

# COLLEGE OF THE DESERT

Course Code KINE-073

## Course Outline of Record

1. Course Code: KINE-073
2. a. Long Course Title: Pilates for Dance  
b. Short Course Title: PILATES FOR DANCE
3. a. Catalog Course Description:

This course is designed to provide all students with an understanding of human body in motion as it learns and experiences the repertoire of the Pilates Method of body conditioning and dance. The course addresses anatomical and biomechanical principles as they apply to forms of movement.

b. Class Schedule Course Description:

This course is designed to provide all students with an understanding of human body in motion as it learns and experiences the repertoire of the Pilates Method of body conditioning and dance. The course addresses anatomical and biomechanical principles as they apply to forms of movement.

c. Semester Cycle (if applicable): N/A

d. Name of Approved Program(s):  
• FITNESS SPECIALIST
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 (CCForm I-A)*  
N/A
6. Textbooks, Required Reading or Software: (List in APA or MLA format.)
  - a. Pilates, Joseph H./ John Mill (1998). *Pilates Return to Life Thru Controlology for the 21st century* (1998/e). Presentation Dynamics. ISBN: 19496665030  
College Level: Yes  
Flesch-Kincaid reading level: 12
  - b. Teaching Pilates for Postural Faults & Injury, Jane Patterson  
Butterworth Heinemann  
ISBN 978 9 7506 5647 4
  - c. Pilates Anatomy  
Rael Isacowitz - Karen Clippinger  
Human Kinetics  
ISBN 978 0 7360 8368
7. Entrance Skills: *Before entering the course students must be able:*
  - a. none

8. Course Content and Scope:

Lecture:

1. Identify the spinal structure and core muscles
  - a. the skeletal system
  - b. the spine and essential elements of the spine including vertebrae and primary muscles
  - c. Identify the spinal structure and core muscles
2. Muscular analysis of upper and lower extremities
  - a. Description and functions of individual muscles of the shoulder complex
  - b. Description and functions of the of the upper and lower arms
  - c. Description and functions of the pelvic girdle and the hip muscles
  - d. Description and functinns of the individual knee and the lower leg muscle
  - e. Description and functions of individual muscles of the ankle and foot
- 3 Muscular analysis of upper and lower extremities
  - a. Description and functions of individual muscles of the shoulder complex
  - b. Description and functions of the of the upper and lower arms
  - c. Description and functions of the pelvic girdle and the hip muscles
  - d. Description and functinns of the individual knee and the lower leg muscle
  - e. Description and functions of individual muscles of the ankle and foot
4. Describe the principles of muscular and joint movement
  - a. Types of joints and their movement
  - b Types of muscles and their movement
  - c. Role of muscles in stability and movement
5. Examine and analyze
  - a. Correct body alignment
  - B. Recruitment of appropriate muscles and breath patterns
  - c. Precision in execution of exercises
  - d. Application of foundation principles to mat work
6. Examine and analyze movement in Pilates equipment work and exercises
  - a. Correct alignment
  - b. Recruitment of appropriate muscles and breath patterns
  - c. Appropriate selection of equipment for each exercise

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. Identify and define the Principles of Pilates
  - a. Breath
  - b. Concentration
  - c. Centering
  - d. Control
  - e. Precision
  - f. Flow

# KINE 073-Pilates for Dance

10. Course Objectives: *Upon completion of this course, students will be able to:*
- Understand the importance of form, alignment and efficiency of movement.
  - Demonstrate the connection between breathing, posture and alignment.
  - Develop increased mind/body interaction while focusing on correct form to prevent injury and rehabilitate prior injuries.
  - Identify the spinal structure and core muscles.
  - Muscular analysis of upper and lower extremities.
  - Describe the principles of muscular and joint movement.
  - Examine and analyze correct body alignment, recruitment of appropriate muscles and breath patterns.
  - Examine and analyze movement in Pilates equipment work (use of props, tubes, rings, bar).

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

- Discussion
- Experiential
- Individualized Study
- Lecture
- Participation
- Self-exploration

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.

b. Out-of-class Assignments

- Reading assignments with written reports
- Viewing current and past pilates fitness trends
- Keeping a journal of personal thoughts, impressions and observations of progress and challenges

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
- Group activity participation/observation
- Self/peer assessment and portfolio evaluation
- Student participation/contribution

14. Methods of Evaluating: Additional Assesment Information:

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**

17. Special Materials and/or Equipment Required of Students:

Yoga Mat

18. Materials Fees:  Required Material?

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

    multipurpose room is to small for current class size

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

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

22. MIS Course Data Elements

- a. Course Control Number [CB00]: CCC000554122
- b. T.O.P. Code [CB03]: 83500.00 - Physical Education
- c. Credit Status [CB04]: D - Credit - Degree Applicable
- d. Course Transfer Status [CB05]: B = Transfer 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
- 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*): FITNESS SPECIALIST

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

23. Enrollment - Estimate Enrollment

First Year: 30  
 Third Year: 30

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