

# HHPA 157 : PILATES-ALL LEVELS

---

## Transcript title

Pilates-All Levels

## Credits

1

## Grading mode

Standard letter grades

## Total contact hours

30

## Other hours

30

## Course Description

Includes a brief review of Pilates fundamentals (proper spine alignment, elongation, thoracic breath and core control, including the use of appropriate Pilates equipment). Students will learn several sequences of Pilates exercises with appropriate modifications for all fitness levels.

## 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 the foundational principles of the Pilates form of exercise: diaphragmatic breathing, neutral spine alignment, core strengthening, axial elongation, oppositional engagement of the muscles in the body, and focused, fluid movement.
4. Explain the history of Pilates.
5. Demonstrate safe and effective use of Pilates equipment / props.

## Content outline

- Intro to Pilates All Levels
- Diaphragmatic Breathing
- Fundamentals of Breath, Neutral Spine, and Axial Elongation
- Articulation of the Spine with core control
- Basic Anatomy
- Spine Rotations
- Basic 10 Exercises
- Leg Exercises to Basic 10
- Prone/Spine Extension exercises
- Flow of Pilates 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