COCONINO COMMUNITY COLLEGE
COURSE OUTLINE

Prepared by: Barbara Klimowski                   Date: September 23, 2010
Status: Permanent

A. Identification
   1. Subject Area: Dance
   2. Course Number: DAN 202
   3. Course Title: Pilates 2
   4. Credit Hrs: 2
   5. Catalog Description:
      Intermediate studies in 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 intermediate/advanced 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 Outcomes Assessment
   Assessment will include:
   1. Performance of learned Pilates skills
   2. Terminology quizzes

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