

## **KINE 154 - Mat Pilates Course Outline**

**Approval Date:** 02/13/2020

**Effective Date:** 08/14/2020

### **SECTION A**

**Unique ID Number** CCC000616690

**Discipline(s)** Dance  
Physical Education

**Division** Kinesiology & Athletics

**Subject Area** KINESIOLOGY

**Subject Code** KINE

**Course Number** 154

**Course Title** Mat Pilates

**SECTION B**

**General Education Information:**

**SECTION C**

**Course Description**

**Repeatability** May be repeated 0 times

**Catalog Description** Course will introduce students to the basic principles and mat exercise system developed by Joseph H. Pilates. Students will use mat exercises to develop strength, flexibility, balance, coordination and proper alignment.

**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**

- n. Plank,
- o. Single Leg Kick,
- p. Double Leg Kick,
- q. Swimming,

