

## **SEWARD COUNTY COMMUNITY COLLEGE COURSE SYLLABUS**

### **I. TITLE OF COURSE:** PE1371- Pilates

### **II. COURSE DESCRIPTION: 1 credit hours 0 credit hours of lecture and 1 credit hours of lab per week.**

This is a user-friendly fitness style of Pilates suitable for the general and athletic population. The emphasis on Pilates focuses on developing the deep stabilizing muscles of the torso and strengthening core abdominal and back muscles. The non-impact resistance eliminates stress on joints, realigns muscle imbalances and focuses on maintaining neutral pelvic and spinal alignment. For each unit of credit, a minimum of three hours per week with one of the hours for class and two hours for studying/preparation outside of class is expected.

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Pre-requisite: None

### **III. PROGRAM AND/OR DEPARTMENT MISSION STATEMENT:**

The Seward County Community College physical education program will broaden the understanding of fitness for life by providing general education, appropriate technology, and professional development opportunities that promote a healthy lifestyle.

### **IV. TEXTBOOK AND MATERIALS:**

Pilates Sticky Mat

### **V. SCCC OUTCOMES**

Students who successfully complete this course will demonstrate the ability to do the following SCCC Outcomes.

9: Exhibit workplace skills that include respect for others, teamwork competence, attendance/punctuality, decision making, conflict resolution, truthfulness/honesty, positive attitude, judgment, and responsibility

### **VI. COURSE OUTCOMES:**

1. To improve core stability and body balance.
2. To enhance performance in sports and daily activities.
3. To increase flexibility, agility, and mobility.
4. To flatten and define abdominals.
5. To have better posture.
6. To improve circulation.
7. To build stronger, longer, and leaner muscles

### **VII. COURSE OUTLINE:**

1. Techniques of beginning Pilates
2. Pilates techniques

### **VIII. INSTRUCTIONAL METHODS:**

1. Discussion
2. Demonstration

**IX. INSTRUCTIONAL AND RESOURCE MATERIALS:**

1. Video
2. Music

**X. METHODS OF ASSESSMENT:**

SCCC outcome #9 will be assessed and measured by class participation and attendance.

**XI. ADA STATEMENT:**

Under the Americans with Disabilities Act, Seward County Community College will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students should identify themselves to the Dean of Students at 620-417-1106 or going to the Student Success Center in the Hobbie Academic building, room 149 A.

Syllabus Reviewed: 04/16/2019 14:25:43