

FLORIDA STATE COLLEGE AT JACKSONVILLE

COLLEGE CREDIT COURSE OUTLINE

COURSE NUMBER: DAN 2751

COURSE TITLE: Pilates/Body Conditioning and Fitness II

PREREQUISITE(S): DAN 2743

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:

This course is a continuation of Pilates I. The course will continue the series of low impact resistance-based conditioning exercises designed to strengthen the abdomen, lower back and hips resulting in a fully toned body. Dancer's health issues such as nutrition, weight management, and dance injuries will also be addressed.

SUGGESTED TEXT(S): The Pilates Body by Brooke Siler

IMPLEMENTATION DATE: Fall Term, 2005 (20061)

REVIEW OR MODIFICATION DATE:

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. Review	5
A. Fundamentals (16)	
B. Basic Five	
C. Level I Mat Work	
III. Intermediate Mat Work	10
A. The Hundred	
B. Roll-up	
C. Leg Circles	
D. Spine Stretch	
E. Rolling Like a Ball	
F. Roll-over	
G. Leg Series	
H. Open Leg Rocker	
I. Corkscrew	
J. Saw	
K. Swan	
L. Single/Double Leg Kicks	
M. Neck Pull	
N. Shoulder Bridge	
O. Spine Twist	
P. Jackknife	
Q. Side Lying Kick Series	
R. Teaser	
S. Swimming	
T. Front/Back Leg Pull	
U. Mermaid	
V. Seal	
W. Push-ups	
IV. Modification of Exercises (23)	10
A. Level I Exercises	
B. Level II Exercises	

COURSE TOPICS (CONTINUED)	<u>CONTACT HOURS PER TOPIC</u>
V. Study of Anatomy as it Relates to Pilates	10
A. Abdominal Core Strength	
B. Planes of Movement	
C. Muscle Groups	
D. Skeletal Structure	
VI. Injury Prevention as Pertains to Dancers and Athletes	3
VII. Nutrition	2
A. Body Fat Ratio	
B. Balanced Diet	



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: DAN 2751	SEMESTER CREDIT HOURS: <u>3.0</u>
COURSE TITLE: <u>Pilates/Body Conditioning and Fitness II</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