

Montgomery County Community College
 ESW 147
 Mat Pilates
 2-1-2

COURSE DESCRIPTION:

An introductory course that addresses the basic concepts of body conditioning designed by Joseph H. Pilates. The Pilates philosophy integrates fundamental concepts of body conditioning into a unique system of stretching and strengthening exercises. The course focuses on abdominal strength (core muscles), spinal alignment, flexibility, proper breathing, and the elongating of muscle groups. This course is ideal for beginners and is adaptable to individual needs through a natural progression of Level I, II, and III Pilates mat work exercises. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

REQUISITES:

Previous Course Requirement

None

Concurrent Course Requirement

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Explain the history and development of the Pilates method of exercise.	Lecture Case Study Student Presentations Written Examinations Written Assignments Research Paper Discussion	Exam Research Project Case Studies
2. Describe the fundamentals and principles of Pilates, including the concept of "Return to Life."	Lecture Case Study Student Presentations Written Examinations Written Assignments Research Paper Professional Journal Readings Discussion	Exam Case Studies

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
3. Apply the proper breathing technique while performing each of the 11 mat exercises with precision and control.	Lecture Exercise Demonstration and Practice Professional Journal Readings Exercise Proficiency Examinations Discussion	Skill Assessments
4. Compare and contrast the different body alignments: scoop, tuck, and arch describing the importance of each.	Lecture Exercise Demonstration and Practice Case Study Student Presentations Written Examinations Written Assignments Research Paper Professional Journal Readings Exercise Proficiency Examinations Discussion	Exam Skill Assessments Case Studies
5. Correlate basic anatomy to the application of Pilates mat exercises.	Lecture Exercise Demonstration and Practice Case Study Student Presentations Written Examinations Written Assignments Research Paper Professional Journal Readings Exercise Proficiency Examinations Discussion	Exam Skill Assessments Case Studies

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
6. Utilize a variety of exercise equipment to perform Pilates mat exercises.	Lecture Exercise Demonstration and Practice Case Study Student Presentations Written Examinations Written Assignments Research Paper Professional Journal Readings Exercise Proficiency Examinations Discussion	Exam Skill Assessments Case Studies

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Introduction of Joseph Pilates and “Contrology” in “The Return to Life”
2. The History and Philosophy of Pilates
3. The Benefits of Pilates
4. The Principles of Pilates
5. The Fundamentals of Pilates
6. Basic Anatomy and Physiology
7. Pilates Equipment
8. Introduction to Mat Exercises
9. Mat Exercises Level I
10. Mat Exercises Level I with Modifications
11. Mat Exercises Level II
12. Mat Exercises Level II with Modifications
13. Mat Exercises Level III
14. Mat Exercises Level III with Modifications
15. Incorporating Yoga In Pilates – “Yogalates”
16. Pilates and Dance
17. Pilates and Rehabilitation

LEARNING MATERIALS:

Siler, B. (2002). *The Pilates Body*. NY: Broadway Books.
Ungaro, A. (2002). *Pilates: Body in Motion*. New York, NY: DK Publishing.

Other learning materials may be required and made available directly to the student and/or via the College’s Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: Georgette Howell, MS, RD, LDN, Asst. Professor Date: 2/15/2007

Revised by: Dr. Anne Livezey Date: 2/2009

VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr. Date: 9/11/2009

Revised by: Dr. Anne Livezey Date: 6/2012

VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D. Date: 6/18/2012

Revised by: Dr. Anne Livezey Date: 12/21/2017

VPAA/Provost or designee Compliance Verification: Date: 1/10/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.