

I. CATALOG INFORMATIONA. Discipline: DANCEB. Subject Code and Number: DANC M19CC. Course Title: Conditioning for Dance: Pilates III

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 & Number: _____

I. Course Description:

Presents level III somatic work of Joseph H. Pilates for apparatus and mat. Continues to develop strength and flexibility alignment using the Pilates principles. Introduces exercise modifications as a means for injury recuperation, strengthening and well-being.

J. Entrance Skills

*Prerequisite: No Yes Course(s)DANC M19B*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:

		Methods of evaluation will be consistent with, but not limited by, the following types or examples.
1	demonstrate an increase in body alignment, abdominal strength, pelvic stability, flexibility, and range of motion appropriate to level III Pilates technique.	Practical test, performance assessment
2	discuss Laban Movement Analysis (LMA) theory, Shape Flow and Shape Flow Support and its application to Pilates technique and practice.	Discussion, test, journal assignment
3	identify the schematics names and locations of the various apparatus and their set-up per exercise.	Test, journal assignment, discussion
4	demonstrate the Pilates principles of Control, Centering, Coordination, Precision, Flow and Dynamics as they apply to level III Pilates curriculum.	Test, performance assessment, journal assignment
5	perform and understand the intermediate/level III techniques of the mat and apparatus techniques: Reformer, High Barrel, Spine Corrector, Wunda Chair, Electric Chair and Tower.	Test, performance assessment, journal assignment
6	perform and understand supplemental Pilates modifications to existing exercises for therapeutic applications.	Test, performance assessment, journal assignment
7	list the related pre-Pilates techniques and props for therapeutic applications: theraband, tennis ball, towel.	Test, journal assignment, performance assessment
8	design an exercise routine that will support a common dance technique and/or a physical activity.	Test, journal assignment, written assignment, performance assessment

III. COURSE CONTENT

Estimated %	Topic	Learning Outcomes
Lecture (must total 100%)		
	Integrating the existing Pilates principles into the level III curriculum: 6	1, 2, 3, 4,

10.00%	principles of Pilates, Box of the Body, Powerhouse, Breathing	5, 6, 8
20.00%	<p>Lecture Intermediate level Mat work sequence and objectives</p> <ul style="list-style-type: none"> A. The Hundreds B. Roll Up C. Roll Over D. Leg Circles E. Rolling like a ball F. Series of 5: Single Leg Stretch, Double Leg Stretch, Single Straight Leg Stretch, Double Straight Leg Stretch, Criss/Cross G. Spine Stretch Forward H. Open Leg Rocker I. Corkscrew/Control J. Saw K. Swan Dive L. One Leg Kick M. Double Leg Kick N. Neck-Pull O. Jack Knife P. Side Kick Series <ul style="list-style-type: none"> Side Kicks Circles Point Up/Flex Down Bicycle Legs Lift/Lower Bottom Leg Circle Ronde de Jambe Q. Teaser (1, 2, 3) R. Can Can S. Swimming T. Seal 	1, 2, 4, 8
20.00%	<p>Lecture Intermediate level Reformer sequence and objectives</p> <ul style="list-style-type: none"> A. Footwork B. The Hundreds C. Short Spine D. Coordination E. Front Rowing: 3&4 <ul style="list-style-type: none"> Front Rowing: 5&6 F. Long Box <ul style="list-style-type: none"> Pulling the Straps The "T" Backstroke Teaser G. Short Box Series H. Long Box Series <ul style="list-style-type: none"> Arabesque ½ toe Arabesque Flat Foot Long Back Stretch I. Stomach Message Series J. Tendon Stretch K. Semi-Circle L. Chest Expansion M. Thigh Stretch N. Arm Circles O. Curls P. Corkscrew/Control Q. Long Spine R. Knee Stretch Series S. Running T. Pelvic Lift U. Side Splits 	1, 2, 3, 4, 5, 8

