

HHPA 156 : PILATES-BEGINNING

Transcript title

Pilates-Beginning

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Other hours

30

Course Description

Through Pilates exercises, this class familiarizes students with the awareness of core flexibility and strength, relative muscle groups and joint actions of the core. Students will learn Pilates vocabulary and training techniques, including specific stretching, as well as stretching for general health. Also provides proper sequence form for stretching, the slide, rings, exercise balls and weights for cardio and overall balance.

Course learning outcomes

1. Explain the relationship between human behavior and health.
2. Engage regularly in skills development, safety practices, and fundamentals of the Pilates system of exercise to develop overall physical fitness and enhance sport activities.
3. Implement basic principles of the Pilates form of exercise: breathing, neutral spine alignment, core strengthening, axial elongation, oppositional engagement of the muscles in the body, and focused, fluid movement.
4. Demonstrate safe and effective use of basic Pilates equipment.

Content outline

Intro to Pilates Diaphragmatic Breathing Fundamentals of Breath, Neutral Spine, and Axial Elongation Practice engaging the Core Breath to Movement/ Light weights and stretchy ban Articulation of the Spine with Core control Prone/Spine Extension exercise Flow of Pilates practices Focused movement practices

Required materials

Appropriate equipment will be highlighted and discussed in the first class. Equipment must be provided by the student.

General education/Related instruction lists

- Health