



1900 Pico Boulevard Santa Monica, CA 90405
310.434.4611

Curriculum Committee Agenda

Wednesday, November 6, 2024, 3:00 p.m.
Drescher Hall, Loft (3rd Floor, Room 300-E)

Guests and members of the public may attend via Zoom:
<https://smc-edu.zoom.us/j/88008685421>

Meeting ID: 880 0868 5421

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Members:

- | | | | |
|---------------------------------|------------------|------------------|-------------------------|
| Redelia Shaw, <i>Chair</i> | Susan Caggiano | Walker Griffy | Scott Silverman |
| Dione Hodges, <i>Vice Chair</i> | Javier Cambron | Aileen Huang | Bobby Simmons |
| Lourdes Arévalo | Evelyn Chantani | Sharlene Joachim | Briana Simmons |
| Jason Beardsley | Rachel Demski | Jesus Lopez | Lydia Strong |
| Mary Bober | Susan Fila | Jacqueline Monge | Audra Wells |
| Fariba Bolandhemat | Christina Gabler | Estela Narrie | Associated Students Rep |
| Walter Butler | Keith Graziadei | Kevin Roberts | Associated Students Rep |

Interested Parties:

- | | | | |
|-------------------|---------------------|----------------|-------------------|
| Stephanie Amerian | Sheila Cordova | Maral Hyeler | Steven Sedky |
| Clare Battista | Nathaniel Donahue | Matt Larcin | Esau Tovar |
| Maria Bonin | David Duncan (A.S.) | Maria Munoz | Guadalupe Salgado |
| Department Chairs | Kiersten Elliott | Stacy Neal | Olivia Vallejo |
| Nick Chambers | Tracie Hunter | Patricia Ramos | Tammara Whitaker |

Ex-Officio Members:

Jamar London

(Information items are listed numerically; action items are listed alphabetically)

- I. Call to Order and Approval of Agenda
- II. Public Comments *(Two minutes is allotted to any member of the public who wishes to address the Committee.)*
- III. Announcements
- IV. Approval of Minutes *(Approval of the 10/30/24 minutes will be on the 11/20/24 agenda)*
- V. Chair's Report

VI. Information Items

- 1. CSLO/PLO Update
- 2. Common Course Numbering
- 3. SMC Local GE Pattern

VII. Action Items

(Courses: New)

- a. PRO CR 70 Yoga Teacher Training Essentials 3
- b. PRO CR 71 Yoga Teacher Training Progressive Methodologies 6
- c. PRO CR 72 Yoga Teaching Practicum 9
- d. PRO CR 73 Anatomy & Physiology for Yoga Teachers..... 11
- e. PRO CR 90 Pilates Teaching Methodology and Principals 14
- f. PRO CR 91 Pilates Mat Instructor Training 17
- g. PRO CR 92 Pilates Reformer Instructor Training 20
- h. PRO CR 93 Pilates Apparatus Instructor Training 24
- i. PRO CR 94 Pilates Reformer Teaching Practicum 29
- j. PRO CR 95 Introduction to Applied Kinesiology and Anatomy 32
- k. PRO CR 96 Pilates Apparatus Teaching Practicum 37
- l. PRO CR 97 Pilates Mat Teaching Practicum 39

(Programs: Revisions)

- m. Changes to degrees, certificates, and program maps as a result of courses considered on this agenda

VIII. New Business

IX. Old Business

X. Adjournment

Please notify Redelia Shaw and Dione Hodges by email if you are unable to attend this meeting.

The next Curriculum Committee meeting is November 20, 2024.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 70, Yoga Teacher Training Essentials

Units:	3.00
Total Instructional Hours (usually 18 per unit):	90.00
Hours per week (full semester equivalent) in Lecture:	2.00
In-Class Lab:	3.00
Arranged:	0.00
Outside-of-Class Hours:	72.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology
Program Impact:	Forthcoming: 200 Hour Yoga Teacher Training Certificate

Rationale

The Yoga Teacher Training at Santa Monica College is a CTE Program and will certify students with the Yoga Alliance (A yoga registry and national credentialing organization for yoga teachers and schools that is fairly new to the industry but who holds the standard in the yoga industry). At the completion of the 200-hour yoga certification offered through Santa Monica College, students will be able to register as RYT (Registered Yoga Teacher), and research locally and nationally shows that employers hire yoga teachers who are registered with Yoga Alliance preferentially to those teachers who have not completed the training to become RYT through Yoga Alliance.

I. Catalog Description

Introduces the fundamental concepts of yoga necessary to further personal practice and to instruct beginning-level yoga classes. Investigates and develops an in-depth understanding of the eight limbs of yoga, with a specific focus on the yamas, niyamas, asanas, and pranayama as a foundation for teaching yoga. Covers the history and philosophy of yoga, introduction to Sanskrit, asana classification, types of yoga, yoga sutras, and basic alignment principles. This course is intended for students completing the Yoga Teacher Training Certificate Program. [D; CSU]

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Instructing Hatha Yoga, A Guide for Teachers and Students, 2nd, Ambrosini, Diane, Human Kinetics Publishers © 2015, ISBN: 978-1450484657
2. Hatha Yoga Illustrated, 1st, Kirk, Martin, Brooke Boon, and Daniel DiTuro, Human Kinetics Publishers © 2005, ISBN: 978-0736062039
3. Living Your Yoga: Finding the Spiritual in Everyday Life, 2nd, Lasater, Judith H., Rodmell Press © 2015, ISBN: 978-1930485365
4. Teaching Yoga, Second Edition: A Comprehensive Guide for Yoga Teachers and Trainers: A Yoga Alliance-Aligned Manual of Asanas, Breathing Techniques, Yogic Foundations, and More, Second, Mark Stephens, North Atlantic Books © 2024, ISBN: 978-1623178802
5. Teaching Yoga and Meditation Beyond the Poses, Shreyenanda Natha, Independently published (August 11, 2023) © 2023, ISBN: 979-8857030158

III. Course Objectives

Upon completion of this course, the student will be able to:

1. List and describe the eight limbs of yoga as outlined in the Yoga Sutras of Patanjali.
2. Explain the ten ethical guidelines of yoga known as the yamas and niyamas.
3. Outline and categorize various beginner poses (asanas) to develop effective class sequences using proper Sanskrit.
4. Analyze students' performance in foundational yoga poses (asanas) to ensure proper alignment and safety.

5. Outline the joint action that occur in foundational yoga poses (asanas), explain which muscles produce movements, and identify which areas of the body favor stability or mobility.
6. Discuss various health obstacles or physical limitations, how modifications can be used, and how yoga can be beneficial.
7. Demonstrate guided meditation using centering exercises honoring the central channel and the chakras.
8. Define and apply nadi shodhana, ujjayi, kapalabhati, dirgha, Simhasana, and Bhramari breathing techniques (pranayama).
9. Describe how yoga can be a space to learn kindness to self, and how yoga can be part of assisting students to develop a practice of self-care, empowerment, and transformation.
10. Compare the similarities and differences between different lineages of yoga.

