

DANC A153: PILATES APPARATUS 2

Item	Value
Curriculum Committee Approval Date	03/19/2025
Top Code	083520 - Fitness Trainer
Units	1-2 Total Units
Hours	36-72 Total Hours (Lecture Hours 9-18; Lab Hours 27-54)
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)	<ul style="list-style-type: none"> • Area 3 Arts and Humanities 3B Active Participation (OC2) • Area 7 Life Skills, Lifelong Learning, and Self-Development 7B Activity (OE2)
Associate Science Local General Education (GE)	• Area 3A Arts (OSC1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E2 Activity Course (E2)

Course Description

An intermediate level course emphasizing alignment and correctives work based on exercises and concepts developed by Joseph H. Pilates using various apparatus. Focus is on improved body alignment, strength, flexibility, control, coordination, and breathing. ADVISORY: DANC A152 or equivalent skill level. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Identify the six main principles of Pilates and analyze their application to specific exercises on Reformer, Cadillac and Wunda chair.
2. Demonstrate an improvement in alignment and form while performing an appropriate level of Pilates exercises on various apparatus.

Course Objectives

- 1. Demonstrate appropriate level of skill on Reformer, Cadillac and Wunda chair.
- 2. Demonstrate the Pilates principle of ?control, centering, concentration, flow, breathing precision? applied to various apparatus exercises.
- 3. Demonstrate improved body alignment.
- 4. Demonstrate increased abdominal strength and pelvic stability.
- 5. Demonstrate increased range of motion and flexibility.
- 6. Demonstrate improved awareness of body coordination.

- 7. Identify in writing specific vocabulary and terminology used in this course.

Lecture Content

1. Requirements and procedures 2. Course objectives based on syllabus 3. Advanced vocabulary, movement and Pilates concepts 4. Use and care of Pilates Reformer and other apparatus 5. Assessment of individual conditioning level 6. Pilates exercises for warm-up and basic conditioning program 7. Intermediate level Pilates apparatus exercises and concepts for strengthening major muscle groups that increase in difficulty of body awareness, strength, and range of motion

Lab Content

1. Apparatus work, Reformer: A. Single leg footwork B Supine arm variations C. Abdominal series D. Stretching exercises lateral and hip E. Box work 2. Apparatus Work, Wunda Chair: A. Single leg footwork B. Push up series C. Standing leg pumps D. Hamstring/Pike series E. Lunge series 3. Apparatus work, Cadillac: A. Foot work with single leg B. Kneeling and standing arms C. Roll down and teaser D. Long spring series E. Side stretch and push through 4. Evaluation of skills 5. High intermediate level apparatus work, Reformer: A. Box work B. Long back C. Down stretch D. Up stretch E. Tendon stretch F. Spinal work 6. High intermediate work, Wunda Chair: A. Single leg pumps on ball of foot B. Hamstring series with rotation and arabesque C. Reverse swan D. Swan with single arm and leg work E. Side lunge and oblique twist 7. High intermediate work, Cadillac: A. Parakeet with single leg B. Teaser with rotation C. Around the world D. Standing arm series E. Swan F. Side-lying series with bicycles 8. Ongoing review of Pilates principles in relation to apparatus exercises

Method(s) of Instruction

- Lecture (02)
- Lab (04)

Instructional Techniques

Demonstration and lecture, individual, paired, and small group practice and peer feedback, video viewing, written journal work

Reading Assignments

Students will spend approximately 1-2 hours a week reading handouts and Chapters 1-12 in Pilates by Rael Isacowitz, articles in Pilates Style Magazine

Writing Assignments

Students will work on writing assignments for approximately 1 hour a week.

Out-of-class Assignments

Students will watch Pilates DVDs and practice skills learned in class for approximately 1 hour a week.

Demonstration of Critical Thinking

Attendance and participation, teacher observation, skill demonstration, written work

Required Writing, Problem Solving, Skills Demonstration

DVD critiques; self-evaluation and goals; written mid-term and final exam; skill demonstration

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 Isacowitz, R.. Pilates, Third ed. Champaign: Human Kinetics, 2022 Rationale: .

Other Resources

1. Selected material handouts will be provided and distributed by the instructor. 2. Video tapes and DVDs of Pilates master classes