EASTERN ARIZONA COLLEGE
Pilates for Fun and Fitness I
Course Design
2016-2017

Course Information

Division: Health & Physical Education
Course Number: HPE 101AP
Title: Pilates for Fun and Fitness I
Credits: 1
Developed by: Ralph Miller, Jr./Revised by Jim Bagnall
Lecture/Lab Ratio: 0 Lecture/2 Lab
Transfer Status: ASU NAU UA

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<td>EXW 105, KIN 105</td>
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<td>PE Departmental Elective, PE Activity Credit limit of three units</td>
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Activity Course: Yes
CIP Code: 31.0501
Assessment Mode: Portfolio
Semester Taught: Upon Request
GE Category: AAS degree only
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No

Prerequisites
None

Educational Value
This course is designed for the life-long learner who aspires to improve physical conditioning and wellness.

Description
This course is designed for the student to develop strength, flexibility, and centering by utilizing proper Pilates technique. Also, this course is designed to increase community awareness of various methods for the achievement of wellness and life-long fitness.

Supplies
Tennis shoes
Gym shorts/T-shirt
Competencies and Performance Standards

1. Perform fundamental skills associated with Pilates using proper body mechanics and adherence to safety standards.

   **Learning objectives**
   *What you will learn as you master the competency:*
   a. Perform the unique exercises associated with Pilates.
   b. Demonstrate proper body mechanics.
   c. Identify the importance of safety standards when performing Pilates exercise.
   d. Identify the common safety issues involved with Pilates exercise.

   **Performance Standards**
   *Student will demonstrate competence by:*
   o by performing over seventy unique exercises
   o by demonstrating proper body mechanics
   o by identifying the importance of safety standards when performing Pilates exercise
   o by identifying the most common safety issues involved with Pilates exercise

   *Student performance will be successful when:*
   o learner performs the major exercises associated with Pilates during class
   o learners lists and defines the principles of proper body mechanics
   o learner demonstrates proper form and body mechanics during class
   o learner identifies the principles of safety
   o learner demonstrates proper safety during class

2. Perform proper breathing techniques associated with Pilates.

   **Learning Objectives**
   *What you will learn as you master the competency:*
   a. Perform the unique breathing techniques associated with Pilates.
   b. Identify the proper breathing technique in conjunction with specific exercises.

   **Performance Standards**
   *Student will demonstrate competence by:*
   o by performing the unique breathing techniques associated with Pilates
   o by identifying the proper breathing technique in conjunction with specific exercises and movements

   *Student performance will be successful when:*
   o learner performs proper breathing techniques in class
   o learner demonstrates an understanding of breathing techniques by performing said techniques in conjunction with certain phases of the exercises in class
   o learner lists and defines proper breathing techniques
3. **Identify and explain the philosophy and principles of the traditional Pilates system designed by Joseph Pilates.**

**Learning Objectives**

*What you will learn as you master the competency:*

a. Summarize the history and development of Pilates in the United States.
b. Discuss the philosophy of Joseph Pilates.
c. Define the terms associated with Pilates.
d. Identify the equipment associated with Pilates.
e. Explain the certification process to teach Pilates.

**Performance Standards**

*Student will demonstrate competence by:*

- by summarizing the history and development of Pilates in the United States
- by discussing the philosophy of Joseph Pilates
- by defining terms associated with Pilates
- by identifying the types of equipment that can be used with Pilates
- by explaining the certification process for teaching Pilates

*Student performance will be successful when:*

- learner lists in writing the various factors that have influenced the development of Pilates
- learner lists in writing the general philosophy of Joseph Pilates
- learner lists and defines in writing the terms associated with Pilates
- learner identifies the equipment used in Pilates
- learner explains the teacher certification process

4. **Identify and utilize the nine principles of Pilates.**

**Learning Objectives**

*What you will learn as you master the competency:*

a. Explain the principles of concentration, precision, control, and flow.
b. Demonstrate the principles of movement, centering, breathing, alignment and integration.

**Performance Standards**

*Student will demonstrate competence by:*

- by identifying and utilizing the principle of concentration
- by identifying and utilizing the principle of precision
- by identifying and utilizing the principle of control
- by identifying and utilizing the principle of flow
- by identifying and utilizing the principle of movement
- by identifying and utilizing the principle of centering
- by identifying and utilizing the principle of breathing
- by identifying and utilizing the principle of alignment
- by identifying and utilizing the principle of integration
Student performance will be successful when:
- learner lists and defines the nine principles
- learner demonstrates mastery of the nine principles during the course of Pilates exercise

5. Create a Pilates routine using appropriate Pilates movements and exercises learned throughout the semester.

**Learning Objectives**
What you will learn as you master the competency:
- Identify the basic principles of routine creation.
- Explain the importance and function of safety measures.
- Recognize the types of routines for different fitness goals.
- Link exercises for maximum benefits.
- Compare and contrast the differences between various types of routines.

**Performance Standards**
Student will demonstrate competence by:
- by identifying the basic principles of routine creation
- by explaining the importance and function of safety measures
- by recognizing the various types of routines for different fitness goals
- by understanding how to link exercises for maximum benefits
- by comparing and contrasting the differences between various types of routines

Student performance will be successful when:
- learner creates an outline in writing of his or her exercise routine
- learner shares his or her routine with the class
- learner performs an in-class comparison of routine with other students

**Types of Instruction**
Demonstration
Participation

**Grading Information**

**Grading Rationale**
50% Tests and quizzes
40% Skill
10% Portfolio

**Grading Information**

**Grading Scale**
A  100-90%
B  89-80%
C  79-70%
D  69-60%
F  Below 60%