IV. Methods of Presentation:

Lecture and Discussion, Observation and Demonstration, Discussion, Group Work, Lab, Other: Audiovisual Class observation and volunteering

V. Course Content

% of Course	Topic
10.000%	Foundations of Yoga: <ul style="list-style-type: none"> • History of Yoga and important historical figures • Philosophical principles fo yoga • Sanskrit language and terminology • Yamas and Niyamas
10.000%	Introduction to instructing yoga <ul style="list-style-type: none"> • Teacher responsibility and expectations • Class setup • Class etiquette • Establishing rapport with students • Positive motivational teaching strategies • Safety issues • Introduction to offering and giving adjustments
10.000%	Describe anatomy and human movement <ul style="list-style-type: none"> • Major muscles • Joint actions • The body as a kinetic chain • Movement analysis of postures (asanas)
10.000%	Meditation and Pranayama Exploration <ul style="list-style-type: none"> • Importance of centering exercises in meditation practice • Importance of breath in yoga practice • How to integrate different types of pranayama into a yoga practice
40.000%	Posture benefits, analysis, and classification of postures <ul style="list-style-type: none"> • Sun salutations • Leg balancing • Forward bending • Standing • Kneeling • Backbends • Arm balancing • Seated • Hip openers • Spinal twists • Supine Prone
10.000%	Asana fundamentals <ul style="list-style-type: none"> • Alignment principles • Safety considerations • Practical application of postures in personal practice

10.000%	Self care and injuries <ul style="list-style-type: none"> • Nutrition • Behavioral modification strategies • Attitude of gratitude • Obstacles and setbacks • Modifications • Prevention of Injuries
100.000%	Total

VI. **Methods of Evaluation**

<u>% of Course</u>	<u>Topic</u>
25%	Exams/Tests: Quizzes, midterm, and the final exam.
30%	Class Work: Five Lesson plans, an assessment of teaching experience, and five self-evaluations.
25%	Class Participation: 16 weeks of participation in class activities and assisting the instructor.
20%	Final Performance: Skill Performance Demonstration leading yoga exercises, warm-up, cool-down/flexibility, main segment, and full class.
100%	Total

VII. **Sample Assignments:**

Reading: Read the chapter on yoga postures, be prepared to demonstrate your assigned posture in class, and review all postures in the chapter.

Writing: Discuss and outline the safety modifications for each of the assigned yoga poses.

Critical Thinking: In a two-page paper, identify three yoga postures, their benefits, and the muscle groups they strengthen. Analyze your own strengths and weaknesses regarding the postures.

VIII. **Student Learning Outcomes:**

1. The ability to analyze proper body alignment and administer appropriate physical adjustments to enhance safety.
2. Knowledge and use of appropriate progressions and regressions of poses.
3. Use effective cueing of asana and pranayama,
4. Create and teach an intelligently sequenced yoga class using teaching methodology and effective communication.
5. Teach asana and pranayama with proper demonstration.

**New Course: PROFESSIONAL COURSES-KINESIOLOGY 71, Yoga Teacher Training
Progressive Methodologies**

Units:	3.00
Total Instructional Hours (usually 18 per unit):	54.00
Hours per week (full semester equivalent) in Lecture:	3.00
In-Class Lab:	0.00
Arranged:	0.00
Outside-of-Class Hours:	108.00
Date Submitted:	April 2024
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology Plus E-EYT 500 Yoga Alliance Certification
Program Impact:	Forthcoming: 200 Hour Yoga Teacher Training Certificate

Rationale

General assessment of the need: The Yoga Teacher Training programs found in private schools are expensive, costing between \$2500 and \$7800. The cost of tuition may deter potential students. Many yoga students at SMC have communicated an interest in a teacher training program so they may complete the program locally at an affordable price. A program at Santa Monica College will cost students approximately \$322 and will be more accessible and affordable for a diverse group of students than private programs. This CTE program will be the first of its kind in the westside. The nearest CTE Community College Yoga Teacher Training 200 hour is at Pasadena City College and is 25 miles away. This is far enough away that there would not be competition for students. Other CTE 200 Hour Yoga Teacher Training programs are in San Diego Community College area and a program opened at College of the Desert in Palm Desert Fall 2018. The existing programs are sustaining themselves and show the need for the program here. Santa Monica and its environs have many potential employers for yoga teachers including numerous yoga studios and fitness centers (Hot 8 Yoga, Santa Monica Yoga, Core Power, Yoga Works, Shefa Yoga, Equinox, LA Fitness, John Reed etc.) as these businesses will need ongoing yoga instructors to teach their yoga classes. C. Program outcome: The U.S. Bureau of Labor and Statistics states that employment of fitness trainers and instructors (including yoga instructors) is projected to grow ten percent from 2016 to 2026 which is faster than average for all occupations. Business, government, and insurance organizations continue to recognize the benefits of health and fitness programs to their employees. Incentives to join gyms and other types of health clubs are expected to increase the need for fitness trainers and instructors, including yoga instructors. The SMC Yoga Teacher Training program will give students a 200-hour certification which is the standard in the industry to be hired as a yoga instructor, and SMC they will be able to register with the Yoga Alliance at completion of their certificate which is the highest standard in the industry to date.

I. Catalog Description

Provides students with the class blueprint and teaching tools to develop and implement yoga classes for all skill levels. Focuses students on instructional methods, sequencing, verbal and non-verbal communication strategies, student learning styles, meditation, asana progressions and regressions, physical adjustments, energetic anatomy, lifestyle and ethics for yoga teachers, and the business of yoga. This course is intended for students completing the Yoga Teacher Training 200 Hour Certification Program. [D; CSU]

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Instructing Hatha Yoga, A Guide for Teachers and Students, 2nd, Ambrosini, Diane, Human Kinetics Publishers © 2015, ISBN: 978-1450484657
2. Yoga Sequencing: Designing Transformative Yoga Classes, Stephens, Mark, North Atlantic Books © 2012, ISBN: 978-1583944974
3. Hatha Yoga Illustrated, Kirk, Martin, Brooke Boon, and Daniel DiTuro, Human Kinetics Publishers © 2006, ISBN: 978-0736062039

4. Teaching Yoga, Second Edition: A Comprehensive Guide for Yoga Teachers and Trainers: A Yoga Alliance-Aligned Manual of Asanas, Breathing Techniques, Yogic Foundations, and More, Second, Mark Stephens, North Atlantic Books © 2024, ISBN: 978-1623178802
5. The Art and Business of Teaching Yoga, Revised, Amy Ippoliti & Taro Smith PHD, New World Library © 2023, ISBN: 978-1608688784

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Analyze proper body alignment and administer appropriate physical adjustments to enhance student safety.
2. Create and teach a portion of a well-sequenced yoga class with proper demonstration and effective cueing.
3. Discuss the benefits and contraindications of various asanas and identify appropriate progressions and regressions for each pose.
4. Identify effective business strategies for yoga teachers.
5. Create and teach a guided meditation using centering exercises honoring the central channel and the chakras.

