

NorthWest Arkansas Community College  
Division of COMMUNICATIONS & ARTS

Course Number and Title—DANC 1951 PILATES

Catalog Description—(F,S) This course is designed for the beginning Pilates student. Mat exercises will be utilized to strengthen core muscles, increase flexibility, facilitate in body alignment, foster deep breathing and decrease stress. Students will learn to alleviate muscle tension as range-of-motion techniques are utilized.

Prerequisite--None

Credit hours/Contact hours/Load hours—1 CREDIT HOUR / 2 CONTACT HOURS / 1 LOAD HOURS

Target Audience and Transferability--This course is designed as a Dance Program activity course but generally transfers as a PE activity course as well.

Learning Outcomes—Students will:

- Refine the correct performance of the various pilates techniques
- Understand the physical benefits of pilates
- Learn about the history and evolution of pilates.
- Practice and incorporate proper breathing with the techniques.
- Gain exposure to the basic anatomy and physiology related to pilates.

Topics— Joint flexibility, muscle flexibility, strength building, asanas, improving posture.

Forms of Assessment—Course will be assessed through instructor's grading system.