

MASTER COURSE OUTLINE

A. PHED 1124 Introduction to Pilates

B. COURSE DESCRIPTION:

This course introduces students to the philosophies, principles, and exercises behind Joseph Pilates' mat work. The course will provide students with an introduction to life-long skill for integrating body and mind to create a completely balanced body. This introductory course requires class discussion while participating in basic, active Pilates movements. The activities are basic but require physical effort.

(1 Cr - 0 lect, 1 lab)

C. **Core Theme: Critical Thinking

D. MAJOR CONTENT AREAS:

- History of Joseph Pilates and his mat work
- Philosophies behind the Pilates method of body conditioning
- Key elements to mastering the mat
- Body alignment as it relates to Pilates
- Beginner through advanced mat exercises

E. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

<u>GOAL</u>	<u>OBJECTIVES</u>	<u>OUTCOMES</u>
	Students will be able to	The student will successfully
**Critical Thinking	gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected.	1. explain how the mind and body work together to create a balanced strong core.
CS	demonstrate Pilates mat work exercises.	1. perform appropriate Pilates mat work.
CS	explain the value exercise has on a healthy lifestyle.	1. demonstrate knowledge and skills of Pilates to daily activities.

F. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact the instructor or the Student Success Center at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or current media, upon request.

G. COURSE CODING INFORMATION:

Course Code D/Class Maximum 30; Letter Grade.

Revision date: 10/05/10

AASC Approval date: 11/30/10

*Riverland Community College Disciplines	MnTC Goal Number
Communication (CM)	1
Natural Sciences (NS)	3
Mathematics/Logical Reasoning (MA)	4
History and the Social & Behavioral Sciences (SS)	5
Humanities and Fine Arts (HU)	6

**Riverland Community College Core Themes	MnTC Goal Number
Critical Thinking (CT)	2
Human Diversity (HD)	7
Global Perspective (GP)	8
Ethical and Civic Responsibility (EC)	9
People and the Environment (PE)	10

*These five MnTC Goals have been identified as Riverland Community College Disciplines.

** These five MnTC Goals have been identified as Riverland Community College Core Themes.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.