Title: Pilates For Fitness

Catalog Description:
This course is designed for students who are interested in increasing their flexibility, strength, endurance, and coordination. The course will include mat work, using the principles of Pilates to focus on exercise to improve body alignment, strength, flexibility control and coordination. Students will also learn how each of the specific exercises will benefit their physical and mental health. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

Justification for Course:

Prerequisites:

Corequisites:

Advisories:

Assigned Disciplines:
Physical education

Material Fee:
Yes [ ] No [X] Amount: $0.00

Credit Status:
Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

Grading Policy:
Pass/No Pass [X] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

Open Entry/Open Exit:
Yes [ ] No [X]

Transfer Status:
CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

Basic Skills Status:
Yes [ ] No [X] Levels Below Transfer: Not Applicable

California Classification Codes:
Y - Not Applicable

Non Credit Course Category:
Y - Not applicable, Credit Course

Occupational (SAM) Code:
E

Repeatability According to State Guidelines:
No [X] Yes [ ] NUMBER REPEATS:

Required for Degree or Certificate:
No [ ] Yes [X]
Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development (Associate in Arts) Kinesiology (Associate in Arts for Transfer) Physical Education and Health (Associate in Arts)

GE and Transfer Requirements Met:
CSU GE Area E: Lifelong Understanding and Self-Development E2 - Activity Course

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:
1. demonstrate an understanding of proper form in poses.
2. combine his or her breathing rhythm with his or her body movements.
3. demonstrate an understanding of using posture and balance to increase core strength.

**COURSE OBJECTIVES:**
1. demonstrate an understanding of using posture, balance to increase core strength.
2. combine his/her breathing rhythm with his/her body movements.
3. demonstrate an understanding of proper form in poses

**COURSE CONTENT:**

**LECTURE CONTENT:**

I. Orientation  
   A. Introduction to Pilates for Fitness  
   B. Overview and demonstration of basic poses and movements.  
   C. Discussion of safety precautions

II. Foundation of Practice  
    A. Core Control; flat abdominals and a strong back  
    B. Elongate and strengthen the muscles  
    C. Combining components together to create an effective routine

III. Group exercise program  
     A. Use of systematic developed program  
     B. Evaluation of movements and variation of adapted movements  
     C. Modifications based on need or limitations

**LABORATORY CONTENT:**

I. Orientation  
   A. Introduction to Pilates for Fitness  
   B. Overview and demonstration of basic poses and movements.  
   C. Discussion of safety precautions

II. Foundation of Practice  
    A. Core Control; flat abdominals and a strong back  
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**METHODS OF INSTRUCTION:**

A. Lecture:  
B. Lab:  
C. Independent Study:

**INSTRUCTIONAL TECHNIQUES:**

**COURSE ASSIGNMENTS:**

- **Out-of-class Assignments**
  None listed.

- **Writing Assignments**
  The students will demonstrate and apply the use of specific poses to increase their flexibility and strength. Students will need to focus in order to find balance and control of their body.
METHODS OF STUDENT EVALUATION:
Final Exam
Written Assignments
Skills Demonstration

Demonstration of Critical Thinking:
Demonstration and application of skills needed to safely execute poses necessary to participate in the class. Students will also need to understand the function of the muscles in the body so they can adapt according to how their body is feeling.

Required Writing, Problem Solving, Skills Demonstration:
The students will demonstrate and apply the use of specific poses to increase their flexibility and strength. Students will need to focus in order to find balance and control of their body.

TEXTS, READINGS, AND RESOURCES:

TextBooks:

LIBRARY:
Adequate library resources include:

Comments:

Attachments:
[Attached Files]