

Course Outline of Record

1. Course Code: KINE-072
2.
 - a. Long Course Title: Pilates Mat Work
 - b. Short Course Title: PILATES MAT WORK
3.
 - a. Catalog Course Description:
 This course is designed for individuals who would like to increase their body/mind connection during movement. Students are introduced to the basic alignment and strength concepts of the body via basic mat exercises evolved from the techniques developed by Joseph H. Pilates. Students learn to move with strength, flexibility, and freedom, enabling a smooth transition to the more advanced level workouts where the emphasis of increasing stamina and endurance while mastering the intermediate level of exercises is taught. This is done with focus on control, centering, precision, flowing movements and breathing.
 - b. Class Schedule Course Description:
 This course is designed for individuals of all fitness levels who would like to increase their body/mind connection from the techniques developed by Joseph H. Pilates.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - KINESIOLOGY Associate in Arts for Transfer Degree (AA-T)
4. Total Units: 1.00 Total Semester Hrs: 36.00
 Lecture Units: 0.5 Semester Lecture Hrs: 9.00
 Lab Units: 0.5 Semester Lab Hrs: 27.00
 Class Size Maximum: 30 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:
Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm1-A)
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
 - a. Isacowitz, Rael (2011). *Pilates Anatomy* Human Kinetics Publisher. ISBN: 9780736083867
 College Level: Yes
 Flesch-Kincaid reading level: N/A
7. Entrance Skills: *Before entering the course students must be able:*
 - a. none

8. Course Content and Scope:

Lecture:

1. Warm-up exercises flexibility training
2. Origins of Joseph H. Pilates techniques
3. Evolution of theory
4. Introduction to basic anatomy
5. Focused breath work and visualization
6. Theraband and tube workout
7. Basic mat exercises, injury prevention and spinal care
8. Centering and postural analysis
9. Increased strength, stability and flexibility

- 10. Gait evaluation
- 11. Progressive programming to enhance muscular strength, endurance and core strength

Lab: *(if the "Lab Hours" is greater than zero this is required)*

- Warm-up exercises/flexibility training
- Specialized core strengthening exercises
- Prop workout
- Basic mat exercises, injury prevention and spinal care
- Hamstring, and lower back flexibility analysis
- Injury analysis and program development

9. Course Student Learning Outcomes:

1.
Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.
2.
Demonstrate an understanding of the relationship between fitness, nutrition and weight management.
3.
Identify those health habits associated with optimum wellness and physical well-being.
4.
Personal growth and development and the integration of mind/body/spirit connection.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Understand the importance of form, alignment and efficiency of movement
- b. Demonstrate the connection between breathing, posture, and alignment
- c. Develop increased mind/body interaction while focusing on correct form to prevent injury and rehabilitate prior injuries.

11. Methods of Instruction: *(Integration: Elements should validate parallel course outline elements)*

- a. Activity
- b. Discussion
- c. Individualized Study
- d. Lecture
- e. Participation
- f. Self-exploration
- g. Technology-based instruction

Other Methods:

Introduction to basic anatomy Assignments, BMI, Energy Balance Equation and THR, Calorie needs assessment

12. Assignments: *(List samples of specific activities/assignments students are expected to complete both in and outside of class.)*

In Class Hours: 36.00

Outside Class Hours: 18.00

a. In-class Assignments

1. Personal fitness testing
2. Partner and group evaluation
3. Personal individualized reflection

b. Out-of-class Assignments

1. Reading assignments with written reports

- 2. Research current and past pilates research
- 3. Keeping a journal of personal thoughts, impressions and observations of progress and challenges
- 4. Personal pilates program design

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- Written homework
- Critiques
- Self-paced testing
- Field/physical activity observations
- Presentations/student demonstration observations
- Self/peer assessment and portfolio evaluation
- Student participation/contribution

14. Methods of Evaluating: Additional Assessment Information:

- a. Written assignments (fitness journals, article critiques).
- b. Computation (training heart rate, basal metabolic rate, calorie charts, and overall fat, protein and carbohydrate readings.)
- c. Skill demonstrations.
- d. Multiple choice exams.
- e. Participation

15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Exhibit habits of intellectual exploration, personal responsibility, and well being.

IO - Personal and Professional Development

Demonstrate an understanding of ethical issues to make sound judgments and decisions.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

Yoga Mat

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

multipurpose room is too small for current class size

- 20. a. Cross-Listed Course (*Enter Course Code*): *N/A*
- b. Replacement Course (*Enter original Course Code*): PE-072

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000255044
- b. T.O.P. Code [CB03]: 83500.00 - Physical Education
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: A = Transfer to UC, CSU
- e. Basic Skills Status [CB08]: 2N = Not basic skills course
- f. Vocational Status [CB09]: Not Occupational
- g. Course Classification [CB11]: Y - Credit Course
- h. Special Class Status [CB13]: N - Not Special

KINE 072-Pilates Mat Work

- i. Course CAN Code [CB14]: N/A
- j. Course Prior to College Level [CB21]: Y = Not Applicable
- k. Course Noncredit Category [CB22]: Y - Not Applicable
- l. Funding Agency Category [CB23]: Y = Not Applicable
- m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): N/A

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 45

Third Year: 45

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

26. Additional Construction or Modification of Existing Classroom Space Needed. (*Explain:*)

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Wendy Ansley Origination Date 09/03/15