IV. Methods of Presentation:

Lecture and Discussion, Discussion, Observation and Demonstration, Group Work, Other: Audiovisual

V. Course Content

<u>% of Course</u>	<u>Topic</u>
14.000%	Lifestyle and ethics of yoga instructors <ul style="list-style-type: none"> • Ayurveda • Professional ethics and expectations • Your own yoga practice and lifestyle • Serving others (seva) • Self-reflection and personal inquiry • Self-care
14.000%	The business of yoga <ul style="list-style-type: none"> • Employee vs independent contractor • Building your personal brand • Identifying your niche • Leveraging social media
14.000%	Restoration aspect of yoga <ul style="list-style-type: none"> • Yin Yoga • Foam roller exercises • Roll and release exercises • Self-massage • Sukshma Viyama • Reflexology • Essential Oils
14.000%	Energetic anatomy <ul style="list-style-type: none"> • Pranayama • Central channel • Chakras • Bandhas • Drishti • Vinyasa
14.000%	Introduction to Meditation <ul style="list-style-type: none"> • Personal meditation practice • Guided meditation • Stillness meditation honoring the central channel and the chakras • Mantra meditation • Chanting • Sound meditation

	<ul style="list-style-type: none"> Breathwork
16.000%	Asana Expansion <ul style="list-style-type: none"> Categorization of intermediate and advanced yoga postures Exploring appropriate asana progressions and regressions Providing hands-on adjustments Refining asana transitions to create flow Connecting breath with movement Intermediate and advanced inversions Intermediate arm balancing asanas Wall yoga Yoga props to enhance asana, alignment, comfort, and form Providing feedback to fellow teachers
14.000%	Class construction and teaching methodology <ul style="list-style-type: none"> Principles of intelligent sequencing Enhancing verbal cueing Catering to various learning styles
100.000%	Total

VI. Methods of Evaluation

<u>% of Course</u>	<u>Topic</u>
25%	Homework: Each week, read a chapter on yoga breath and be prepared to demonstrate your assigned technique to the class. Review and practice all breath techniques from each chapter.
25%	Exams/Tests: Quizzes, midterm, and the final exam.
25%	Written assignments: Design five posture sequences for 60 to 90-minute yoga classes. Pay close attention to safety, sequencing, transitions, and cues, and provide variations of each posture (regressions and progressions) so every student can find success.
25%	Oral Presentation: Analyze various bodies in intermediate-yoga postures, determine which adjustments should be offered, and demonstrate how to safely provide such adjustments.
100%	Total

VII. Sample Assignments:

Reading: Read the chapters on yoga breath and be prepared to demonstrate your assigned breath technique to the class, and to practice all breath techniques from the chapter.

Writing: Write out all the cues and progressive methods you might use to teach the yoga poses assigned to you. Include cues to emphasize safety, proper transition, regression and progression, and moving students into their best expression of the poses.

Critical Thinking: Analyze various bodies in intermediate-yoga postures and determine which adjustments should be offered and demonstrate how to safely provide such adjustments.

Create: Design and teach a sequence of postures for a 60- to 90-minute yoga class. Pay close attention to safety, sequencing, transition, cues, and to providing variations of each posture (regressions and progressions) so every student can find success.

VIII. Student Learning Outcomes:

- Create and teach a guided meditation using centering exercises honoring the central channel and the chakras.
- Demonstrate appropriate teaching methodologies and effective communication skills while leading a varied group of yoga participants.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 72, Yoga Teaching Practicum

Units:	1.00
Total Instructional Hours (usually 18 per unit):	54.00
Hours per week (full semester equivalent) in Lecture:	0.00
In-Class Lab:	3.00
Arranged:	0.00
Outside-of-Class Hours:	0.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology
Program Impact:	Forthcoming: 200 Hour Yoga Teacher Training Certificate

Rationale

General assessment of the need: The Yoga Teacher Training programs found in private schools are expensive, costing between \$2500 and \$7800. The cost of tuition may deter potential students. Many yoga students at SMC have communicated an interest in a teacher training program in which they may complete the program locally at an affordable price. A program at Santa Monica College will cost students approximately \$322 and will be more accessible and affordable for a diverse group of students than private programs. This CTE program will be the first of its kind on the west side. The nearest CTE Community College Yoga Teacher Training 200 hours is at Pasadena City College and is 25 miles away. This is far enough away that there would not be competition for students. Other CTE 200-Hour Yoga Teacher Training programs are in the San Diego Community College area, and a program opened at College of the Desert in Palm Desert Fall of 2018. The existing programs are sustaining themselves and show the need for the program here. Santa Monica and its environs have many potential employers for yoga teachers, including numerous yoga studios and fitness centers (Hot 8 Yoga, Santa Monica Yoga, Core Power, Yoga Works, Shefa Yoga, Equinox, LA Fitness, John Reed, etc.), as these businesses will need ongoing yoga instructors to teach their yoga classes. C. Program outcome: The U.S. Bureau of Labor and Statistics states that employment of fitness trainers and instructors (including yoga instructors) is projected to grow ten percent from 2016 to 2026, which is faster than average for all occupations. Businesses, governments, and insurance organizations continue to recognize the benefits of health and fitness programs to their employees. Incentives to join gyms and other types of health clubs are expected to increase the need for fitness trainers and instructors, including yoga instructors. The SMC Yoga Teacher Training program will give students a 200-hour certification which is the standard in the industry to be hired as a yoga instructor, and SMC they will be able to register with the Yoga Alliance at completion of their certificate which is the highest standard in the industry to date.

I. Catalog Description

Students seeking to complete the Yoga 200-hour Teacher Training Certificate will gain experience through practical application and supervised practice of lead yoga instructional techniques. Students will assist faculty in areas of administration, classroom management, teaching techniques, and instruction.

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. The Professional Yoga Teacher's Handbook, 1st, Sage Rountree, The Experiment. © 2020, ISBN: 1615196978
2. Yoga Sequencing: Designing Transformative Yoga Classes, Mark Stevens, North Atlantic Books © 2012, ISBN: 978-1583944974

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Identify and implement the components of a lesson plan with clear objectives and learning outcomes.
2. Demonstrate communication skills pertaining to group and individual instruction using appropriate cueing, terminology, and student feedback.
3. Demonstrate appropriate yoga asana selection and order, using proper technique and safety in individual and group instruction.
4. Demonstrate standard safety skills in selected use of props and activities.

5. Provide appropriate options for multi-level participants and various health conditions.
6. Apply instructional methods, classroom management techniques, and administration organization for a particular activity to teaching experiences in a practical setting.
7. Assess and analyze personal experience and current strengths and areas of development as a lead instructor.

IV. Methods of Presentation:

Lecture and Discussion, Observation and Demonstration, Discussion, Critique, Projects, Group Work, Service Learning

V. Course Content

<u>% of Course</u>	<u>Topic</u>
10.000%	XI. Assessment of Teaching Experience A. Personal evaluation of strengths and areas of development B. Student evaluations and feedback
10.000%	X. Communication Skills
10.000%	IX. Appropriate Corrections, Assistance, and Feedback to Participants
10.000%	VIII. Providing Options, Modifications, Regressions, and Progressions for All Levels and Limitations
10.000%	VII. Teaching Methods Appropriate for Yoga Instruction
10.000%	VI. Proper Form, Skills, Use of Props, and Safety Considerations for the Activity
5.000%	V. Classroom Procedures and Protocol A. Administration B. Classroom management
5.000%	IV. Lesson Planning and Class Organization
10.000%	I: Lead Instructing for Components of a Yoga Class A. Introduction, centering, and warm-up B. Cool-down C. Savasana and closing D. Main practice or flow sequence
10.000%	II. Lead Instructing for a Full Yoga Class
10.000%	III. Assisting a Lead Instructor
100.000%	Total

VI. Methods of Evaluation

<u>% of Course</u>	<u>Topic</u>
25%	Class Participation: 16 weeks of participation in class activities and assisting the instructor.
25%	Final Project: Instruction of individual components a full-length yoga session composed of standing and seated poses, back and forward bends, and possibly inversions.
25%	Class Work: Five Lesson plans, an assessment of teaching experience, and five self-evaluations.
25%	Exams/Tests: Quizzes, midterm, and the final exam.
100%	Total

VII. Sample Assignments:

Instructing: Instruct full length class based on a lesson plan and proper instructional methods. This design should include standing poses, twists, back bends, seated poses and savasana. 60-75 minutes long.

