

Prepared by the Department of Health Sciences
Date of Developmental Approval: April 7, 2016
Date approved by Curriculum and Programs: October 28, 2016

Effective: Fall 2017

1. Course Number: FIT 169

Course Title: PILATES MAT II

2. Description: An eight-week course designed for the student who has completed FIT164 Pilates Mat I (FIT 164-40 or FIT 164-41). This course will offer the natural progression to the intermediate/advanced Pilates exercises. The student will continue to focus on the importance of the breath and core stabilization. Additional focuses will be several stretching techniques and knowledge of the muscle groups that help promote proper posture.

3. Student Learning Outcomes (instructional objectives: intellectual skills):

Upon successful completion of this course, students are able to do the following:

- Demonstrate the full series of exercises developed by Joseph Pilates
- Explain the importance of connecting the breath with activity
- Compare and contrast ways in which each specific muscle group is impacted by each exercise. Include those muscles contracting and those relaxing.
- Analyze ways in which Pilates method improves strength, flexibility and posture.
- Explain the health benefits of Pilates for the healthy individual and those with health problems.
- Discuss how Pilates can be incorporated into everyday life

4. Credits: 1 credit

5. Satisfies General Education Requirement: No

6. Prerequisite: FIT 164 - Pilates Mat I

7. Semester(s) Offered: Fall, Spring

8. Suggested General Guidelines for Evaluation: Attendance. Demonstration and/or explanation of the series of exercises using proper alignment and breath; quizzes.

9. General Topical Outline (Optional):

- Review of Fundamental exercises
- Review of muscles, bones, and joints impacted by Pilates
- Importance of Breath work
- Proper posture - alignment
- Health Benefits of Pilates
- Pilates Exercises: Hundred, Roll-up, Roll-over, Leg Circles, Rolling, Single Leg Stretch, Double Leg Stretch, Spine Stretch, Open Leg Rocker, Corkscrew, Saw, Swan Dive, Single Leg Kick, Double Leg Kick, Neck Pull, Spine Twist, Jack Knife, Side Kick, Teaser, Swimming, Leg Pull Front, Leg Pull Back, Twist, Push Up