

PHED 22B: PILATES & YOGA

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2022
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 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

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

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

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

Laboratory
Skill demonstrations
Instructor observations

Representative Text(s) and Other Materials

Stephens, Mark. *Yoga Sequencing: Designing Transformative Yoga Classes*. 2012.

This textbook is the most recent edition and remains a seminal text in this area of study.

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