Create: Create and teach a restorative yoga class specifically for students with mild injuries. Use modifications and adjustments when needed.

VIII. Student Learning Outcomes:

1. Instruct an entire class using appropriate communication, instructional methods, and yoga teaching skills.
2. Develop written lesson plans for a yoga class.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 73, Anatomy & Physiology for Yoga Teachers

Units:	2.00
Total Instructional Hours (usually 18 per unit):	36.00
Hours per week (full semester equivalent) in Lecture:	2.00
In-Class Lab:	0.00
Arranged:	0.00
Outside-of-Class Hours:	72.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	Yes
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology
Program Impact:	Forthcoming: 200 Hour Yoga Teacher Training Certificate

Rationale

The Yoga Teacher Training at Santa Monica College is a CTE Program and will certify students with the Yoga Alliance (A yoga registry and national credentialing organization for yoga teachers and schools that is fairly new to the industry but holds the standard in the yoga industry). At the completion of the 200-hour yoga certification offered through Santa Monica College, students will be able to register as RYT (Registered Yoga Teacher), and research locally and nationally shows that employers hire yoga teachers who are registered with Yoga Alliance preferentially to those teachers who have not completed the training to become RYT through Yoga Alliance.

I. Catalog Description

Students will learn the principles of human anatomy, physiology, and biomechanics as they relate to teaching yoga postures in private & group settings.

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Yoga Anatomy, 3rd, Kaminoff and Matthews, Human Kinetics © 2021
2. Anatomy of Movement, Blandine Calais-Germain, Eastland Press © 1993, ISBN: 0-939616-17-3

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Identify basic human anatomy and body movement terminology.
2. Describe evidence-based physiological benefits of yoga practices.
3. Analyze breath anatomy and how it relates to yoga pranayama (breathing) exercises.
4. Analyze the physiology of the nervous system and stress response related to yoga mind-body practices.

IV. Methods of Presentation:

Lecture and Discussion, Observation and Demonstration, Discussion, Group Work, Projects

V. Course Content

% of Course	Topic
10.000%	Body Systems & Homeostasis A. Endocrine system B. Lymphatic & Immune system C. Digestive system D. Urinary system E. Reproductive system F. Integumentary system

10.000%	<p>Biomechanics Principles</p> <ul style="list-style-type: none"> A. Joint stability and mobility B. Safe movement C. Addressing common misalignments D. Balancing practices E. Adaptations
20.000%	<p>Using Anatomy and Physiology for Yoga Instruction</p> <ul style="list-style-type: none"> A. Theme-based classes B. Special populations C. Balancing planes of motion, movements of spine, muscles engaged and stretched D. Creating safe and effective practices E. Providing multi-level options with modifications, and progressions for deepening F. Properly warming up G. Protecting the joints, spinal discs, and common yoga injuries H. Addressing tight areas and injuries I. Common spinal conditions and contraindications J. Sequences focused on therapeutic practices or specific conditions
10.000%	<p>The Nervous System</p> <ul style="list-style-type: none"> A. Central nervous system B. Peripheral nervous system C. Neuron anatomy & function D. Vagus nerve E. Golgi tendon organs and muscle spindles F. Current research on the effects of yoga specific breathing practices
10.000%	<p>IV. Dynamics of Breathing & the Circulatory system</p> <ul style="list-style-type: none"> A. Mechanics of breathing B. Muscular involvement in passive and active ventilation C. Conditions related to the respiratory system D. Anatomy of the heart & lungs E. Circulatory system related to movement of blood through the pulmonary and circulatory circuits
10.000%	<p>Fundamentals of Anatomical Movement and Positions</p> <ul style="list-style-type: none"> A. Anatomical directional and positional terminology B. Planes of motion C. Movements of the spine D. Types of joints E. General movement terms
20.000%	<p>The Musculoskeletal System</p> <ul style="list-style-type: none"> A. Skeleton B. Types of joints & related connective tissue C. Articular structure D. Muscles of the body, their action, and types of muscle contractions E. Attachments F. Muscle agonist, antagonist, and synergist related to yoga specific movements G. Ligaments, tendons, and fascia H. Types of stretching I. Common yoga injuries
10.000%	<p>Physiology of Yoga</p> <ul style="list-style-type: none"> A. Scientific research B. Common injuries C. Injury prevention D. Adaptions in anatomy and physiology in response to yoga training E. Evidence-based physical and mental benefits of yoga F. Yoga for special populations/conditions (e.g. athletes, veterans, pregnancy, trauma-informed, kids, seniors and special groups)
100.000%	Total

VI. **Methods of Evaluation**

% of Course	Topic
25%	Class Participation: 16 weeks of participation in class activities.
25%	Exams/Tests: Quizzes, midterm, and the final exam.
25%	Papers: Two to three research assignments on Asana/Yoga Pose analysis, and anatomical case studies.
25%	Final Project: Teach a full-length yoga session, including the anatomical, skeletal, and muscular explanations of the poses learned in class.
100%	Total

VII. **Sample Assignments:**

Asana Research Paper: Write a yoga evidence-based scientific research assignment on Asana analysis.

Practical skill demonstrations: Skill Performance Demonstration leading yoga exercises, warm-up, cool-down/flexibility, main segment, and full class, including the anatomical explanations of the alignment.

VIII. **Student Learning Outcomes:**

1. Apply biomechanics principles to address common misalignments, effective joint stabilization and mobility, safe movement, balanced practices, and adaptations.
2. Apply concepts of yoga anatomy, physiology, and biomechanics to a yoga practice.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 90, Pilates Teaching Methodology and Principals

Units:	3.00
Total Instructional Hours (usually 18 per unit):	54.00
Hours per week (full semester equivalent) in Lecture:	3.00
In-Class Lab:	0.00
Arranged:	0.00
Outside-of-Class Hours:	108.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	083510 - Physical Fitness and Body Movement / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology; Other Advanced level Pilates teaching certification, board standard
Program Impact:	Forthcoming: Pilates Comprehensive Instructor Certificate

Rationale

1. Health & Wellness Focus: Pilates is a very popular form of exercise that promotes physical fitness, flexibility, and mental well-being through the mind/body connection. A Pilates certification program at a community college aligns with the increasing emphasis on health and well-being among students and in society. A Pilates program serves the dual purpose of the growing demand for qualified Pilates instructors and providing affordable education for a diverse student population. 2: Job Opportunities: With Pilates's growing popularity, there is a demand for qualified instructors. Offering a certification program at a community college provides students with the necessary training and credentials to pursue careers as Pilates instructors in a variety of settings, such as gyms, fitness centers, studios, and rehabilitation facilities. 3: Affordable Education: Community colleges are known for providing affordable educational and training programs. A Pilates certification offers individuals who may not have the resources to attend an expensive private training program a quality education at a lower cost. The cost of an outside Pilates program can be from \$ 2799-\$6300. 4: Diverse Student Population: Community colleges attract a diverse student population, including high school graduates, working adults, and career changers. This certification would cater to individuals with different backgrounds and foster a rich learning environment to promote inclusivity in the fitness industry. 5: Professional Development: Obtaining a Pilates certification demonstrates a commitment to ongoing learning. Students will enhance their skills and knowledge as fitness professionals.

I. Catalog Description

In this course students will focus on the methods, principles, and industry standards of teaching and developing Pilates training programs. Students will also learn the history, benefits, assessment tools, and goals of Pilates training.

