Prepared by: Barbara Klimowski   September 23, 2010
Revised by: Colleen Carscallen   February 6, 2017
Status: Permanent
Effective Term: Fall 2017

A. Identification
  1. Subject Area: Fitness (FIT)
                             Previously Dance (DAN)
  2. Course Number: 202
  3. Course Title: Pilates 2
  4. Credit Hours: 2
  5. Course Description: Intermediate studies in 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 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
  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:
  1. course grades determined by the instructor as outlined in the course syllabus;
  2. performance of learned Pilates skills;
  3. and terminology quizzes.

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.