

PALOMAR COLLEGE
COURSE OUTLINE OF RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course

(check all that apply)

COURSE NUMBER AND TITLE: DNCE 170 Pilates
(Pilates is a registered trademark)

UNIT VALUE: .5 or 1

MINIMUM NUMBER OF SEMESTER HOURS: 16 or 32

BASIC SKILLS REQUIREMENTS:

Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

Pilates method of body conditioning: an exercise program that improves muscle control, flexibility, and coordination, strength, tone. Teaches efficiency of movement.

SPECIFIC COURSE OBJECTIVES:

Students will:

1. Exhibit individual physical and mental control through the Pilates Method of Body Conditioning;
2. Exhibit required techniques of body alignment, breathing, and balance;
3. Use abdominal, back and buttocks as "Power House" of physical placement;
4. Apply Pilates principles to dance and life.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

- I. Exercises: stretch, tone, and conditioning
- II. Matwork
- III. Lectures and discussions
 - A. Body Placement
 - B. Physical control-mental memory
 - C. Intuition, Imagination, Intelligence and Determination.

REQUIRED READING:

Kapit, Wynn and Lawrence Elson. The Anatomy Coloring Book. New York: Harper Row, 1977.

SUGGESTED READING:

None

REQUIRED WRITING:

Written final (1 page)

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short term classes.

Practice memorizing and executing exercises in correct order and style.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory combination
- directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes No

If yes, check all that apply. (See guidelines for preparation for definitions.)

telecourse (Course is taught by televised lessons not under direct supervision of an instructor. Usually some on campus lecture/discussion sessions are required.)

mediated instruction (Instruction is by audio-visual means in various combinations. Usually conducted in a learning resources center not under immediate supervision of a qualified instructor.)

computer assisted instruction (A specialized form of mediated instruction relying primarily on student access to information and prepared lessons or teaching materials through a computer terminal, but not under immediate supervision of a qualified instructor.)

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 50% Class participation
- 40% Movement test (students must memorize and execute exercises in correct order and style.)
- 10% Written Final

Grades:

- A - In addition to above, students will individually lead the class through the Pilates mat exercises and take written final
- B-D percent accumulation of participation, movement test, and written final.

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes No Number of times course may be taken for credit: 4

If yes, identify specific provision of Title 5 Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

58161 (c)(2)(A)

CONTACT PERSON: Robert Gilson, ext. 2316

SIGNATURES ON FILE
