

KIN M50: PILATES MAT

Originator

vmanakas

College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M50

Course Title (CB02)

Pilates Mat

Banner/Short Title

Pilates Mat

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M16

Catalog Course Description

Introduces the study and practice of Pilates, a conditioning program based on the teachings of Joseph H. Pilates. Emphasizes activities designed to correct muscular imbalances and improve body alignment by incorporating strength, flexibility, and relaxation techniques. Integrates controlled body movement, mental focus, and breathing techniques, to enhance postural symmetry, core stabilization, and joint mobility.

Additional Catalog Notes

Credit Limitation: UC - Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses.

Taxonomy of Programs (TOP) Code (CB03)

0835.00 - Physical Education

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours**Carnegie Unit Override**

No

In-Class**Lecture****Activity****Laboratory****Minimum Contact/In-Class Laboratory Hours**

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class

Total Outside-of-Class

Total Student Learning

Total Student Learning

Total Minimum Student Learning Hours

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Student Learning Outcomes (CSLOs)**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|--|
| 1 | apply the theoretical and scientific health benefits and practical applications of Pilates principles. |
| 2 | demonstrate appropriate breathing techniques throughout an entire Pilates regimen. |

Course Objectives**Upon satisfactory completion of the course, students will be able to:**

- | | |
|---|---|
| 1 | describe the historical origins and cultural evolution of the Pilates method of conditioning. |
| 2 | recognize and identify basic terminology and apply integral principles of the Pilates technique to movement. |
| 3 | develop and enhance kinesthetic awareness, mind-body connectivity, neuromuscular conditioning, and stress reduction via practice of the Pilates method. |
| 4 | demonstrate proper breathing, body alignment, balance, and coordination while performing the movements. |
| 5 | identify and define the core topics in the field of kinesiology as they apply to Pilates. |

Course Content**Lecture/Course Content**

NA

Laboratory or Activity Content

1. (2%) Introduction to the history and cultural development of the Pilates method
2. (4%) Discuss being mindful of integrating the six Pilates principles to support the exercises
3. (20%) Apply the concepts of awareness, balance, overload, progression, breath, concentration, centering, control, efficiency, flow, precision, and harmony while performing the Pilates exercises
4. (20%) Perform and practice fundamental principles, positions, spinal articulations, movement patterns, and specific choreography of the Pilates method
5. (20%) Practice abdominal and hip work, stretches, and arm and leg work with full body integration to experience the psychological and physiological benefits of a regular Pilates practice

6. (12%) **Integrate the standing method and/or props to the Pilates exercises.**
7. (12%) **Develop and refine specific skills, techniques, movement patterns, variations, transitions, and progressions to develop intermediate and advanced skills**
8. (4%) **Exploration and analysis of movement patterns in static and dynamic positions**
9. (6%) **Discuss basic concepts of nutrition, healthy eating behavior, body image, stress management, weight management, metabolic energy systems, lifelong fitness and enhanced well-being**

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
Skills demonstrations
Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
Essay exams
Individual projects
Journals
Objective exams
Projects
Participation
Portfolios
Quizzes
Reports/Papers/Journals
Skills demonstrations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
Class activities
Class discussions
Distance Education
Demonstrations
Group discussions
Internet research
Lecture
Small group activities

Describe specific examples of the methods the instructor will use:

1. Verbal explanation of concepts and application to skills.
2. Visual demonstrations of physical skills, supplemented with verbal and or physical cues for various actions, muscle activation, body sensations, and mental awareness.
3. Verbal cueing to direct exercises and provide feedback to the whole group or individuals without the presence of visual demonstrations.

Representative Course Assignments

Writing Assignments

1. Keep a journal or track personal progress, including desired outcomes and personal action plan designed to achieve goals, through Pilates.
2. Research a paper and/or outline for a presentation of special topics related to the Pilates method.
3. Write a personal response to and/or analysis of specific movement tasks and lesson content.
4. Complete quizzes and/or worksheets assessing comprehension of concepts introduced in this course.

Critical Thinking Assignments

1. Evaluate current publications (books, videos, periodical articles, etc.), scientific research, and Internet resources related to course content.
2. Compare and contrast various Pilates techniques, videos, books, and demonstrations.
3. Compare and contrast the psychological and physiological health benefits of Pilates activities.