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Return to Life Through Contrology, 3rd, Pilates, Joseph H., Pilates Method Alliance, Incorporated © 2012, ISBN: 978-0976823209
2. Pilates, 3nd, Isacowitz, Rael, Human Kinetics © 2022, ISBN: 978-1492598862
3. National Pilates Certification Program. National Pilates Certification Exam Study Guide, National Pilates Certification Program (NPCP)

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Explain the history, goals, benefits, ethics, and scope of practice of Pilates training.
2. List and describe the six Pilates movement principles.
3. Demonstrate effective application of assessment tools and goal setting for Pilates training.
4. Define the key components utilized in designing safe and effective Pilates training programs.
5. Describe essential teaching methods and skills for effective Pilates instruction.
6. Identify the professional standards expected for Pilates instructors.

IV. Methods of Presentation:

Lecture and Discussion, Observation and Demonstration, Discussion, Critique, Group Work, Online instructor-provided resources

V. Course Content

<u>% of Course</u>	<u>Topic</u>
16.660%	<p>Professionalism and Industry Standards</p> <ol style="list-style-type: none"> 1. Certifications and testing 2. Liability insurance 3. Continuing education 4. Employment 5. National Pilates Certification Program (NPCP) requirements and content 6. Pilates Method Alliance (PMA)
16.660%	<p>Teaching Skills</p> <ol style="list-style-type: none"> 1. Observation 2. Verbal Cueing 3. Cueing order 4. Demonstration 5. Tactile cueing 6. Visual communication 7. Feedback 8. Coaching skills 9. Safety considerations 10. Multi-level and contraindications 11. Accessibility, inclusion, and diversity
16.660%	<p>Program Design</p> <ol style="list-style-type: none"> 1. Private, group, or self-directed 2. Classic protocols for beginning, intermediate, and advanced participants 3. Customized programs 4. Components of a Pilates session 5. Regression, progressions, and modifications 6. Integrating intake and assessment information 7. Sequencing and balance of movements 8. Reassessment and adjustment of program and goals
16.700%	<p>Assessment Tools</p> <ol style="list-style-type: none"> 1. Intake and interview 2. Personal Activity Readiness Questionnaire (PAR-Q) and risk factors 3. Precautions 4. Contraindications 5. Medical release 6. Physical and postural assessment <ul style="list-style-type: none"> • Planes of Motion • Joint movement • Common Misalignments (kyphosis, lordosis, scoliosis) • Pelvic tilt • Genu album and varum • Varus and valgus (pronation/supination) • Winging and elevated scapula • Neutral pelvis and neutral spine • Knee and elbow hyperextension • Tibial torsion 7. Goal Setting
16.660%	<p>The Pilates Movement Principles</p> <ol style="list-style-type: none"> 1. Control 2. Breath 3. Concentration

	<ol style="list-style-type: none"> 4. Centering 5. Flowing Motion 6. Precision
16.660%	Introduction to the Pilates Method <ol style="list-style-type: none"> 1. History 2. Goals and benefits 3. Scope of practice 4. Code of ethics
100.000%	Total

VI. Methods of Evaluation

% of Course	Topic
25%	Written assignments Writing: Assessment tools that demonstrate writing skill and/or require students to select, organize and explain ideas in writing. Written assignments and discussions; personal instructor plan following professional industry standards and career goals
25%	Performance Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams. Practical demonstrations.
25%	Exams/Tests Quizzes, midterm, and final exam.
25%	Other Participation in weekly class activities.
100%	Total

VII. Sample Assignments:

Reading:

Weekly reading from the textbook. Be ready to demonstrate Pilates breath work. Explain and define the exhale specifically and the muscles of respiration.

Planning:

Create a personal instructor plan following professional industry standards and career goals. In a group class of mat Pilates, plan a strategy of goals using Pilates basic principles.

Practicum:

Practical demonstrations: Write a client intake, make assessments, and set practical goals for a client that is a 30 year old female with minor knee pain. She plays tennis on the weekends. Set 5 goals and exercises using Pilates equipment for this client.

Testing:

Quizzes or exams

VIII. Student Learning Outcomes:

1. Identify and describe the industry standards and methods for teaching and developing Pilates training programs.
2. Examine the history, benefits, goals, and principles of Pilates training.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 91, Pilates Mat Instructor Training

Units:	2.00
Total Instructional Hours (usually 18 per unit):	36.00
Hours per week (full semester equivalent) in Lecture:	2.00
In-Class Lab:	0.00
Arranged:	0.00
Outside-of-Class Hours:	72.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology; Other: Advanced level Pilates teaching certification, board standard.
Program Impact:	Forthcoming: Pilates Comprehensive Instructor Certificate Pilates Mat Instructor Certificate

Rationale

This course prepares students to instruct the complete repertoire of Pilates Mat in group classes and one-on-one private or semi-private training sessions at health clubs, fitness and wellness centers, community centers, corporate settings, or private studios. The program includes instruction in the principles, techniques, teaching skills, history, movement theory behind Pilates training, and applied kinesiology and anatomy. Students are required to complete and document personal Pilates sessions, observation hours, and student teaching hours. This course will be part of our teacher training program.

I. Catalog Description

Students will learn to safely and effectively instruct Pilates Mat exercises using Pilates principles for all skill levels and accommodations for various health conditions.

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Pilates' Return to Life Through Contrology., 2nd , Joseph H. Pilates, Pilates Method Alliance © 2012, ISBN: 978-0976823209
2. Human Kinetics., 2nd , Rael Isacowitz, Human Kinetics © 2021, ISBN: 978-1492598862
3. Lessen, Infante , and Betz. National Pilates Certification Exam Study Guide, National Pilates Certification Program

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Describe the principles, goals, and health benefits of Pilates Mat instruction.
2. Demonstrate the components of a Pilates Mat practice.
3. Design and instruct Pilates Mat exercises using safe and effective teaching skills and principles to address a wide variety of abilities in a balanced format.
4. Demonstrate proper use of Pilates Mat equipment to enhance classes. Other equipment: Pilates circle and Pilates ball.

IV. Methods of Presentation:

Field Experience, Lecture and Discussion, Observation and Demonstration, Discussion, Critique, Individualized Instruction, Work Experience (internship), Directed Study (independent study and internships), Group Work, Service Learning

V. Course Content

<u>% of Course</u>	<u>Topic</u>
10.000%	VII. Introduction to Pilates Mat Equipment A. Magic circle

	<ul style="list-style-type: none"> B. Foam roller C. Bands D. Bender ball and Togu inflatable ball E. Stability ball F. BOSU Balance Trainer
20.000%	<p>VI. Mat Pilates Exercises</p> <ul style="list-style-type: none"> A. Hundred B. Roll Up C. Roll Over D. Single Leg Circle E. Rolling Back (rolling like a ball) F. Single and Double Leg Stretch G. Single and Double Straight Leg Stretch H. Criss-cross I. Spine Stretch J. Open Leg Rocker K. Cork-Screw L. Saw M. Swan-Dive N. Single and Double Leg Kick O. Double Leg Kick P. Neck Pull Q. Scissors R. Bicycle S. Shoulder Bridge T. Spine Twist U. Jackknife V. Side Kick W. Teaser X. Hip Circle Y. Swimming Z. Leg Pull and Leg Pull Front AA. Kneeling Side Kick AB. Side Bend AC. Boomerang AD. Seal AE. Crab AF. Rocking AG. Control Balance AH. Push Up
10.000%	<p>V. Principles of Teaching Mat Pilates Exercises</p> <ul style="list-style-type: none"> A. Setting up and preparation for the exercise B. Breathing pattern, movement sequence, and recommended repetitions C. Safety, precautions, contraindications, and multi-level options D. Level, focus, and objective of the exercise E. Communication, cueing, and feedback
20.000%	<p>IV. Principles of Developing a Mat Pilates Class</p> <ul style="list-style-type: none"> A. Alignment B. Cueing C. Variations D. Modifications E. Contraindications F. Special populations G. Spine safety H. Program design and sequencing I. Creating a balanced session J. Planes of movement K. Anatomical positions L. Movements of the spine

