

# PHED 20A: BEGINNING MAT PILATES

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Advisory:</b>	This course is included in the Flexibility & Stability family of activity courses.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Identify the principles and goals for beginning level Pilates exercises.
- Demonstrate proper technique and increasing expertise in Pilates exercises.

## Description

Beginning Pilates stresses the fundamentals and principles of the Pilates method. Traditional mat Pilates exercises and principles are combined to achieve body control, core strength and joint mobility.

## Course Objectives

The student will be able to:

- identify the exercises and principles of beginning mat Pilates
- engage in exercises appropriate for individual abilities
- demonstrate and/or explain benefit of combining Pilates principles with the mat exercises
- demonstrate knowledge of the anatomy and terminology used in performing the beginning mat Pilates exercises
- maintain or demonstrate increased core strength, joint mobility and body control

## Course Content

- Principle of matwork
  - Concentration through connecting mind and body with breathing and relaxation techniques
  - Controlled and precise movement
  - Strengthen core muscles
  - Increase precision by focusing on correct movement patterns and complimentary breathing techniques
- Appropriate exercises for individual abilities
  - Use of visual and verbal cues to demonstrate exercises
  - Techniques for correct body alignment and releasing muscle tension
- Mat Pilates exercise
  - Exercises that progress from simple to complex
  - Use of whole body for improved stability, strength and flexibility
  - Muscle developed uniformly
- Kinesthetic awareness

- Use of visual framework to reinforce movements
- Abdominal and lower back strengthening
- Body awareness
- Muscle strength and tone
  - Abdomen and buttocks
  - Lower back and hips
- Flexibility and balance
  - Fluid, unrestricted movement

## Lab Content

Lab content may contain but is not limited to:

- Roll up
- Single leg circles
- Rolling like a ball
- Single leg stretch
- Double leg stretch
- The hundred
- Spine stretch forward
- Spine twist
- Obliques

## Special Facilities and/or Equipment

- Fitness mat and appropriate workout clothing. Towel is optional.
- When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

- Instructor and student pre-test and post-test of exercise performance and knowledge of beginning terminology and principles
- Assess student's ability to demonstrate or explain principles of mat Pilates as related to mat exercises

## Method(s) of Instruction

Lecture presentations and classroom discussion using the language of Pilates.

## Representative Text(s) and Other Materials

Isacowitz, Rael. *Pilates*. 2nd ed. Champaign, IL: Human Kinetics, 2014.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Optional writing exercise based on recommended reading.

## Discipline(s)

Physical Education, Dance