

COURSE OUTLINE

**Dance 194
Pilates**

I. Catalog Statement

Dance 194 provides the students with practical experience in the Matwork of the Pilates method of body conditioning. Through demonstration, exercise, and discussion the course emphasizes the development of strength, flexibility, and relaxation techniques. Students will develop a basic understanding of how to influence and control the body-mind interaction in the area of dance, athletics, and general fitness.

Total Lecture Units: 1.0

Total Laboratory Units: 0.5

Total Course Units: 1.5

Total Lecture Hours: 16.0

Total Laboratory Hours: 24.0

Total Faculty Contact Hours: 40.0

Prerequisite: None.

II. Course Entry Expectations

Skill Level Ranges: Reading 5; Writing 5; Listening-Speaking 5; Math 1.

III. Course Exit Standards

Upon successful completion of the required coursework, the student will be able to:

1. identify the Pilates key elements;
2. discuss the Pilates Matwork principles;
3. analyze and explain correct structural alignment, and muscle coordination;
4. demonstrate the Pilates Matwork.

IV. Course Content

Total Faculty Contact Hours=40 hours

A. Introduction

Lecture: 4 hours

1. History
2. Philosophy of the Pilates body conditioning
3. Key elements to mastering the Matwork

B. The Matwork Principles

Lecture: 4 hours –Laboratory: 8 hours

1. Concentration

2. Control
3. Center
4. Fluidity
5. Precision
6. Breath
7. Imagination
8. Intuition
9. Integration

C. Structural Alignment

Lecture: 4 hours – Laboratory: 8 hours

1. Stance
 2. Placement of torso
 3. Centering of pelvis
- C. Muscle Coordination
1. Long tissues
 2. Short tissues

D. Pilates Basic Matwork

Lecture: 4 hours – Laboratory: 8 hours

1. The hundred
2. The roll-up
3. Single leg circles
4. Rolling up like a ball
5. Single leg stretch
6. Double leg stretch
7. Spine stretch forward
8. The one leg circle
9. The cork screw
10. The saw
11. The swan dive
12. The one leg kick
13. The double kick
14. The neck pull
15. The scissors
16. The bicycle
17. The shoulder bridge
18. Rolling back
19. The spine twist
20. The jack-knife
21. The side kick
22. The teaser
23. The hip twist with stretched arms
24. Swimming
25. The leg-pull front
26. The leg-pull
27. The side kick kneeling
28. The side bend
29. The boomerang

20. The seal
31. The crab
32. The rocking
33. The control balance

V. Methods of Instruction

The following instructional methodologies may be used in the course:

1. classroom lecture and demonstration;
2. Pilates matwork practice;
3. interpretation of structural alignment and muscle coordination;
4. video and multimedia presentations;
5. in-class critiques, done individually and in groups.

VI. Out of Class Assignments:

The following out of class assignments may be used in this course:

1. attendance at GCC dance department performances;
2. on-line research of the genre;
3. written evaluation of the performance attended.

VII. Methods of Evaluation

The following methods of evaluation may be used in this course:

1. movement exams;
2. class participation in critiques, analysis, and evaluation of Pilates technique;
3. written exams;
4. written essays;
5. final exam.

VIII. Textbooks

Siler, Brooke. *The Pilates Body*. 2000. New York: Broadway Books, a division of Random House, Inc.

(ISBN 0-7679-0396-X)

* Best and most current publication available at this time.

Pilates, Joseph. *Return to Life through Contrology*. 2003. Miami, Florida: Pilates Method Alliance, Inc.

ISBN 0-9745356-0-5

* Best and most current publication available at this time.

IX. Student Learning Outcomes

Upon successful completion of the required coursework, the student will be able to:

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2. discuss the Pilates Matwork Principles;

3. analyze and explain correct structural alignment, and muscle coordination;
4. demonstrate the Pilates Matwork.