

COURSE OUTLINE

DANC-199

Intermediate Pilates

1 Semester Hour

HOWARD COMMUNITY COLLEGE

Description

This course is designed to provide the student with the ability to perform Intermediate Mat Pilates exercises. The student will be able to perform a basic postural assessment and explain exercise modifications based on the assessment. This course will incorporate the use of Pilates Fitness circle and Stability ball to challenge exercise intensity. Prerequisite: DANC-197/LFIT-197. (2 hours weekly) NOTE: Also listed as LFIT-199.

Overall Course Objectives

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

1. Define the goal and purpose of Essential and Intermediate Mat Pilates exercises.
2. Perform Essential and Intermediate Mat Pilates exercises.
3. Demonstrate proper use of the Pilates Fitness circle.
4. Demonstrate proper use of a Stability Ball for exercises.
5. Discuss modifications for specific body types, postural issues and conditions.
6. Explain exercise variations used to increase or decrease exercise intensity.

Major Topics

- I. Review of Basic Principles
- II. Functional Anatomy
- III. Basic Postural Assessment
- IV. Exercise modification

Course Requirements

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

- Daily active participation 70%
- Written assignment(s)/examinations(s) 30%

Other Course Information

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