

## **DANS 154B - Intermediate Pilates Course Outline**

**Approval Date:** 12/14/2017

**Effective Date:** 08/01/2018

### **SECTION A**

**Unique ID Number** CCC000589906

**Discipline(s)** Dance  
Physical Education

**Division** Kinesiology & Athletics

**Subject Area** Dance

**Subject Code** DANS

**Course Number** 154B

**Course Title** Intermediate Pilates

**TOP Code/SAM Code** 1008.10 - Dance, Other\* / E - Non-Occupational

**Rationale for adding this course to the curriculum** cross

## SECTION B

### General Education Information:

## SECTION C

### Course Description

**Repeatability** May be repeated 0 times

**Catalog Description** Intermediate course based on the work of Joseph H. Pilates with an emphasis on exercises for improved body alignment, strength and flexibility. This course will include intermediate-level mat work using mats, rings and foam rollers. Students will create a personalized Pilates Mat session.

### Schedule Description

## SECTION D

### Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

## SECTION E

### Course Outline Information

#### 1. Student Learning Outcomes:

- A. Identify and describe Pilates Mat exercises.
- B. Create a personalized Pilates Mat exercise program for home practice.

#### 2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Demonstrate and describe the beginning and intermediate exercises.
- B. Describe the use of correct muscles for pelvic and spinal alignment, stability and overall movement control.
- C. Demonstrate application of Pilates principles and breathing techniques while performing Pilates Mat exercises.

D.

#### 3. Course Content

1. Discussion of the similarities of typical abdominal exercises versus abdominal exercises executed using the six Pilates principles and engaging the deep core muscles.

2. Basic biomechanical and anatomical terminology related to Pilates Mat exercise. Included but not limited to:

- a. Bones of the axial and appendicular skeleton,
- b. Muscles of the torso and limbs involved in Pilates exercises,
- c. The anatomy of breathing,
- d. Modifications for safety.

3. Discussion of how the use of the deeper core muscles enhances stability, mobility and agility and how core awareness can be applied to lifetime activities.

4. Intermediate exercises (Level 2 will incorporate all level 1 exercises at a higher level of demand for core control.)

- a. Spine Twist,
- b. Teaser prep, Teaser 1, Teaser, 2, Teaser 3,
- c. Corkscrew,
- d. Hip Circles,
- e. Neck Pull,
- f. Full Plank and Leg Pull-down,
- g. Leg Pull-up,
- h. The Rollover,

