

**RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE**

Pilates I-IV DANC-109, 111, 112, 113

I. Basic Course Information

A. Course Number and Title: Pilates I-IV DANC-109, 111, 112, 113

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall Year: 2024

D. Effective Term: Fall 2025

E. Sponsoring Department: Arts & Design

F. Semester Credit Hours:**1**

G. Weekly Contact Hours: 2 Lecture: 0
Laboratory: 2
Out of class student work per week: 1

H. ☒ Prerequisite (s):

DANC-109 –No Prerequisite

DANC-111 – Prerequisite: DANC-109

DANC-112 – Prerequisite: DANC-111

DANC-113 – Prerequisite: DANC-112

☐ Corequisite (s):

I. Additional Fees: None

II. Catalog Description

Prerequisites:

DANC-109 –No Prerequisite

DANC-111 – Prerequisite: DANC-109

DANC-112 – Prerequisite: DANC-111

DANC-113 – Prerequisite: DANC-112

In this course sequence, the student will be introduced to the basic and intermediate mat Pilates' method of body conditioning. Pilates mat work emphasizes core musculature as it applies to everyday movement. The course will introduce a series of low impact resistance-based conditioning exercises designed to develop core strength, posture, breath control, body alignment and flexibility. Benefits include balance, body awareness, relaxation, injury prevention, stress reduction and increased self-confidence. No previous movement experience required. Students should wear comfortable clothing that gives a full range of motion, and must provide their own mat.

III. Statement of Course Need

- A. This course complements the four-semester sequence of dance technique, and is a standard course in all baccalaureate dance curricula.
- B. The lab component is a necessity in a performance/rehearsal course, and offers the students the ability to learn and rehearse the choreography
- C. This course generally transfers as a dance program elective dependent upon transfer institution.

IV. Place of Course in College Curriculum

- A. Free Elective
- B. This course meets a dance elective requirement for the A.F.A. Dance degree.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

- A. Warm-up to promote body awareness and focus
- B. Conditioning with emphasis on muscles of the abdomen back, inner thigh, hamstrings, and pelvic girdle, upper back, and chest; as well as conditioning of the joints of the hip socket, knees and shoulders.
- C. Six principles of Mat Pilates
 - 1. Centering: focusing on the center of the body, the powerhouse area.
 - 2. Concentration: attention and commitment to each movement.
 - 3. Control: attention to complete muscular control.
 - 4. Precision: awareness of placement and alignment throughout each movement.
 - 5. Breath: coordination of movement with the breath.
 - 6. Flow: connection of all body parts with the flow of energy through the body.
- D. Physiology
 - 1. Strength and flexibility
 - 2. Stamina and endurance
 - 3. Physicality and alignment
- E. Self-Assessment and Analysis

- F. Basic anatomy and structural anatomy principles.
- G. History, vocabulary, and philosophy of Joseph Pilates Method.
- H. Application of The Pilates Method to dance and other sports.
- I. Benefits of The Pilates Method in post-injury rehabilitation.
- J. Mind and Body Awareness Techniques.

VI. A. Course Learning Outcomes:

At the completion of the course, students will be able to:

1. Demonstrate development in the fundamental components and essential skills of the Pilates technique in oral and written applications. (GE 1, 6, *)
(* embedded critical thinking)
2. Demonstrate competency in developing and participating in a personal fitness program.
3. Apply the six Pilates principles and the Joseph Pilates Method to personal biomechanics.
4. Describe specific ways to incorporate Pilates principles into their daily lives.

B. Assessment Instruments

- A. Small-group work
- B. Student collaboration
- C. Lecture/Discussion
- D. Instructor Demonstration
- E. Movement assignments
- F. Group and Individual Critiques

VII. Grade Determinants

- A. Attendance
- B. Participation
- C. professional class attitude
- D. Midterm and Final exams
- E. written assignments
- F. technical improvement
- G. projects

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. simulation/role playing
- D. student collaboration
- E. independent study

VIII. Texts and Materials

- A. Suggested textbook: Pilates Body in Motion, by Alycea Ungaro.
- B. Appropriate movement clothes, such as T-shirts, sweats, shorts, socks, leotards and tights.

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

IX. Resources

- A. Rehearsal Dance Studio, with professional floor
- B. Mats
- C. Video and DVD equipment
- D. Sound equipment
- E. Marker board

X. Check One: ☐ Honors Course ☐ Honors Options ☒ N/A