

**OHLONE COLLEGE**  
**Ohlone Community College District**  
**OFFICIAL COURSE OUTLINE**

**I. Description of Course:**

**1. Department/Course:** PE - 377A2

**2. Title:** Pilates

**3. Cross Reference:**

**4. Units:** .50

**Lec Hrs:** 0.00

**Lab Hrs:** 2.00

**5. Repeatability:** Yes Times:3

**6. Grade Options:**

Letter Grade, May Petition Credit/No  
Credit (GC)

**7. Degree/ Applicability:**

Credit, Degree Applicable,  
Transferable - CSU & UC (T)

**8. General Education:**

District General Education (Plan A)

V-A. Physical Education

**9. CAN Numbers:**

**10. Field Trips:** Not Required

**11. Requisites:**

**12. Catalog Description:**

This course will allow the student to increase their strength, flexibility, stamina and concentration through the use of floor exercise. This technique driven class will introduce positions such as the 100's, Roll Downs, Table Tops and Rockers.

**13. Class Schedule Description:**

This course will explore philosophies and positions related to Pilates.

**14. Counselor Information:**

This course will allow the student to increase their strength, flexibility, stamina and concentration through the use of floor exercise. This course fulfills a partial requirement for General Education Plan A area V, Physical Education/Wellness.

**II. Student Learning Outcomes**

The student will:

1. Distinguish between proper and improper breathing control.
2. Differentiate between activating the wings and shoulder depression.
3. Differentiate between opening the chest and misalignment.
4. Develop an awareness of one's balance.
5. Demonstrate proper body alignment while performing various exercises.
6. Demonstrate proficiency in all beginner level positions.
7. Demonstrate proficiency in all intermediate level positions.
8. Demonstrate proficiency in selected advanced level positions.

### **III. Course Outline:**

#### **A. Introduction**

1. History of Pilates
2. Theory of Pilates
3. Breathing, balance and transition
4. Understanding proper positions and improper positions

#### **B. Beginner Positions**

1. The Hundred
2. Roll Up
3. Single Leg Circles
4. Rolling Like a Ball
5. Single Leg Stretch
6. Double Leg Stretch
7. The Wall
8. Standing Arm Circles
9. The Chair

#### **C. Intermediate Positions**

1. Single Straight Leg Stretch
2. Double Straight Leg Stretch
3. Criss-cross
4. Open Leg Rocker Prep
5. Open Leg Rocker
6. Corkscrew
7. Saw
8. Neck Roll
9. Single Leg Kick
10. Double Leg Kick
11. Side Kick Prep
12. Side Kick Front
13. Side Kick Up/Down
14. Side Kick Circles
15. Teaser Prep
16. Teaser I
17. Seal

#### **D. Advanced Positions**

1. Roll Over
2. Swan Dive
3. Scissors
4. Bicycle
5. Shoulder Bridge
6. Spine Twist
7. Jack Knife
8. Side Kicks Double Leg Lift
9. Side Kicks Single leg Lift

10. Side Kicks
11. Transition Heel Beats
12. Teaser II and III
13. Can-Can
14. Hip Circles
15. Leg Pull Down
16. Leg Pull Up
17. Kneeling Side Kicks
18. Boomerang
19. Push Ups

**IV. Course Assignments:**

Reading Assignments

None

Writing Assignments

None

Projects, Activities, and other Assignments

Class participation

**V. Methods of Evaluation:**

- A. Class participation
- B. Competency checklist

**Methods of Instruction:**

Demonstration

Laboratory

**VI. Textbooks:**

NONE

**VII. Supplies:**

1. None.