

PHED-1430 PILATES 1 CREDIT

SYLLABUS

CATALOG DESCRIPTION

Designed to introduce students to movements and breathing patterns based on techniques developed by Joseph Pilates. Students will learn how to develop core strength, stability, muscle tone, proper body alignment, flexibility, balance, coordination, and how to facilitate relaxation. An emphasis is placed on proper breathing as well as the flow of movements.

Formerly PHED 119 Pilates

Prerequisites: None

Semester Offered: Fall, Spring

COMMON STUDENT LEARNING OUTCOMES

Upon successful completion of San Juan College programs and degrees, the student will demonstrate competency in...

BROAD AND SPECIALIZED LEARNING

Students will actively and independently acquire, apply, and adapt skills and knowledge with an awareness of global contexts.

CRITICAL THINKING

Students will think analytically and creatively to explore ideas, make connections, draw conclusions and solve problems.

CULTURAL AND CIVIC ENGAGEMENT

Students will act purposefully, reflectively, and ethically in diverse and complex environments.

EFFECTIVE COMMUNICATION

Students will exchange ideas and information with clarity in multiple contexts.

INFORMATION LITERACY

Students will be able to recognize when information is needed and have the ability to locate, evaluate, and use it effectively.

INTEGRATING TECHNOLOGIES

Students will demonstrate fluency in the application and use of technologies in multiple contexts.

Student work from this class may be randomly selected and used anonymously for assessment of course, program, and/or institutional learning outcomes. For more information, please refer to the Dean of the appropriate School.

COURSE LEARNING OUTCOMES

Upon successful completion of the course, the student will be able to...

1. Demonstrate an understanding of the philosophy and history of Joseph Pilates.
2. Demonstrate the ability to perform Pilates-style movements.
3. Identify neutral spine positioning.
4. Demonstrate flowing movement to increase muscular endurance.
5. Apply correct postural alignment and breath-control.