

DEREE COLLEGE SYLLABUS FOR

PE 1006 POWER PILATES

0/2/1

(New Course, Spring 2006)

PREREQUISITES: None

CATALOG DESCRIPTION: A course that combines Pilates and Aerobics. Pilates as a workout that strengthens muscles, improves posture, balance and flexibility. Aerobics conditions the cardiovascular system. These two types of exercise are combined to work together toward a goal of overall fitness/health.
Graded on a P/F basis.

RATIONALE: Pilates is a method of body conditioning that increases muscle flexibility and tone, joint range of motion, and targets the stabilizing muscles surrounding each joint. With a solid foundation in correct posture, Pilates is ideal for those who desire a firm yet flexible body. It is great for both under-toned individuals as well as highly trained athletes alike. Aerobics on the other hand improves the individual's cardiovascular capacity, so if both methods were applied in a class the perfect workout would emerge.

OBJECTIVES: Taking this course a student would be able to:

1. Understand the Pilates and Aerobics principles.
2. Increase his/her cardiovascular capacity.
3. Develop and understand muscle balance.
4. Enhance his/her physical and mental relaxation.
5. Increase his/her freedom of movement and correct posture.
6. Recognize ways to avoid common injuries.

LEARNING ACTIVITIES: Classes consist of 2 contact hours/week.
The ratio between Practice and Theory is 85% to 15%.

EVALUATION: A student is allowed up to 4 absences. If a student is continuously late, he/she will be marked absent. More than the allowed number of absences will translate automatically into F. Class etiquette is also expected.

REQUIRED MATERIAL: Instructor's hand-outs.
CD player/tape recorder.
Comfortable athletic gear.
Exercise mats, Steps.

RECOMMENDED: None

WWW RESOURCES: None

SOFTWARE REQUIREMENTS: None

**COMMUNICATION
REQUIREMENTS:**

None

CONTENT OUTLINE:

1. Student etiquette and preparation
2. Class fundamentals
3. Exercise terminology, Cueing and Q-signs
4. Breathing
5. Postural and structural alignment
6. Training the mind and the body to work together
7. The heart rate
8. Basic exercises of pilates
9. General knowledge: know your body/ more than just flesh and blood
10. Fuel up: Water and food
11. Prevention of injuries and treating injuries
12. High impact and Step Aerobics
13. Workout for life and future advice