

# **COCONINO COMMUNITY COLLEGE**

## **COURSE OUTLINE**

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Status: Permanent

Date: August 11, 2005

### **A. Identification**

1. Subject Area: Dance
2. Course Number: DAN 102
3. Course Title: Pilates
4. Credit Hrs: 2
5. Catalog Description:

Introduction to the Pilates method for improving flexibility, strength and total body conditioning. Two lecture. May be taken for S/U credit.

### **B. Course Goals**

To introduce students to the basic techniques and exercises of the Pilates method to improve flexibility and strength and to give them a foundation in good exercise practice.

### **C. Course Outcomes**

Students will:

1. Utilize the terminology of basic Pilates technique.
2. Demonstrate correct form when executing basic Pilates exercises.
3. Execute proper breathing techniques while performing various exercises.
4. Improve initial levels of core muscular strength, endurance, and flexibility.
5. Improve posture and balance with good spinal alignment

### **D. Course Content**

Will include:

1. Principles of Exercise
2. Alignment and precision in movement
3. Breathing
4. Centering and concentration
5. Hundreds
6. Roll up
7. Leg circles
8. Roll over
9. Single-leg stretch
10. Double-leg stretch
11. Single straight-leg stretch
12. Double straight-leg stretch
13. Criss-cross
14. Spine stretch forward
15. Corkscrew
16. The saw

17. Open-leg rocker
18. Single-leg kick
19. Double-leg kick
20. Swimming
21. Spine twist
22. Side leg series
23. Can Can
24. Mermaid
25. Shoulder bridge
26. Seal
27. Other exercises as instructor deems suitable