Reformer, High Barrel, Spine corrector, Wunda chair and Tower.

8. perform and understand supplemental Pilates related equipment techniques: Magic Circle, Thera-bands, hand weights.

- B. Standard Prerequisite or Corequisite required by universities.

- C. Corequisite is linked to companion lecture course.

- D. Prerequisite or Corequisite is authorized by legal statute or regulation.  
Code Section: \_\_\_\_\_

- E. Prerequisite or Corequisite is necessary to protect the students' health and safety.
- F. Computation or communication skill is needed.
- G. Performance courses: Audition, portfolio, tryouts, etc. needed.

**XIV. WORKPLACE PREPARATION**

DANC M19B: Not Applicable

**XV. DISTANCE LEARNING COURSE OUTLINE ADDENDUM**

DANC M19B: Not Applicable

**XVI. GENERAL EDUCATION COURSE OUTLINE ADDENDUM**

**General Education Division of Learning** [check all applicable boxes]:

- Natural Sciences
  - Biological Science
  - Physical Science
- Social and Behavioral Sciences
  - American History/Institutions
  - Other Social Science
- Humanities
  - Fine or Performing Arts
  - Other Humanities
- Language and Rationality
  - English Composition
  - Communication and Analytical Thinking
- Health/Physical Education
- Ethnic/Women's Studies

**Check either Option 1 or Option 2**

- OPTION #1:** Moorpark College has already received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. Note: This option applies only to technical revisions and updated courses.
- OPTION #2:** Moorpark College has not received approval from the CSU and/or UC systems for this course to fulfill a GE requirement. This option applies to all new and substantively revised courses.

**XVII. STUDENT MATERIALS FEE ADDENDUM**

DANC M19B: Not Applicable

**XVIII. REPEATABILITY JUSTIFICATION TITLE 5, SECTION 55041**

DANC M19B: Not Applicable

**XIX. CURRICULUM APPROVAL**

Course Information:

Discipline: DANCE

Discipline Code and Number: DANC M19B

Course Revision Category: New Course

Course Proposed By:

Originating Faculty Robert Salas 02/07/2018

Faculty Peer: Sari Rawles 02/08/2018

Curriculum Rep: Robert Salas 02/08/2018

Department Chair: John Loprieno 05/08/2018

Division Dean: Jennifer Goetz 05/11/2018

Approved By:

Curriculum Chair: Jerry Mansfield 09/26/2018

Executive Vice President: \_\_\_\_\_

Articulation Officer: Letrisha Mai 09/18/2018

Librarian: Mary LaBarge 09/16/2018

Implementation Term and Year: Spring 2019

Approval Dates:

Approved by Moorpark College Curriculum Committee: 10/02/2018

Approved by Board of Trustees (if applicable): 11/13/2018

Approved by State (if applicable): 11/27/2018