

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: PED 100

Credits: 2

Course Title: Pilates

Course Description: Provides a method of mind-body exercise and physical movement designed to stretch, strengthen, balance the body, and improve posture and core stabilization while increasing body awareness. Lecture 1 hour. Laboratory 2 hours. Total 3 hours per week.

General Course Purpose: This course provides students an opportunity to learn how to safely and effectively perform Pilates exercises, engaging appropriate core muscles using proven principles of the breath, placement of the pelvis, rib cage, scapulae, head and neck. PED 100 may be used by students to satisfy the wellness requirement in their academic programs.

Course Prerequisites and Co-requisites:

None

Course Objectives:

Upon completing the course, the student will be able to

- a. Execute proper breathing techniques;
- b. Perform the principle of pelvic placement and proper alignment;
- c. Perform proper rib cage and core alignment;
- d. Demonstrate scapular movement and stabilization;
- e. Demonstrate essential and proper Pilates exercises performed on a mat;
- f. Demonstrate modifications to those exercises;
- g. Explain the history of Pilates;
- h. Memorize and demonstrate knowledge of proper anatomy and biomechanics of core muscles;
- i. Define basic Pilates terminology; and
- j. Develop and/or identify personal wellness goals (using the SMART method), focused on the improvement of Pilates practice.

Major Topics to Be Included:

- a. SMART method for planning
- b. The basic principles, terminology, and benefits of Pilates
- c. Proper warm-up, cool down, and relaxation techniques
- d. Exercises performed with modifications for all fitness levels with or without use of outside equipment (i.e., Pilates ring)

Effective Date of Course Content Summary: August 14, 2015