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DAN 329.01: Conditioning: Pilates Mat

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DANCE 329-01
MAT PILATES
SYLLABUS

DESCRIPTION: This course is designed to introduce students kinesthetically and intellectually to the physical conditioning techniques of Joseph Pilates. Pilates matwork exercises are used to develop strength, flexibility, stamina, coordination and mind/body awareness. Pilates emphasizes flowing movements requiring the use of multiple muscle groups simultaneously. Controlled breathing and concentration are essential, making Pilates a workout for the body and the mind. Pilates matwork is appropriate for all levels of fitness.

OBJECTIVES: Discover students' individual capabilities and help them reach their physical fitness goals. Pilates utilizes six basic principals.

Stabilization-Movement is initiated from a stable source (pelvic and shoulder girdles) through opposition.

Control-Movement is initiated from its correct source. Emphasis is placed on the use of the transversus abdominis muscles vs. the rectus abdominis muscles. Pilates focuses on quality of movement over quantity.

Flow-In combination with deep and relaxed breathing, the flowing movements in Pilates reduce stress on the body and the risk of injury.

Concentration-The exercises are performed with the correct mindful intent, and awareness is heightened with each movement.

Breathing-The pattern of breathing is connected with the pattern of movement. It improves circulation and helps to avoid unnecessary tension in the muscles.

Full range of movement-A joint's full range of motion will change; promoting healing and reducing the effects of chronic injuries.

METHODOLOGIES: Classes typically will begin lying on the floor using yoga mats. Gravity is not a consideration and is therefore not compressing the spine. Compensatory changes the body has gone through are relaxed and more prone to change. As core strength increases students will progress to seated positions and end classes standing. Each exercise is demonstrated and explained by the instructor. Modifications for individual strengths and weaknesses are discussed.

CRITERIA: Students' achievement is judged primarily by observation and evaluation of progress over the course of the semester. Attendance is essential for development of strength and flexibility.

ASSESSMENT: There are no tests given to assess students' comprehension or capabilities of performing Pilates mat exercises. Attendance requirements are discussed at the beginning of each semester.