



El Camino College
COURSE OUTLINE OF RECORD – Official

Subject:	DANC
Course Number:	250
Descriptive Title:	Introduction to Pilates
Course Disciplines:	Dance
Division:	Fine Arts
Department:	Dance
Catalog Description:	This course covers the concepts and exercises developed by Joseph H. Pilates and is designed for the functional anatomy of movement. Emphasis is placed on mat and reformer machine work that features exercises for improving body alignment, strength, flexibility, muscle control, coordination, and breathing. Exercises are designed to enhance dance technique and performance as well as to help the dancer prevent injuries.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Course Length:	Full Term
Hours Lecture (per week):	2
Hours Laboratory (per week):	3
Outside Study Hours:	4
Total Hours:	90
Course Units:	3
Grading Method:	Letter Grade and Pass/No Pass
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	12/16/2006
Transfer UC:	Yes
Effective Date:	Fall 2007
General Education ECC:	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	

Other:	
Student Learning Outcomes:	<p>SLO #1 Pilates Terminology Upon successful completion of this course the student will be able to categorize terminology specific to the concepts and exercises developed by Joseph H. Pilates.</p> <p>SLO #2 Utilizing Exercises Upon successful completion of this course the student will be able to utilize exercises that emphasize body alignment, strength, flexibility, muscle control, coordination and breathing.</p> <p>SLO #3 Dance Technique and Injury Prevention Upon successful completion of this course the student will be able to design combinations that enhance dance technique and injury prevention.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Demonstrate mat work and exercises consistent with required skill levels. 2. Demonstrate the Pilates' principles of control, centering, concentration, flow, breathing, and precision, as applied to mat work, work on Pilates reformer machines, and aligned exercises. 3. Demonstrate the functional anatomy of movement through body alignment, abdominal strength and pelvic stability, motion and flexibility, and body coordination. 4. Identify and define specific vocabulary and terminology used in conjunction with the concepts and exercises developed by Joseph H. Pilates. 5. Analyze the association of the Pilates principles to the various styles of dance in both classroom and performance settings.
Major Topics:	<p>I. Terminology and goals of Pilates' mat and reformer machine aligned exercises (10 hours, lecture)</p> <p>II. Basic strength and flexibility exercises (14 hours, lab)</p> <p>A. Breathing B. Alignment procedures</p> <p>III. Basic locomotor movements used for dance and basic non-locomotor movements used in yoga (14 hours, lecture)</p> <p>IV. Injury prevention exercises (16 hours, lab)</p> <p>A. Specific muscle conditions B. Turnout C. Flexibility of the hamstrings and hip joint D. Lower leg rotation</p> <p>V. Workout using mat exercises, standing center floor, and movement combinations with changes of direction, level, speed and energy (12 hours, lab)</p> <p>VI. Analysis of dance performances and personal conditioning programs (12 hours, lab)</p> <p>VII. Demonstration of skills on the universal reformer for basic Joseph Pilates exercises as well as anatomical explanations for all introductory Pilates movement functions (12 hours, lecture)</p>
Total Lecture Hours:	36
Total Laboratory Hours:	54
Total Hours:	90
Primary Method of Evaluation	3) Skills demonstration
Typical Assignment Using Primary Method of Evaluation:	While reclining on your side, engage anti-gravity muscles through passe, developpe, and battement thigh abductors and abdominal obliques for balance.

Critical Thinking Assignment 1:	Through the use of videotaping yourself, create a self-evaluation using anatomical terminology to identify pelvic placement in relationship to spinal alignment.
Critical Thinking Assignment 2:	In a two-to-three minute presentation, analyze a dance performance and evaluate hip, knee, and ankle joint movements with regard to articulation.
Other Evaluation Methods:	Class Performance, Performance Exams
If Other:	
Instructional Methods:	Demonstration, Discussion, Group Activities, Lab, Lecture, Multimedia presentations
If other:	
Work Outside of Class	Journal (done on a continuing basis throughout the semester), Required reading, Skill practice, Study, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Textbooks:	Pilates Anatomy by Karen Clippinger and Rael Isacowitz, Second Addition – Champaign. IL: Human Kinetics, (2020)
Alternative Textbooks:	
Required Supplementary Readings:	
Other Required Materials:	Mats, clothing, and exercise bands
Requisite	
Category	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
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Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Daniel Berney
Date:	09/01/2006
Board Approval Date:	12/18/2006
Last Board Approval Date:	12/16/2019 effective FA 2020
Last Reviewed and/or Revised by:	Elizabeth Adamis
Date:	10/28/2019