

DANC A129: PILATES METHODOLOGY 1

Item	Value
Curriculum Committee Approval Date	12/04/2024
Top Code	083520 - Fitness Trainer
Units	1-2 Total Units
Hours	18-36 Total Hours (Lecture Hours 18-36)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

Designed for Pilates students to learn how to teach classes in Pilates Mat techniques for adults or teens in a variety of settings. This class covers assessment, goal setting, lesson plans, communication, cueing, precautions, safety and modifications for Pilates clients. ADVISORY: Intermediate to advanced level skills in Pilates techniques; This will be validated in class during the first week of the course. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Demonstrate teaching skills by safely teaching Pilates exercises and modifications for a beginning and intermediate level Pilates Mat class.
2. Create a written lesson plan with progressions for a Pilates Mat class.
3. Identify common problems and apply critical thinking skills by analyzing how to improve a client's performance of Mat exercises.

Course Objectives

- 1. Demonstrate correct use of basic movement principals and proper body alignment that are necessary to teach a Pilates Mat class.
- 2. Design and implement class lesson plans that demonstrate an awareness of progression and class level relating to Mat work.
- 3. Identify precautions and demonstrate modifications for clients.
- 4. Demonstrate effective communication required in teaching Mat exercises: clear demonstration, verbally cueing with an understanding of the benefits of the exercise.

Lecture Content

Lecture and discussion Philosophy of teaching Ethics and professionalism Body alignment Identifying client s level of exercise Pilates Mat terminology Observation and analysis Analysis of various teaching styles Cueing and progressions use of modifications Developing a lesson plan for Mat work Considerations of level, age of clients, length of class Choosing effective exercises

Lab Content

N/A

Method(s) of Instruction

- Lecture (02)

Instructional Techniques

Varied topics in Pilates methodology including philosophy, ethical professional standards, client assessment, goal setting, lesson plans, communications, cueing, precautions, and modifications for Pilates clients.

Reading Assignments

Readings as assigned.

Writing Assignments

Students will spend approximately 1-2 hour studying class notes and writing lesson plans.

Out-of-class Assignments

Students will spend approximately 1-2 hours a week reading their text and handouts.

Demonstration of Critical Thinking

Tests,problem solving exercises, written observations, and written lesson plans.

Required Writing, Problem Solving, Skills Demonstration

Class observation notes and analysis, written lesson plans, proficiency in understanding Pilates and Pilates based exercises, corrections and modifications for a Pilates Mat class.

Eligible Disciplines

Dance: Master's degree in dance, physical education with a dance emphasis, or theater with dance emphasis, OR bachelor's degree in any of the above AND master's degree in physical education, any life science, physiology, theater arts, kinesiology, humanities, performing arts, or music OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Lessen, Deborah. . The PMA Pilates Certification Exam Study Guide. , 2nd ed. Miami: Pilates Method Alliance, 2021 Rationale: - 2. Required Pilates, Joseph H. and William John Miller. Pilates Return to Life Through Contrology, ed. Incline Village: : Presentation Dynamics Inc, 2014 Rationale: Reference