10.000%	III. Components of a Pilates Mat practice A. Warm up B. Movements of the spine C. Planes of movement D. Pre-pilates exercises E. Main Segment F. Cool-down/Flexibility
20.000%	Pilates Mat Teaching Skills A. Observation B. Verbal cueing C. Cueing order D. Demonstration E. Tactile cueing F. Visual communication G. Feedback H. Coaching skills I. Safety considerations J. Multi-level and contraindications K. Accessibility, inclusion, and diversity
10.000%	Introduction to Pilates Mat A. History and lineage B. Pilates principles C. Goals and benefits D. Program requirements, certification, and employment
100.000%	Total

VI. Methods of Evaluation

<u>% of Course</u>	<u>Topic</u>
20%	In Class Writing: Five written sequences for components of a segment and a full class.
30%	Class Work: Skill Performance Demonstration leading Pilates exercises, warm-ups, cool-downs, flexibility movements within main segments, and a full class.
20%	Final Performance: Instruction of individual components and two full-length mat sessions.
30%	Class Participation: 16 weeks of participation in class activities and assisting the instructor.
100%	Total

VII. Sample Assignments:

Reading: Weekly reading from textbooks. After reading the chapters, write three mat sequences: Beginner level. Intermediate level. Advanced level. Be sure to include breath and muscles of respiration in sequences.

Create: Perform a warm up series using fundamental Pilates exercises and breath work. Create a series for Beginners, Intermediates and an Advanced level students.

Skill Demonstration: Skill performance demonstration by leading their classmates in warm up, main segment, and cool-down/flexibility of a mat Pilates class, based on the material/exercises covered that week. Practice teaching sessions will be followed up with constructive feedback from the instructor and group.

Testing: Quizzes or exams

VIII. Student Learning Outcomes:

1. Design and demonstrate a full multi-level Pilates Mat class using safe and effective instruction skills, tools, and techniques.
2. Identify and instruct the Pilates Mat repertoire of exercises with the ability to modify and adapt for a wide range of abilities and conditions.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 92, Pilates Reformer Instructor Training

Units:	2.00
Total Instructional Hours (usually 18 per unit):	36.00
Hours per week (full semester equivalent) in Lecture:	2.00
In-Class Lab:	0.00
Arranged:	0.00
Outside-of-Class Hours:	72.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology; Industry standard Pilates Teaching Certification for specific topic; Other: Advanced level Pilates teaching certification, board standard.
Program Impact:	Forthcoming: Pilates Comprehensive Instructor Certificate Pilates Reformer Instructor Certificate

Rationale

Pilates Comprehensive Instructor Certificate prepares students to instruct the complete repertoire of Pilates Mat, Reformer, and Apparatus equipment exercises in group classes and one-on-one private or semi-private training sessions at health clubs, fitness and wellness centers, community centers, corporate settings, or private studios. The program includes instruction in the principles, techniques, teaching skills, history, movement theory behind Pilates training, and applied kinesiology and anatomy. Students are required to complete and document personal Pilates sessions, observation hours, and student teaching hours.

I. Catalog Description

Students will learn to safely and effectively instruct Pilates Reformer exercises using Pilates principles for all skill levels and accommodations for various health conditions.

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Return to Life Through Contrology, 2nd , Pilates, Joseph H., Pilates Method Alliance, Incorporated © 2012, ISBN: 978-0976823209
2. Pilates, 3rd, Isacowitz, Rael, Human Kinetics © 2022, ISBN: ISBN-13 978-1492598862
3. National Pilates Certification Program. National Pilates Certification Exam Study Guide, National Pilates Certification Program (NPCP)

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Describe the principles, goals, and health benefits of Pilates Reformer instruction.
2. Identify and demonstrate the safe and proper use of the Pilates Reformer parts and ancillary equipment.
3. Demonstrate the components of a Pilates Reformer class.
4. Design and instruct Pilates Reformer exercises using safe and effective teaching skills and principles to address a wide variety of abilities in a balanced formatted class.

IV. Methods of Presentation:

Lecture and Discussion, Observation and Demonstration, Discussion, Group Work, Projects

V. Course Content

% of Course	Topic
50.000%	VI. Reformer Exercises 1. Footwork

1. Pilates V/Turnout
2. Arches
3. Heels
4. Tendon stretch
5. Single leg footwork
2. Hundred
3. Overhead/Jackknife
4. Coordination
5. Rowing Back
 1. Round Back
 2. Flat Back
6. Rowing Front
 1. Sitting tall
 2. Bending down
7. Salute
8. Hug a tree
9. Long Box
 1. Swan
 2. Pulling Straps regular and T arms
 3. Backstroke/Swimming
 4. Teaser
 5. Breast stroke
 6. Horseback
10. Long back stretch
11. Stomach massage
 1. Round back
 2. Flat back
12. Reach
13. Twist
14. Tendon stretch
15. Short spine massage
16. Head
 1. Front
 2. Back
17. Semi-circle
18. Chest expansion kneeling
19. Thigh stretch
20. Reverse chest expansion/arm circles
21. Kneeling side arms 1, 2 and 3
22. Side stretch/Cleopatra
23. Mermaid
24. Twist
25. Corkscrew
26. Balance control into arabesque
27. 2nd long box
 1. Rowing
 2. Grasshopper
 3. Swimming
28. Short Box Series
 1. Round back/stomach control
 2. Flat back
 3. Twist
 4. Climb a tree
29. Long spine massage
30. Knee stretch series
 1. Kneeling/round back
 2. Arched back
 3. Standing knees off
31. Running
32. Pelvic lift
33. Control front and control back

	<ul style="list-style-type: none"> 34. Bridge with arm pulls 35. Side support 36. Star 37. Russian 38. High bridge 39. Splits <ul style="list-style-type: none"> 1. Side 2. Front 3. Back 4. Russian 40. Feet in Straps <ul style="list-style-type: none"> 1. Leg lowers and lifts 2. Leg circles 3. Peter Pan 4. Frogs 5. Hamstring and wide leg adductor stretch 6. Butterfly
10.000%	<ul style="list-style-type: none"> V. Teaching Reformer Exercises <ul style="list-style-type: none"> 1. Setting up, preparation, and resistance selection for the exercise 2. Breathing pattern, movement sequence, and recommended repetitions 3. Safety, precautions, contraindications, and multi-level options 4. Level, focus, and objective of the exercise 5. Communication, curing, and feedback
10.000%	<ul style="list-style-type: none"> IV. Components of a Reformer Practice <ul style="list-style-type: none"> 1. Warm-up 2. Main segment 3. Cool-down/Flexibility
10.000%	<ul style="list-style-type: none"> III. Reformer Teaching Skills <ul style="list-style-type: none"> 1. Observation 2. Verbal cueing 3. Cueing order 4. Demonstration 5. Tactile cueing 6. Visual communication 7. Feedback 8. Coaching skills 9. Safety considerations 10. Multi-level and contraindications 11. Accessibility, inclusion, and diversity
10.000%	<ul style="list-style-type: none"> II. Pilates Principles <ul style="list-style-type: none"> 1. History and lineage 2. Goals and benefits 3. Program requirements, certification, and employment
10.000%	<ul style="list-style-type: none"> I. Introduction to Pilates Reformer <ul style="list-style-type: none"> 1. Reformer brands and types 2. Reformer parts 3. Springs and adjustments 4. Footbar 5. Ropes and straps 6. Maintenance 7. Attachment options 8. Ancillary equipment 9. Reformer tower
100.000%	Total

VI. **Methods of Evaluation**

<u>% of Course</u>	<u>Topic</u>
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25%	Written assignments: Create 10 to 15 differentiated assessment tools that require students to select, organize, and explain ideas in writing.
25%	Quizzes: Weekly written and/or oral quizzes on analysis of case studies.
30%	Class Participation: 16 weeks of participation in class activities and assisting the instructor.
20%	Exams/Tests: Midterm and Final Exam.
100%	Total

VII. **Sample Assignments:**

Written: Written Sequence of a full class for a group class of an Intermediate level student in healthy bodies. Be sure to include footwork, breath work and upper body exercises.

