



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	DANC
Course Number:	250
Descriptive Title:	Introduction to Pilates
Division:	Arts, Media and Entertainment
Department:	Dance
Course Disciplines:	Dance
Catalog Description:	This course covers the concepts and exercises developed by Joseph H. Pilates and is designed for the functional anatomy of movement. Emphasis is placed on mat and reformer machine work that features exercises for improving body alignment, strength, flexibility, muscle control, coordination, and breathing. Exercises are designed to enhance dance technique and performance as well as to help the dancer prevent injuries.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	
Enrollment Limitation:	
Hours Lecture (per week):	2
Hours Laboratory (per week):	3
Outside Study Hours:	4
Total Course Hours:	90
Course Units:	3
Grading Method:	Letter Grade and Pass/No Pass
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	Fall 2007
Transfer UC:	Yes
Effective Date:	Fall 2007
General Education: ECC	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	
Other:	

CalGETC:	
Term:	
Other:	
Student Learning Outcomes:	Upon successful completion of this course the student will be able to: 1. Categorize terminology specific to the concepts and exercises developed by Joseph H. Pilates. 2. Utilize exercises that emphasize body alignment, strength, flexibility, muscle control, coordination and breathing. 3. Design combinations that enhance dance technique and injury prevention.
Course Objectives:	1. Demonstrate mat work and exercises consistent with required skill levels. 2. Demonstrate the Pilates' principles of control, centering, concentration, flow, breathing, and precision, as applied to mat work, work on Pilates reformer machines, and aligned exercises. 3. Demonstrate the functional anatomy of movement through body alignment, abdominal strength and pelvic stability, motion and flexibility, and body coordination. 4. Identify and define specific vocabulary and terminology used in conjunction with the concepts and exercises developed by Joseph H. Pilates. 5. Analyze the association of the Pilates principles to the various styles of dance in both classroom and performance settings.
Major Topics:	I. Terminology and goals of Pilates' mat and reformer machine aligned exercises (10 hours, lecture) II. Basic strength and flexibility exercises (14 hours, lab) A. Breathing B. Alignment procedures III. Basic locomotor movements used for dance and basic non-locomotor movements used in yoga (14 hours, lecture) IV. Injury prevention exercises (16 hours, lab) A. Specific muscle conditions B. Turnout C. Flexibility of the hamstrings and hip joint D. Lower leg rotation V. Workout using mat exercises, standing center floor, and movement combinations with changes of direction, level, speed and energy (12 hours, lab) VI. Analysis of dance performances and personal conditioning programs (12 hours, lab) VII. Demonstration of skills on the universal reformer for basic joseph Pilates exercises as well as anatomical explanations for all introductory Pilates movement functions (12 hours, lecture)
Total Lecture Hours:	36
Total Laboratory Hours:	54
Total Hours:	90
A.1. Primary Methods of Evaluation (Part 1 - CCN courses only):	
A.2. Primary Method of Evaluation (Part 2 - all courses; choose one):	3) Skills demonstration

Typical Assignment Using Primary Method of Evaluation:	While reclining on your side, engage anti-gravity muscles through passe, developpe, and battement thigh abductors and abdominal obliques for balance.
Critical Thinking Assignment 1:	Through the use of video recording yourself, create a self-evaluation using anatomical terminology to identify pelvic placement in relationship to spinal alignment.
Critical Thinking Assignment 2:	In a two-to-three-minute presentation, analyze a dance performance and evaluate hip, knee, and ankle joint movements with regard to articulation.
Other Evaluation Methods:	Class Performance, Performance Exams
Instructional Methods:	Demonstration, Discussion, Group Activities, Lab, Lecture, Multimedia presentations
If other:	
Work Outside of Class:	Journal (done on a continuing basis throughout the semester), Required reading, Skill practice, Study, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Texts:	Pilates Anatomy by Karen Clippinger and Rael Isacowitz, Second Addition - Champaign. IL: Human Kinetics, (2020) Industry Standard
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	Mats, clothing, and exercise bands
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	
Requisite course:	
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	

Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Daniel Berney
Date:	09/01/2006
Original Board Approval Date:	12/18/2006
Last Reviewed and/or Revised by:	Elizabeth Adamis
Date:	10/01/2025
Last Board Approval Date:	11/18/2025
Effective Term:	FA 2026