

PHED 20B: INTERMEDIATE MAT PILATES

Foothill College Course Outline of Record

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

Student Learning Outcomes

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

Description

Intermediate level mat Pilates, focusing on fluid transitions between stretching and strengthening intermediate exercises to improve coordination, endurance, posture, flexibility and balance for a more streamlined shape. Focuses on neutral pelvic placement and increasingly challenging series of exercises considered intermediate.

Course Objectives

The student will be able to:

- Demonstrate intermediate level muscular endurance, core stabilization and coordination.
- Select appropriate intermediate level exercises to achieve individual fitness goals
- Safely and correctly use props/equipment to enhance benefits of intermediate mat Pilates exercises.
- Discuss and/or distinguish the relationship between beginner and intermediate mat Pilates exercises.
- Demonstrate correct technique and fluid transition for a variety of intermediate mat Pilates exercises.
- Identify the anatomy and terminology used in intermediate mat Pilates.

Course Content

- Intermediate level
 - Complete the three warm-up and five supine exercises without fatigue
 - Maintain neutral pelvis during specific mat exercises
 - Ability to coordinate appropriate breath patterns to each exercise effectively and fluidly
 - Controlled movements performed fluidly in a non-interrupted sequence of exercises
 - Increase stabilization by performing mat exercises on stability equipment and further developing the skill of concentration
- Appropriate exercises for fitness levels

- Student can interpret visual and verbal cues to appropriately choose the way to perform the exercise for their own fitness level
- Student accepts responsibility for self-pacing based on fitness level and mat Pilates experience
- Use of props and/or equipment
 - Practice basic mat class with added challenge of resistance or stability equipment
 - Adding props will further develop muscle strength, flexibility, coordination and stability
- Fluid movement
 - With mastery of basic mat, the intermediate student will practice and have exposure to focusing attention/effort on moving with relaxed effort to produce more fluid movement
- Principles of exercise
 - Muscle strength
 - Muscle endurance
 - Flexibility
 - Stability of core

Lab Content

Lab content may contain but is not limited to:

- Double leg stretch
- Scissors
- Roll over
- Breast stroke
- Open leg rocker
- Side leg lift series
- Seal
- Teaser
- Swimming

Special Facilities and/or Equipment

- Pilates mat or thick fitness mat, resistance bands, large therapy balls, rollers, light hand weights, small "overball" and other available equipment.
- 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 evaluation of technique
- Improvement through participation
- Pre- and post-tests

Method(s) of Instruction

- Lecture
- Presentations
- 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 exercises based on recommended reading.

Discipline(s)

Physical Education, Dance