Problem Solving: Program design for 1-on-1 client case study. The case will be aftercare of a knee replacement. (Doctor approved patient to return to exercise.) Modify for safety.

Skill Demonstration: Skill performance demonstration leading Pilates Reformer exercises and class components. Demonstrate footwork, midback series and bridging exercises.

Exams: Quizzes or exams

VIII. **Student Learning Outcomes:**

1. Design and demonstrate a multi-level Pilates Reformer group class and personalized one-on-one session using safe and effective instruction skills, tools, and techniques.
2. Identify and instruct the Pilates Reformer repertoire of exercises with the ability to modify and adapt for a wide range of abilities and health conditions.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 93, Pilates Apparatus Instructor Training

Units:	2.00
Total Instructional Hours (usually 18 per unit):	36.00
Hours per week (full semester equivalent) in Lecture:	2.00
In-Class Lab:	0.00
Arranged:	0.00
Outside-of-Class Hours:	72.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology; Other: Advanced level Pilates teaching certification, board standard.
Program Impact:	Forthcoming: Pilates Comprehensive Instructor Certificate

Rationale

1. Health & Wellness Focus: Pilates is a very popular form of exercise that promotes physical fitness, flexibility, and mental well-being through the mind/body connection. A Pilates certification program at a community college aligns with the increasing emphasis on health and well-being among students and in society. A Pilates program serves the dual purpose of the growing demand for qualified Pilates instructors and providing affordable education for a diverse student population. 2: Job Opportunities: With Pilates's growing popularity, there is a demand for qualified instructors. Offering a certification program at a community college provides students with the necessary training and credentials to pursue careers as Pilates instructors in a variety of settings, such as gyms, fitness centers, studios, and rehabilitation facilities. 3: Affordable Education: Community colleges are known for providing affordable educational and training programs. A Pilates certification offers individuals who may not have the resources to attend an expensive private training program a quality education at a lower cost. The cost of an outside Pilates program can be from \$ 2799-\$6300. 4: Diverse Student Population: Community colleges attract a diverse student population, including high school graduates, working adults, and career changers. This certification would cater to individuals with different backgrounds and foster a rich learning environment to promote inclusivity in the fitness industry. 5: Professional Development: Obtaining a Pilates certification demonstrates a commitment to ongoing learning. Students will enhance their skills and knowledge as fitness professionals.

I. Catalog Description

Students will learn to safely and effectively instruct a Pilates Apparatus exercises using the Pilates principles. This will include the Cadillac Trapeze Table, Chair, Ladder Barrel and Spine Corrector, for all skill levels and accommodations for various health conditions.

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Pilates' Return to Life Through Contrology, 2nd , Joseph H. Pilates, Pilates Method Alliance © 2012, ISBN: 978-0976823209
2. Pilates, 2nd, Isacowitz, Rael, Human Kinetics © 2022
3. Lessen, Infante , and Betz. National Pilates Certification Exam Study Guide, National Pilates Certification Program (NPCP)

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Describe the principles, goals, and health benefits of Pilates Apparatus instruction
2. Identify and demonstrate the safe and proper use of the Pilates Apparatus Equipment
3. Design and instruct Pilates Apparatus exercises using safe and effective teaching skills and principles to address a wide variety of abilities in a balanced format

IV. Methods of Presentation:

Lecture and Discussion, Observation and Demonstration, Discussion, Critique, Projects, Individualized Instruction, Work Experience (internship), Directed Study (independent study and internships), Group Work, Service Learning

V. Course Content

% of Course	Topic
10.000%	<p>X. Ladder Barrel Exercises</p> <ul style="list-style-type: none"> A. Swan dive B. Swimming C. Grasshopper D. Side sit-ups E. Short box series <ul style="list-style-type: none"> 1. Round back 2. Flat back 3. Twist 4. Climb a tree F. Horseback G. Leg Series <ul style="list-style-type: none"> 1. Scissors 2. Walking 3. Bicycle 4 Helicopter H. Handstand I. Stomach jumps J. Back to forward bend
10.000%	<p>IX. Spine Corrector Exercises</p> <ul style="list-style-type: none"> A. Reach/Roll down B. Overhead stretch/rollover C. Leg Series <ul style="list-style-type: none"> 1. Scissors 2. Walking 3. Bicycle 4. Circles 5. Helicopter D. Low bridge E. Rolling in and out F. Corkscrew G. Back arch and bridge H. Balance I. Swan J. Grasshopper K. Swimming L. Rocking M. Teaser N. Hip circles O. High bridge P. Forward stretch/rest position
10.000%	<p>VIII. Instructing Barrel Exercises</p> <ul style="list-style-type: none"> A. Setting up and preparation for the exercise B. Breathing pattern, movement sequence, and recommended repetitions C. Safety, precautions, contraindications, and multi-level options D. Level, focus, and objective of the exercise E. Communication, cueing, and feedback
10.000%	<p>VII. Introduction to Barrels</p> <ul style="list-style-type: none"> A. Step Barrels B. Spine Corrector (AKA East Coast Step Barrel) C. Pilates Arc D. Clara Step Barrel E. Contour Step Barrel F. Ladder Barrel

10.000%	<p>VI. Chair Exercises</p> <ul style="list-style-type: none"> A. Double leg pumps <ul style="list-style-type: none"> 1. V position 2. Parallel 3. Heels B. Single leg pumps <ul style="list-style-type: none"> 1. Toes 2. Heels C. Hamstring 1 D. Swan front/chest press E. Reverse swan/torso press sit F. Seated mermaid/side arm sit G. Chest expansion/tricep press sit H. Piano lesson/plie front and back I. Kneeling mermaid/side arm kneeling J. Horseback K. One arm push-ups <ul style="list-style-type: none"> 1. Hand on chair 2. Lying prone 3. Standing 4. Hand on floor L. Side arm twist M. Pike/teaser on floor N. Forward, sideward, and backward step down O. Tricep sit P. Cat <ul style="list-style-type: none"> Q. Jack-knife from floor and corkscrew R. Swan from floor S. Frog lying flat T. Single leg pump - lying flat U. Scissor leg side-lying V. Handstand W. Standing leg and foot press X. Hamstring 2 and one arm W. Forward and side lunge X. Side body twist Y. Tendon stretch Z. Hamstring 3 AA. Side pull up/side leg extension AB. Spine stretch forward/sitting arm push down AC. Frog front and back AD. Standing leg pump front and side AE. Standing leg pump crossover AF. Achilles stretch AG. Press up with handles facing out and in
10.000%	<p>V. Instructing Chair Exercises</p> <ul style="list-style-type: none"> A. Setting up, preparation, and resistance selection for the exercise B. Breathing pattern, movement sequence, and recommended repetitions C. Safety, precautions, contraindications, and multi-level options D. Level, focus, and objective of the exercise E. Communication, cueing, and feedback
10.000%	<p>IV. Introduction to the Chair, Brands, and Types</p> <ul style="list-style-type: none"> A. Combo Chair B. Wunda Chair C. EXO Chair D. Cactus positions, springs, and resistance adjustments E. Single and split pedal adjustments F. Handles G. Ancillary equipment

