

DANC A229: PILATES METHODOLOGY 2

Item	Value
Curriculum Committee Approval Date	02/12/2025
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)

Course Description

Designed for Pilates students to learn how to teach classes in Pilates Apparatus techniques for various age groups in a variety of settings. This class covers assessments, goal setting, lesson plans, communication, cueing, precautions, safety and modifications for Pilates Clients utilizing a variety of apparatus. ADVISORY: DANC A129 or Intermediate to advanced level skills in Pilates Mat and Apparatus techniques; This will be validated during the first week of the course. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Exhibit understanding of how to safely teach Pilates exercises and modifications for a beginning and intermediate level Pilates apparatus class.
2. Create a written lesson plan with progressions for a Pilates apparatus class, using the Reformer, Cadillac, Tower and Wunda or Combination Chair.
3. Identify common problems and show critical thinking skills by analyzing how to improve a client's performance of exercises on various Pilates apparatus.

Course Objectives

- 1. Identify the correct use of Basic Movement Principles and proper body alignment that are necessary to teach a Pilates apparatus class to a mixed level group of students.
- 2. Evaluate and assess a client's postural patterns, their specific needs and restrictions and create realistic goals for the client.
- 3. Understand the principles of Pilates by effectively designing an exercise program that warms up the body and achieves strength, flexibility, coordination and endurance.
- 4. Design and implement class lesson plans that demonstrate an awareness of progression and class level.
- 5. Display the ability to evaluate and modify a client's skills, experience, and mastery of material presented on various apparatus.
- 6. Identify safety precautions and modifications or advancements for clients on various apparatus.

- 7. Understand effective communication required in teaching on various apparatus with clear verbal cueing with an understanding of the benefits of the exercise and taking safety precautions with proper attention to springs and attachments.
- 8. Indicate comprehension of professionalism, including all proper business conduct, taking proper and accurate client notes, and best practices for emergencies.

Lecture Content

A. Lecture and discussion Principles of Pilates History of Pilates and the development of current advancements Philosophy of teaching Ethics and professionalism Body alignment and assessing postural patterns Evaluating client's level of exercise Establishing realistic goals for client's specific needs Teaching styles Names of parts of Pilates apparatus Safety precautions B. Field observation and analysis Observation and analysis of various teaching styles Cueing for various apparatus Exercise progressions, modifications, and safety for various apparatus C. Developing a lesson plan for Reformer, Cadillac, Tower, and Wunda or Combination Chair. Vocabulary of terms used in client assessment Considerations of level, age of clients, length of class Choosing effective exercises with progression and modification considerations

Lab Content

Method(s) of Instruction

- Lecture (02)

Instructional Techniques

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

Reading Assignments

Readings as assigned.

Writing Assignments

Students will spend approximately 1-2 hours on studying class notes, analysis, and writing lesson plans.

Out-of-class Assignments

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

Demonstration of Critical Thinking

Tests, problem solving exercise, 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 on various apparatus.

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