

COCONINO COMMUNITY COLLEGE
COURSE OUTLINE

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Status: Permanent
Effective Term: Fall 2017

August 11, 2005
February 6, 2017

A. Identification

1. Subject Area: Fitness (FIT)
Previously Dance (DAN)
2. Course Number: 102
3. Course Title: Pilates
4. Credit Hours: 2
5. Course Description: Introduction to the Pilates method for improving flexibility, strength and total body conditioning. May be taken for S/U credit. Two lecture. Fall, Spring.

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

Upon successful completion of this course, student 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. and improve posture and balance with good spinal alignment.

D. Course Outcomes Assessment will include a variety of techniques.

E. 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; single-leg kick; single straight-leg stretch;
10. double-leg stretch; double straight-leg stretch; double-leg kick;
11. criss-cross;
12. spine stretch forward;
13. corkscrew;
14. the saw;
15. open-leg rocker;
16. swimming;
17. spine twist;
18. side leg series;
19. can can;
20. mermaid;

21. shoulder bridge;
22. seal;
23. and other exercises as instructor deems suitable.