



Contra Costa College

Course Outline

Department & Number	PE 165 A
Course Title	Beginning Pilates
Prerequisite	
Co-requisite	
Challenge Policy	
Advisory	

Number of Weeks	18
Lecture Hours	
Lab Hours	27-108
Hours By Arrangement	
Activity Hours	
Units	.5-2

COURSE DESCRIPTION

This course is designed to get your mind in tune with your body. By emphasizing proper breathing, correct spinal and pelvic alignment, and complete concentration on smooth, flowing movement, you become acutely aware of how your body feels, where it is in space, and how to control its movement. Pilates builds core strength without "bulking-up". Students will learn efficient patterns of motion.

COURSE OBJECTIVES At the completion of the course the student will be able to:

1. connect mind and body through movement
2. gain core strength
3. perform efficient patterns of motion
4. demonstrate proper breathing during movement combinations

COURSE CONTENT: (In detail; attach additional information as needed and include percentage breakdown)

25	%	Mind body awareness
25	%	Core strength exercises
25	%	Movement patterns
25	%	Breathing techniques

METHODS OF INSTRUCTION

lecture
Demonstration
Multi media

INSTRUCTIONAL MATERIALS

Textbook Title:

The Anatomy of Exercise and Movement

Author:

Jo Ann Staugaard-Jones

Publisher:

North Atlantic Books

Edition/Date:

2011

COURSE EXPECTATIONS (Use applicable expectations)

Outside of Class Weekly Assignments

Hours per week

Weekly Reading Assignments

1-2

Weekly Writing Assignments

Weekly Math Problems

Lab or Software Application Assignments

Other Performance Assignments

1-2

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

33	%	Skill demonstration
33	%	Written Assignment
34	%	Final Exam
	%	

GRADING POLICY (Choose LG, CR/NC, or SC)

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Letter Grade

90% - 100% = A

80% - 89% = B

70% - 79% = C

60% - 69% = D

Below 60% = F

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Credit / No Credit

70% and above = Credit

Below 70% = No Credit

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Student Choice

90% - 100% = A

80% - 89% = B

70% - 79% = C

60% - 69% = D

Below 60% = F

or

70% and above = Credit

Below 70% = No Credit

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Course New/Revision Date:

11/08/2013

Course Effective Date:

Fall 2013