

COURSE OUTLINE

DANC-197
Pilates
1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

Study and application of the Pilates Mat Program as a method of body conditioning, posing questions for anatomical self-evaluation based on applied instruction, lecture/discussion, required readings, and observation. (2 hours weekly) NOTE: Also listed as LFIT-197.

Overall Course Objectives

Upon completion of this course, the student will be able to:

1. Demonstrate knowledge of the characteristics of the Pilates Mat program as a fitness tool.
2. Gain knowledge through application of Pilates Mat, body rolling and thera-band exercises.
3. Physically demonstrate Pilates vocabulary.
4. Demonstrate ability to integrate Pilates principles into everyday movement and activities.
5. Develop analytical and critical skills through self-evaluation and observation.

Major Topics

- I. Pilates principles
- II. Witnessing and discussion of and about individual movement patterns
- III. Self-observation/analytical skills
- IV. Core strengthening principles

Course Requirements

Grading/exams: Grading procedures will be determined by the individual faculty member but will include:

- Grading: Criteria for evaluation is mastery of major topics as demonstrated through:
 - Daily active participation 70%
 - Written assignment(s)/examination(s) 30%
- Completion of assignment(s) and examination(s)

Other Course Information

This course may be used as a Fine Arts elective, Humanities elective, Arts and Science elective.