



KIN 45 - Pilates

Catalog Description

Transfer Status: CSU/UC

Unit(s): 1.50

Activity: 51.00 Contact hours/25.50 Out of class hours/76.50 Total hours/1.50 Unit(s)

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Course Description: This course introduces students to the fundamental skills of Pilates. Pilates is a mind-body form of exercise that enhances overall health and fitness. Students will learn the principles of Pilates and the basic and progressive Pilates movements. Emphasis will be placed on understanding the muscles that are used for specific movements and how to activate the muscles needed to properly perform these movements.

Objectives

Upon successful completion of this course, the student should be able to:

1. Identify and describe the fundamental Pilates principles.
2. Perform basic and progressive Pilates movements using a variety of exercise tools.
3. Demonstrate an increase in muscle strength, flexibility, and overall balance.
4. Identify and demonstrate proper posture and alignment to ensure safe movements and improve general mobility.
5. Explain the benefits of mind and body wellness through Pilates exercise.

Course Content

Topic Titles / Suggested Time Topic		
<u>Lecture/Activity</u>		
<u>Topics</u>	<u>Lec Hrs</u>	<u>Act Hrs</u>
Introduction to Pilates Fitness		2.00
Overview of the Eight Principles of Joseph Pilates Method		10.00
Review of Core Muscles	1.00	1.00
Mental Control over Physical Movements		2.00
Warm-up and Cool-down Movements		3.00
Stretch and Strength Training with Resistance Band		4.00
Strength Training with Hand Weights		4.00
Balance Training with Foam Roller		4.00
Balance Training with Stability Ball		4.00
Core Control Training with Stability Ball		4.00
Strength Training with Stability Ball		4.00
Basic and Progressive Mat Pilates Movements		6.00
Mat Work		2.00
Personal Exercise Fitness Design		1.00
Total Hours:	1.00	51.00

Methods of Instruction

- A. Collaborative Group Work
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete one hour of outside-of-class homework for every two hours of activity
- E. Multimedia Presentations

Methods of Evaluation

- A. Demonstration
- B. Journal
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read the eight principles set by Joseph Pilates. Create a one page outline describing how to utilize these principles to the movements and be prepared to discuss in class.
2. Read an article on the history of Pilates exercise and founder Joseph Pilates. Create a one page outline and be prepared to discuss in class.

Writing Assignments

1. Write a two page essay about your exercise history including your past success or inability to reach your fitness goals. Include your reason and understanding of how Pilates is different from other forms of exercise and how it will benefit your overall health and fitness.
2. Maintain a journal documenting your progress throughout the semester. Be sure to address your goals, concerns, progressions, and future maintenance for continued health.

Out-of-Class Assignments

1. Review a Pilates exercise video and write a two page essay describing the different techniques observed. Be sure to participate with the video and document your exercise outcomes based on the pros and cons of in person instructor feedback.
2. Participate in a non-Pilates class doing some movements with and without the eight Pilates principles and write a one page essay comparing the differences.

Recommended Materials of Instruction

Isacowitz, Rael. (2014). Pilates. *Human Kinetics*, 2nd.

Other Learning Materials

Athletic Apparel

Exercise Mat

Minimum Qualifications

Coaching

Physical Education (Masters Required)

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