

# PHED 22B: PILATES & YOGA

## 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 Pilates and yoga exercises.
- Demonstrate proper technique and increasing expertise in Pilates and yoga exercises.

## Description

Combines basic Pilates mat exercises to strengthen abdominals with full body yoga based stretches for development of improved posture, flexibility, and relaxation. Students must provide their own fitness mat.

## Course Objectives

The student will be able to:

- define mechanical, physiological, and neurological principles fundamental to body alignment and relaxation
- describe certain pathological conditions for the skeletal structure and suggest possible remedial measures
- describe various procedures for assessing posture
- analyze correct and incorrect body alignment in one's own posture and the posture of others
- integrate body awareness with elements of correct body alignment to develop their posture
- select and perform exercises for posture improvement
- demonstrate different techniques for the release of tension
- identify relaxation procedures and benefits of participating in a daily program that reduces muscular and mental tension and prevents certain pathological conditions
- examine the evolution of various forms of stress, posture and relaxation and how it may reflect cultural values

## Course Content

- Principles of body alignment and relaxation
  - Definition of stressors
  - Definition of alignment and accommodation
  - Use of breathing, mediation, core strength and yoga exercises to improve self-awareness
- Procedures for assessing posture
  - Partner work to develop posture assessment skills
  - Compare posture habits based on life style and cultural demands
  - Select and perform exercises for posture improvement

- Core strengthening exercises based on Pilates mat class
- Yoga stretching exercises for re-educating alignment patterns in joints and muscles
- Various breathing and meditation exercises to evaluate the improvement of posture
- Release of tension
  - Imagery, meditation and music to facilitate release of mental and muscular holding patterns
  - Breathing and flowing movements for focusing the mind and releasing tension

## Lab Content

Practice may include, but is not limited to the following:

- Utthita Trikonasana (Extended Triangle Pose)
- Prasarita Padottanasana (Wide-Leg Standing Forward Bend Pose)
- Adho Mukha Svanasana (Downward-Facing Dog Pose)
- Uttanasana (Standing Forward Bend Pose)
- Anjaneyasana (Lunge Pose)
- Bhujangasana (Cobra Pose)
- Dhanurasana (Bow Pose)
- Viparita Karani (Elevated Legs-up-the Wall Pose)
- Bharadvajasana (Simple Seated-Twist Pose)
- Virasana (Hero-Heroine Pose)
- Pilates Mat Exercises

## Special Facilities and/or Equipment

- Fitness mat, classroom for chalk-talk and video reviews.
- 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
- Pre and post test for posture and mental relaxation
- Improvement through participation and direct instructor observation

## Method(s) of Instruction

Laboratory, Skill demonstrations, Instructor observations.

## Representative Text(s) and Other Materials

Stephens, Mark. *Yoga Sequencing: Designing Transformative Yoga Classes*. Berkeley, CA: North Atlantic Books, 2012.

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

Worksheet of sanskrit names for the poses; optional reading and writing assignments as recommended by instructor.

## Discipline(s)

Physical Education