	<p>Front Splits Thigh Splits</p>	
15.00%	<p>Lecture on exercise modification for injuries of the lower and upper extremities</p> <ul style="list-style-type: none"> A. Pilates' primary focus on the Somatic as an inroad to healing and health B. Box of the Body and Powerhouse C. Breathing and Laban's Shape Flow Support D. Common injuries of the feet and ankle E. Common injuries of the knee F. Common injuries of the hips G. Common injuries of the back, shoulder and neck H. Modifications for mat work, reformer, wunda chair and Cadillac 	1, 2, 3, 4, 5, 6, 7, 8
35.00%	<p>Lecture: Level III supplemental equipment sequence and their objectives</p> <ul style="list-style-type: none"> A. Electric Chair <ul style="list-style-type: none"> 1. Arms: Front/Back 2. Side Pumping: One leg on demi pointe B. Wunda Chair <ul style="list-style-type: none"> 1. Mermaid Sitting 2. Horse Back 3. The Barby 4. Pull Up (One arm) 5. One Leg to Side Pull Up 6. Legs Pushing Down: Front, Side, Back Push Down with One Arm 7. Balance Control Front: With Rond de Jambe 8. Balance Control Side: With Circle of the leg 9. Jack Knife C. Cadillac (via towers) <ul style="list-style-type: none"> 1. Hip Stretch 2. Push Through on Stomach 3. Pull Ups with Trapeze Bar 4. Twist with Trapeze Bar 5. Side Leg Series <ul style="list-style-type: none"> Pull Down Side Passé Rond de Jambe Beats Side Legs 6. Arm Springs <ul style="list-style-type: none"> Chest Expansion Side Press Down with Breathing Bar Thigh Stretch Leg Stretch with Trapeze Bar <ul style="list-style-type: none"> Standing Kneeling Forward Stretch with Roll Down Bar 	1, 2, 3, 4, 5, 8
Lab (must total 100%)		
10.00%	<p>Per lecture material: integrating the existing Pilates principles into the level III curriculum: 6 principles of Pilates, Box of the Body, Powerhouse, Breathing.</p>	1, 2, 3, 4, 5, 8
	<p>Per lecture material Intermediate level Mat work sequence and objectives</p> <ul style="list-style-type: none"> A. The Hundreds B. Roll Up C. Roll Over 	

<p>25.00%</p>	<p>D. Leg Circles E. Rolling like a ball F. Series of 5: Single Leg Stretch, Double Leg Stretch, Single Straight Leg Stretch, Double Straight Leg Stretch, Criss/Cross G. Spine Stretch Forward H. Open Leg Rocker I. Corkscrew/Control J. Saw K. Swan Dive L. One Leg Kick M. Double Leg Kick N. Neck-Pull O. Jack Knife P. Side Kick Series Side Kicks Circles Point Up/Flex Down Bicycle Legs Lift/Lower Bottom Leg Circle Ronde de Jambe Q. Teaser (1, 2, 3) R. Can Can T. Seal</p>	<p>1, 2, 5, 8</p>
<p>25.00%</p>	<p>Per lecture material: Intermediate level Reformer sequence and objectives A. Footwork B. The Hundreds C. Short Spine D. Coordination E. Front Rowing: 3&4 Front Rowing: 5&6 F. Long Box Pulling the Straps The "T" Backstroke Teaser G. Short Box Series H. Long Stretch Series Arabesque ½ toe Arabesque Flat Foot Long Back Stretch I. Stomach Message Series J. Tendon Stretch K. Semi-Circle L. Chest Expansion M. Thigh Stretch N. Arm Circles O. Curls P. Corkscrew/Control Q. Long Spine R. Knee Stretch Series S. Running T. Pelvic Lift U. Side Splits V. Front Splits W. Thigh Splits</p>	<p>1, 2, 3, 4, 5, 8</p>
	<p>Per lecture material: Level III supplemental equipment sequence and their objectives A. Electric Chair</p>	

