

DANCE194 : Pilates

General Information

Author:	<ul style="list-style-type: none">Victor Robles
Course Code (CB01) :	DANCE194
Course Title (CB02) :	Pilates
Department:	DANCE
Proposal Start:	Spring 2025
TOP Code (CB03) :	(1008.00) Dance
CIP Code:	(50.0301) Dance, General.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000549848
Curriculum Committee Approval Date:	05/22/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	05/22/2024
Course Description and Course Note:	DANCE 194 provides students with practical experience in the mat work of the Pilates method of body conditioning. Through demonstration, exercise, and discussion students will learn the development of strength, flexibility, and relaxation techniques. Students will also develop a basic understanding of how to influence and control the body-mind interaction in the area of dance, athletics, and general fitness.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	
Author:	
Course Family:	

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Dance
Alternate Discipline:	<ul style="list-style-type: none">Physical Education
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

09/14/1987

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07) 1.5

Maximum Credit Units (CB06) 1.5

Total Course In-Class (Contact) Hours 45

Total Course Out-of-Class Hours 36

Total Student Learning Hours 81

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

In Class

Course Student Hours

Out of Class

Course Duration (Weeks)

18

Lecture Hours	1	2
Laboratory Hours	1.5	0
Studio Hours	0	0

Hours per unit divisor	0
Course In-Class (Contact) Hours	
Lecture	18
Laboratory	27
Studio	0
Total	45

Course Out-of-Class Hours	
Lecture	36
Laboratory	0
Studio	0
Total	36

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entry Standards

Entry Standards

Read, write, and converse in English.

Add, subtract, divide, and multiply.

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Laboratory

Methods of Instruction Discussion

Methods of Instruction Multimedia

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Field Activities (Trips)

Methods of Instruction Guest Speakers

Methods of Instruction Presentations

Out of Class Assignments

- Attendance at the GCC Dance Department performance
- Online research of Pilates from its inception to present
- Written evaluation of the performance attended

Methods of Evaluation

Rationale

Exam/Quiz/Test

Final exam

Activity (answering journal prompt, group activity)

Class participation in critiques, analysis, and evaluation of Pilates technique

Exam/Quiz/Test

Written exams

Exam/Quiz/Test

Movement exams

Writing Assignment

Written essays

Exam/Quiz/Test

Midterm exam

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
Robinson, Lynne	The Pilates Bible: The most comprehensive and accessible guide to pilates ever	Kyle Books	2019	978-0857836700

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Analyze basic Pilates Matwork in written assignments.

Reproduce a basic Pilates series of movements combining Pilates principles with Matwork.

Examine the application of Pilates in its development of strength, flexibility, and mind body interaction in the area of dance, athletics and general fitness.

Discuss the development of Pilates from its inception to present.

SLOs

Demonstrate correct Pilates Matwork alignment and muscle coordination.

Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
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<i>DANCE</i> Choreographic Studies and Dance	Explain dance vocabulary of various dance styles.
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Technique	Explain dance vocabulary of various dance styles.
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<i>KIN</i> Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population
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Identify and define basic Pilates Matwork terminology and principles in practical movement experiences.

Expected Outcome Performance: 70.0

ILOs
Core ILOs

Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.

DANCE
Choreographic Studies and
Dance Technique

Demonstrate technical dance skills using correct body alignment and muscle coordination

Demonstrate technical dance skills using correct body alignment and muscle coordination

Demonstrate technical dance skills using correct body alignment and muscle coordination

KIN
Fitness Specialist - Certificate

apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Introduction (4 hours)

- History
- Philosophy of the Pilates body conditioning
- Key elements to mastering the mat work

The Matwork Principles (4 hours)

- Concentration
- Control
- Center
- Fluidity
- Precision
- Breath
- Imagination
- Intuition
- Integration

Structural Alignment (4 hours)

- Stance
- Placement of torso
- Centering of pelvis
- Muscle Coordination
- Long tissues
- Short tissues

Pilates Basic Mat Work (6 hours)

- The hundred
- The roll-up
- Single leg circles
- Rolling up like a ball
- Single leg stretch
- Double leg stretch
- Spine stretch forward
- The one leg circle
- The cork screw
- The saw
- The swan dive
- The one leg kick
- The double kick
- The neck pull
- The scissors
- The bicycle
- The shoulder bridge
- Rolling back
- The spine twist
- The jack-knife
- The side kick
- The teaser
- The hip twist with stretched arms
- Swimming
- The leg-pull front
- The leg-pull
- The side kick kneeling
- The side bend
- The boomerang
- The seal
- The crab
- The rocking
- The control balance

Total Hours: 18

Laboratory/Studio Content

The Matwork Principles (8 hours)

- Concentration
- Control

- Center
- Fluidity
- Precision
- Breath
- Imagination
- Intuition
- Integration

Structural Alignment (8 hours)

- Stance
- Placement of torso
- Centering of pelvis
- Muscle Coordination
- Long tissues
- Short tissues

Pilates Basic Mat Work (11 hours)

- The hundred
- The roll-up
- Single leg circles
- Rolling up like a ball
- Single leg stretch
- Double leg stretch
- Spine stretch forward
- The one leg circle
- The cork screw
- The saw
- The swan dive
- The one leg kick
- The double kick
- The neck pull
- The scissors
- The bicycle
- The shoulder bridge
- Rolling back
- The spine twist
- The jack-knife
- The side kick
- The teaser
- The hip twist with stretched arms
- Swimming
- The leg-pull front
- The leg-pull
- The side kick kneeling
- The side bend
- The boomerang
- The seal
- The crab
- The rocking
- The control balance

Total Hours: 27

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

Yes

GCC Major Requirements

Physical Education

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

No Value

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No Value

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value