

# PHED 20B: INTERMEDIATE MAT PILATES

## Foothill College Course Outline of Record

| Heading                            | Value  |
|------------------------------------|--|
| <b>Effective Term:</b>             | Summer 2023  |
| <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 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

Methods of Evaluation may include but are not limited to the following:

Instructor and student evaluation of technique  
Improvement through participation  
Pre- and post-tests

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture

Presentations

Classroom discussion using the language of Pilates

## **Representative Text(s) and Other Materials**

Isacowitz, Rael. Pilates, 2nd ed.. 2014.

Although this text is older than the suggested "5 years or newer" standard, it remains a seminal text in this area of study.

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

- a. Optional writing exercises based on recommended reading

## **Discipline(s)**

Physical Education or Dance