

FLORIDA STATE COLLEGE AT JACKSONVILLE

COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER:	DAN 2743
COURSE TITLE:	Pilates/Body Conditioning and Fitness I
PREREQUISITE(S):	None
COREQUISITE(S):	None
CREDIT HOURS:	3
CONTACT HOURS/WEEK:	3
CONTACT HOUR BREAKDOWN:	
Lecture/Discussion:	3
Laboratory:	
Other _____:	
FACULTY WORKLOAD POINTS:	3
STANDARDIZED CLASS SIZE ALLOCATION:	20
CATALOG COURSE DESCRIPTION:	
<p>This course offers a series of low impact resistance-based conditioning exercises designed to strengthen the abdomen, lower back and hips resulting in a fully toned body. The Pilates philosophy focuses on training the mind and the body to work together toward the goal of overall fitness. Designed to develop core strength and stability of the trunk and spinal musculature, Pilates will improve students' balance and flexibility as well as increase their body awareness to minimize and eventually eliminate the risk of injury incurred from other physical activities.</p>	
SUGGESTED TEXT(S):	<u>The Pilates Body</u> by Brooke Siler
IMPLEMENTATION DATE:	Fall Term, 2004 (20051)
REVIEW OR MODIFICATION DATE:	Spring Term, 2005 (20052) - (was DAN 2745) Fall Term, 2005 (20061)

COURSE TOPICS	<u>CONTACT HOURS PER TOPIC</u>
I. Orientation	5
A. Syllabus and Course Requirements	
B. Class Dress Code/Studio Etiquette	
C. Historical Overview	
II. Mat Work Fundamentals (14)	10
A. Breathing	
B. Imprinting	
C. Knee Folds/Stirs	
D. Leg Slides	
E. Bridging	
F. Angel/Ribcage Arms	
G. Cat	
H. Cervical Nod	
I. Nose Circles	
J. Pelvic Bowl/Tilt	
K. Torso Twist	
L. Knee Sways	
M. Flight	
N. Head Float	
III. Beginner Basics-The Basic Five	10
A. The Hundred	
B. Roll-up	
C. Leg Circles	
D. Spine Stretch	
E. Rolling like a ball	
IV. The Beginner's Mat Work-out (7)	10
A. The Hundred	
B. Roll-up	
C. Leg Circles	
D. Rolling Like a Ball	
E. Spine Stretch	
F. Single Leg Stretch	
G. Double Leg Stretch	

COURSE TOPICS (CONTINUED)

CONTACT HOURS
PER TOPIC

V. Introduction to Anatomy as it Relates to Placement/Alignment

10

- A. Abdominal Muscles/Core Strength
- B. Hamstring Muscles
- C. Abductor/Adductor Muscles
- D. Skeletal Structure
- E. Imagery/Visualization



**Florida State College
At Jacksonville**

**Course Learning Outcomes & Assessment
For All College Credit Courses**

NOTE: Use either the Tab key or mouse click to move from field to field. The box will expand to accommodate your entry.

<i>Section 1</i>	
COURSE PREFIX AND NUMBER: <u>DAN 2743</u>	SEMESTER CREDIT HOURS: <u>3.0</u>
COURSE TITLE: <u>Pilates Body Conditioning and Fitness</u>	

Section 2

TYPE OF COURSE: (Click on the box to check all that apply)

AA Elective

 AS Required Professional Course

 College Prep
 AS Professional Elective

 AAS Required Professional Course

 Technical Certificate
 Other _____
 General Education: (For General Education courses, you must also complete Section 3 and Section 7)

Section 3 (If applicable)

INDICATE BELOW THE DISCIPLINE AREA FOR GENERAL EDUCATION COURSES:

Communication

 Social & Behavioral Sciences

 Mathematics
 Natural Sciences

 Humanities

Section 4

INTELLECTUAL COMPETENCIES:

Reading
 Speaking
 Critical Analysis
 Quantitative Skills
 Scientific Method of Inquiry
 Writing
 Listening
 Information Literacy
 Ethical Judgment
 Working Collaboratively

<i>Section 5</i>		
	LEARNING OUTCOMES	METHOD OF ASSESSMENT
•	Students will become familiar with how the body easily moves from an anatomically correct position of placement.	Demonstrated Competency
•	Students will learn proper alignment, placement, ease of breath initiated movement, gain core strength, increase flexibility and improve balance.	Teacher Assessment
•	Students will attain a greater knowledge of the human anatomy.	Tests and Quizzes
•	Students will learn how to minimize and eventually eliminate injury.	Teacher/Self Evaluations
•	Students will learn how to apply those fundamentals taught in this class to other aspects of their life.	Teacher/Self Evaluations
•	Students will achieve a better self-image.	Self Evaluation

Section 6

Name of Person Completing This Form: Lebritia Sindija