

North Central Michigan College

NCMC MASTER COURSE SYLLABUS

Last Date Revised: 9/22/2006

DIVISION/AREA: Physical Education

DEPARTMENT:

ASSOCIATE DEAN: Robert J. Marsh

ORIGINATOR: Maggie Daniels

DEAN OF INSTRUCTION: Timothy Dykstra

HOURS OF INSTRUCTION:

Credit hours: 1

Lecture: 0

Lab: 2

Contact hours: 35.2

COURSE TITLE: Pilates

COURSE ALPHA: PE

COURSE NUMBER: 135

CATALOG DESCRIPTION:

Pilates emphasizes strength building by adding resistance to the movements that the body naturally makes. The exercises integrated within the Pilates movements aim at identifying and utilizing the core muscles of the body, stabilizing the pelvic and thoracic regions, creating a smooth and precise flow of movement, promoting the harmony of breathing, and engaging the mind. The exercises are gentle, yet effective, and undertake the whole-body approach towards fitness.

PREREQUISITE(S):

COREQUISITE(S):

GENERAL EDUCATION/PROGRAM OUTCOMES:

N.A.

COURSE OBJECTIVES AND OUTCOMES:

At the end of this course, students will have gained:

- Body awareness
- Strengthened core muscles
- Increased flexibility
- Better circulation
- Improvements in body composition
- Self-confidence, concentration, and peace of mind

- Relief from stress and tension

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COURSE TITLE AND NUMBER: Pilates PE 135

METHODS OF INSTRUCTION: In class discussion and exercises

METHODS OF EVALUATION: Attendance and participation with the exercises

REQUIRED TEXT AT TIME OF COURSE ADOPTION/REVISION:

TEXTS: None

OPTIONAL SUPPLEMENTARY MATERIALS:

Reasonable accommodations can be provided to students with documented disabilities. Please contact Learning Support Services at 348-6817 to arrange these.

SUGGESTED TIME ALLOWANCE AND SEQUENCE OF INSTRUCTION:

(List general content description of what is being covered each week)

Various exercises will be done each class session.

APPROVED FOR ADOPTION/REVISION BY THE CRD/AP COMMITTEE ON 10/4/06