25.00%	<ul style="list-style-type: none"> 1. Arms: Front/Back 2. Side Pumping: One leg on demi pointe B. Wunda Chair <ul style="list-style-type: none"> 1. Mermaid Sitting 2. Horse Back 3. The Barby 4. Pull Up (One arm) 5. One Leg to Side Pull Up 6. Legs Pushing Down: Front, Side, Back 7. Push Down with One Arm 8. Balance Control Front: With Rond de Jambe 9. Balance Control Side: With Circle of the leg 10. Jack Knife C. Cadillac (via towers) <ul style="list-style-type: none"> 1. Hip Stretch 2. Push Through on Stomach 3. Pull Ups with Trapeze Bar 4. Twist with Trapeze Bar 5. Side Leg Series <ul style="list-style-type: none"> Pull Down Side Passe Rond de Jambe Beats Side Legs 6. Arm Springs <ul style="list-style-type: none"> Chest Expansion Side Press Down with Breathing Bar <ul style="list-style-type: none"> Thigh Stretch Leg Stretch with Trapeze Bar <ul style="list-style-type: none"> Standing Kneeling Forward Stretch with Roll Down Bar 	1, 2, 3, 4, 5, 8
15.00%	<p>Per lecture material: Exercise modification for injuries of the lower and upper extremities</p> <ul style="list-style-type: none"> A. Box of the Body and Powerhouse in relation to mat and apparatus sequences B. Breathing and Laban's Shape Flow Support in mat practice C. Common injuries of the feet and ankle; modifications to mat and apparatus sequences D. Common injuries of the knee: modifications to mat and apparatus sequences E. Common injuries of the hips: modifications to mat and apparatus sequences F. Common injuries of the back, shoulder and neck: modifications to mat and apparatus sequences 	1, 2, 3, 4, 5, 6, 7, 8

IV. TYPICAL ASSIGNMENTS

A. Writing assignments

Writing assignments are required. Possible assignments may include, but are not limited to:	
1	research the most common injuries sustained by dancers and athletes.
2	create a document that lists both the Classical Pilates techniques and what kind of modifications you would do for a specific injury.
3	research and compare and contrast the differences and similarities of Classical Pilates and a contemporary form of Pilates.

B. Appropriate outside assignments

--

Appropriate outside assignments are required. Possible assignments may include, but are not limited to:	
1	attend a master class session in the Classical Pilates technique.
2	visit a physical therapy office and observe Pilates techniques utilized by the physical therapy office.
3	interview a master teacher and discuss their use of modifications in their practice.

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 Pilates regimen to strengthen/support abdomen, thoracic region, lower extremities, and/or back extensors.

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) A master class/lecture with a professional in the industry
- 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) |

Give a presentation on Level III technique modifications for a specific kind of injury

VII. REPRESENTATIVE TEXTS AND OTHER COURSE MATERIALS

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

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

Hackney, Peggy. Making Connections: Total Body Integrations 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

College	Course Number	Course Title	Units
Los Angeles Mission College	KIN 347-3	Pilates Mat III	1
Mount San Antonio College	DNCE 43	Pilates III	0.5-1
San Joaquin Delta College	DANCE 41C	Pilates III	1
Orange Coast College	DANC A208	Pilates 3-4	1.5-3
Grossmont College	DANC 118C	Pilates III	1.5

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"/> |
| 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, how one develops a Pilates regimen for a particular physical condition suffered by a dancer.

- 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 M19B

- A. Sequential course within a discipline.

1. identify and discuss anatomical positions and movements of the body.

2. demonstrate an improvement in body alignment, abdominal strength, pelvic stability, flexibility, and range of motion.
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.
4. perform and understand supplemental Pilates related equipment techniques: Magic Circle, Ped-O-Pul, hand weights, Jumping Board.
5. embody the 6 Pilates principles in their beginning/intermediate Pilates work.
6. identify the 6 primary muscles of the Powerhouse.

- 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 M19C: Not Applicable

XV. DISTANCE LEARNING COURSE OUTLINE ADDENDUM

DANC M19C: 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 M19C: Not Applicable

XVIII. REPEATABILITY JUSTIFICATION TITLE 5, SECTION 55041

DANC M19C: Not Applicable

XIX. CURRICULUM APPROVAL

Course Information:

Discipline: DANCE

Discipline Code and Number: DANC M19C

Course Revision Category: New Course

Course Proposed By:

Originating Faculty Robert Salas 05/02/2018

Faculty Peer: Sari Rawles 05/03/2018

Curriculum Rep: Robert Salas 08/21/2018

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 09/19/2018

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