

Prepared by the Department of Natural Science and Life Fitness  
Date of Departmental Approval: October 4, 2006  
Date approved by Curriculum and Programs: November 15, 2006

Effective: Fall 2007

1. **Course Number:** FIT164  
**Course Title:** PILATES MAT I
2. **Description:** Pilates Mat I is designed to expose the student to the Pilates method of body conditioning with a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. Pilates strengthens and tones muscle, increases flexibility and develops better posture. The student learns the basic beginning sequence of exercises, and gains an understanding of muscle groups as they relate to Pilates..
3. **Student Learning Outcomes (instructional objectives: intellectual skills):**  
Upon successful completion of this course, students are able to do the following:
  - Explain Joseph Pilates' system of stretching and toning
  - b Identify which muscles are impacted by stretching exercises
  - Explain the health benefits of stretching
  - Explain how the Pilates method improves strength and flexibility
  - Demonstrate the beginning sequences of Pilates Exercises
4. **Credits:** 1 credit
5. **Satisfies General Education Requirement:** No
6. **Prerequisite:** None
7. **Semester(s) Offered:** Fall, Spring
8. **Suggested General Guidelines for Evaluation:** Attendance and participation; Demonstration of proper alignment; Test of textbook knowledge.

9. **General Topical Outline (Optional):**

**PILATES MAT I - Course Outline**

History of Pilates  
Overview of Pilates Beginner Series  
Overview of muscles, bones, and joints impacted by Pilates  
Importance of Breath work  
Correct posture  
Health Benefits of Pilates  
Demonstration of Pilates exercises

Pilates Exercises

Hundred, roll-up, single leg circles,  
Rolling like a ball, single leg stretch, double leg stretch.  
Up-down, small circles, teaser prep, seal  
Arm work  
Single and double leg stretch, crisscross, spine stretch forward,  
Open-legged rocker, corkscrew, saw. Modifications  
Single & double leg kicks, front-back, inner thigh lifts, rocking (with modifications).