

# Minnesota State University Moorhead

## PE 136: Pilates

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course offers comprehensive physical instruction on the pilates method of total body conditioning. This class will cover foundational pilates exercises, cardio pilates, and yogalates styles. This class is designed to increase flexibility and strength, while improving posture and balance. No prior experience necessary.

**B. COURSE EFFECTIVE DATES:** 08/25/2008 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Discuss and review body mechanics to prevent injury.
2. Discuss and review the foundation of Pilates exercise.

### D. LEARNING OUTCOMES (General)

1. Demonstrate physical working knowledge of foundational Pilate;s exercises and their variations.
2. Understand and practice the Pilates method of breathing during movement.
3. Learn postural awareness exercises.
4. Experience a regular exercise routine.
5. Improve posture, balance, flexibility, stamina and strength.
6. Practice and learn about safe body mechanics for injury prevention.
7. Participate in class discussions and lecture material on creating a healthy lifestyle through diet, exercise and disease prevention.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted