

DANC A217: PILATES INTERNSHIP 2

| Item | Value |
|------------------------------------|---------------------------------|
| Curriculum Committee Approval Date | 11/02/2022 |
| Top Code | 083520 - Fitness Trainer |
| Units | 1 Total Units |
| Hours | 62 Total Hours (Other Hours 62) |
| 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) |

Course Description

A supervised internship related to classroom-based learning at a Pilates-related work site. Students will teach Pilates classes at one or more sites using lesson plans that they have developed. PREREQUISITE: DANC A215. ADVISORY: DANC A129 or DANC A153 or DANC A229. Recommendation: Ideally, the second level of internship should be taken after or at the same time as DANC A129 Pilates Methodology or concurrently with DANC A229 Pilates Methodology 2. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Demonstrate skills necessary for employment and accomplish written objectives at an internship site.
2. Demonstrate the ability to teach mat and apparatus classes.

Course Objectives

- 1. Research sites appropriate for personal teaching qualifications and goals.
- 2. Dress appropriately for internship site.
- 3. Interview at an internship site and present oneself professionally.
- 4. Follow employment policies of internship site.
- 5. Apply skills learned in the classroom under actual working conditions.
- 6. Write measurable learning objectives.
- 7. Evaluate accomplishment of learning objectives and effectiveness of internship site and program.
- 8. Keep a journal documenting teaching experiences.
- 9. Write lesson plans and then teach following the plans.
- 10. Write a self-evaluation detailing strengths and weaknesses and plan for future in the field.

Lecture Content

Career search skills Research 5 work sites Interview professionals and teachers Determine two sites that best match student skills and interests Planning and organization skills Write measurable learning objectives related to personal and internship site needs Write what is to

be accomplished, how it will be accomplished, how it will be evaluated and completion date Decide on an evaluation form that the intern will give to his/her students Arrange for site interview On-site interviewing skills Communication skills and ways to present personal strengths and goals matched with the site Complete paperwork (resume, letters, application) Arrange time for a follow up Employment skills Appropriate dress Knowledge of work place rules and regulations Knowledge of absence policies and adherence to policies Time management-within classroom and before and after class Safety concerns and protocols Understanding of supervisor's expectations Communication with supervisor and students Teaching skills Write lesson plans for classes Different skill levels Mat and apparatus Assist and teach Pilates/Dance Conditioning classes Keep a journal of classes taught Observations on student successes and challenges Observations on studio demands and environment

Method(s) of Instruction

- Work Experience (20)
- Directed/Independent Study (40)
- Field Experience (90)

Instructional Techniques

Lecture, discussion, critique (instructor/student), research

Reading Assignments

Readings as assigned.

Writing Assignments

Write measurable learning objectives Maintain record of internship experience and documentation of hours Write lesson plans for appropriate level and styles of classes Write an evaluation of internship experience Write a self-evaluation of accomplishment of objectives

Out-of-class Assignments

This internship is conducted off-site.

Demonstration of Critical Thinking

Evaluation of written measurable learning objectives related to personal and internship site needs Self-evaluation of accomplishment of objectives

Required Writing, Problem Solving, Skills Demonstration

Evaluation by supervisor

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.