4. Analyze movement patterns in static and dynamic positions in relation to the application of specific Pilates exercises for improving various conditions.

Reading Assignments

1. Read printed educational supplements, or the electronic equivalent, provided through a web-based learning management system.
2. Review specific articles from the Internet or library resources having to do with topics such as modern versus classic Pilates.

Skills Demonstrations

1. Perform fundamental skills and progressions appropriate to individual skill and ability.
2. Perform the Pilates breathing technique in synchronization with one or more of the classic exercises.

Outside Assignments

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
CSU Chico	KINE 171	Mat Pilates	1
Cal Poly San Luis Obispo	DANC 130	Pilates and Conditioning Fundamentals Method	2
CSU Long Beach	KIN 198J	Mat Pilates Level I	1
CSU Fresno	KAC 198J	Mat Pilates Level I	1
Humboldt State Univ.	PE 253	Pilates	1
San Jose State Univ.	KIN 30	Pilates	1

Comparable Courses within the VCCCD

KIN V74A - Core Balance and Fitness
PE R108 - Pilates Mat

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

E2. Physical Education

Approved

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

S'2003

CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

E Lifelong Learning and Self-Development
Approved

Area F: Ethnic Studies

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

UC TCA

UC TCA
Approved

IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

Textbooks and Lab Manuals

Resource Type
Textbook

Classic Textbook
No

Description
Pilates, Joseph H., Judd Robbin, and Lin Van Heuit-Robbins. *Pilates Evolution - The 21st Century*. Presentation Dynamics, 2012.

Resource Type
Textbook

Classic Textbook
Yes

Description
Isacowitz, Rael, and Karen Sue Clippinger. *Pilates Anatomy*. 2nd ed., Human Kinetics, 2019.

Resource Type

Textbook

Classic Textbook

No

Description

Osar, Evan, and Marylee Bussard. *Functional Anatomy of the Pilates Core: An Illustrated Guide to a Safe and Effective Core Training Program*. North Atlantic Books, 2016.

Resource Type

Websites

Description

dotFIT: <http://www.dotfit.com>

Description: a site with referenced articles, videos, and podcasts concerned with fitness and nutrition.

Resource Type

Websites

Description

United States Dept. of Agriculture: <https://www.usda.gov/topics/food-and-nutrition>.

Description: The site provided trust-worthy information on food and nutrition as well as food health and safety.

Library Resources**Assignments requiring library resources**

Acquire background information on topics relevant to the course by reading current articles in health and fitness periodicals located through the Library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Research, using articles from the Internet and online Library resources, the contrast between modern versus classic Pilates.

Distance Education Addendum**Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.
E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
Face to Face (by student request; cannot be required)	Labs will be face to face with practical (identification) quizzes and exams. Lab time will offer student-student interaction and time to ask question of the instructor.
Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.

Hybrid (51%–99% online) Modality:

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Other DE (e.g., recorded lectures)	Recorded lectures will provide students with the same experience as in a traditional lecture class. Online practice exams and quizzes will provide the opportunity for asynchronous review of material.

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	Regular Asynchronous discussion boards will be used to encourage discussion among students where they can compare and contrast/discuss /identify and analyze elements of course outcomes. Other Discussion boards will also be used for Q&A and general class discussion by students and instructor to facilitate student learning outcomes.

E-mail	Email, class announcements and tools such as “Message Students Who” and “Assignment Comments” in Canvas will be used to regularly communicate with all students to clarify class content, remind of upcoming assignments, and provide immediate feedback to students on coursework to facilitate student learning outcomes. Students will be given multiple ways to email instructor through Canvas inbox and faculty provided email account through their own canvas email and school email.
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Examinations

Hybrid (1%–50% online) Modality

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

PHYSICAL EDUCATION

Review and Approval Dates

Department Chair

9/30/2020

Dean

10/15/2020

Technical Review

10/29/2020

Curriculum Committee

11/3/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/23/2020

Control Number

CCC000524541

DOE/accreditation approval date

MM/DD/YYYY