10.000%	<p>III. Trapeze Exercises</p> <p>A. Push-through bar</p> <ol style="list-style-type: none"> 1. Upper arms 2. Swan 3. Push-through seated front 4. Push-through seated back 5. Cat 6. Teaser 7. Mermaid 8. Parakeet 9. Bend and stretch/footwork (springs from below) 10. Sit-up 11. Monkey 12. Tower 13. Hip opener <p>B. Standing on the Floor</p> <ol style="list-style-type: none"> 1. Upper arm control facing in 2. Upper arm control facing out 3. Arm circles facing in 4. Boxing/Punching 5. Salute 6. Hug a tree 7. Twist 8. Butterfly 9. Chest expansion 10. Reverse chest expansion 11. Lunge <p>C. Rolldown Bar</p> <ol style="list-style-type: none"> 1. Rolldown 2. Breathing 3. Hundred 4. Short spine/semi-circles 5. Swan 6. Chest expansion 7. Thigh stretch 8. Rolling in and out 9. Side bend <p>D. Leg Springs</p> <ol style="list-style-type: none"> 1. Supine bicycle 2. Walking 3. Scissors 4. Frog 5. Circles 6. Circles (side lying) 7. Bicycle 8. Magician 9. Airplane <p>E. Arm Springs</p> <ol style="list-style-type: none"> 1. Circles supine 2. Circles prone 3. Flying eagle <p>F. Rowing Back</p> <ol style="list-style-type: none"> 1. Round back 2. Flat back <p>G. Rowing Front</p> <ol style="list-style-type: none"> 1. Sitting tall 2. Bending down 3. Salute 4. Hug a tree <p>H. Full Trapeze Table</p>
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	<ol style="list-style-type: none"> 1. Hanging down 2. Hanging up <ol style="list-style-type: none"> I. Hanging <ol style="list-style-type: none"> 1. Half 2. Full 3. Spread eagle 4. Cat walkover 5. Squirrel 6. Inversions
10.000%	<ol style="list-style-type: none"> II. Introduction to Trapeze Table, Types, and Parts <ol style="list-style-type: none"> A. Table bed and frame B. Springs and adjustments C. Trapeze bar and canopy loop D. Push-through bar and safety strap E. Roll down bar F. Cross bar G. Maintenance and safety H. Attachment options I. Accessories J. Ancillary equipment K. Trapeze Table exercises instruction L. Preparation, set-up, and resistance selection for the exercise M. Breathing pattern, movement sequence, and recommended repetitions N. Safety, precautions, contraindications, and multi-level options O. Level, focus, and objective of the exercise P. Communication, cueing, and feedback
10.000%	<ol style="list-style-type: none"> I. Pilates Principles <ol style="list-style-type: none"> A. History and lineage B. Goals and benefits C. Program requirements, certification, and employment
100.000%	Total

VI. Methods of Evaluation

<u>% of Course</u>	<u>Topic</u>
40%	Class Work: Five written lesson plans, an assessment of teaching experience, and five self-evaluations.
30%	Final Performance: Instruction of individual components, skill performance demonstration on leading two full-length apparatus sessions.
30%	Exams/Tests: Quizzes, midterm, and final exam.
100%	Total

VII. Sample Assignments:

1. Write: 1. Prepare written sequences of a full session including the Pilates chair, Cadillac Trapeze Table, Spine Corrector and Ladder Barrel. Session should be about 60 minutes.

Design : 2. Design a 1-on-1 client case study for individual in a healthy body. Design a case study for an individual who must modify due to a minor back injury. Include the Pilates Chair, Cadillac Trapeze Table, Spine Corrector and Ladder Barrel into the sequence.

Demonstrate: 3. Demonstrate three exercises on each piece of equipment. Including the Pilates Chair, Cadillac Trapeze Table, Spine Corrector and Ladder Barrel.

VIII. Student Learning Outcomes:

1. Design and demonstrate a multi-level Pilates Apparatus personalized 1-on-1 and group sessions using safe and effective instruction skills, tools, and techniques.
2. Identify and instruct the Pilates Apparatus repertoire of exercises, including Chair, Trapeze Table, and Barrels, with the ability to modify and adapt a wide range of abilities and health conditions.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 94, Pilates Reformer Teaching Practicum

Units:	1.00
Total Instructional Hours (usually 18 per unit):	54.00
Hours per week (full semester equivalent) in Lecture:	0.00
In-Class Lab:	3.00
Arranged:	0.00
Outside-of-Class Hours:	0.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology; Other: Advanced level Pilates teaching certification, board standard.
Program Impact:	Forthcoming: Pilates Comprehensive Instructor Certificate Pilates Reformer Instructor Certificate

Rationale

1. Health & Wellness Focus: Pilates is a very popular form of exercise which promotes physical fitness, flexibility and mental well-being through the mind/body connection. A Pilates certification program at a community college aligns with the increasing emphasis on health and well-being with students and in society. A Pilates program serves the dual purpose of the growing demand for qualified Pilates instructors and providing affordable education for a diverse student population. 2: Job Opportunities: With the growing popularity of Pilates, there is a demand for qualified instructors. Offering a certification program at a community college provides students with the necessary training and credentials to pursue careers as Pilates instructors in a variety of settings, such as gyms, fitness centers, studios and rehabilitation facilities. 3: Affordable Education: Community colleges are known for providing affordable educational and training programs. A Pilates certification offers individuals who may not have the resources to attend an expensive private training program, a quality education at a lower cost. The cost of an outside Pilates program can be from \$ 2799-\$6300. 4: Diverse Student Population: Community colleges attract a diverse student population, including high school graduates, working adults and career changers. This certification would cater to individuals with different backgrounds and foster a rich learning environment to promote inclusivity in the fitness industry. 5: Professional Development: Obtaining a Pilates certification demonstrates a commitment to ongoing learning. Students will enhance their skills and knowledge as fitness professionals.

I. Catalog Description

Students seeking to complete the Pilates Reformer Instructor Certificate will gain experience through practical application and supervised practice of lead instructional techniques. Students will assist faculty in areas of administration, classroom management, teaching techniques, and instruction.

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Lessen, Infante , and Betz. National Pilates Certification Exam Study Guide,, National Pilates Certification Program (NPCP)

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Identify and implement the components of a lesson plan with clear objectives and learning outcomes.
2. Demonstrate communication skills pertaining to group and individual instruction using appropriate cueing, terminology, and student feedback.
3. Demonstrate appropriate Pilates Reformer exercise selection and order, using proper technique and safety in individual and group instruction.
4. Demonstrate standard safety skills in selected equipment and activities.
5. Provide appropriate options for multi-level participants and various health conditions.
6. Apply instructional methods, classroom management techniques, and administration organization for a particular activity to teaching experiences in a practical setting.

7. Assess and analyze personal experience and current strengths and areas of development as a lead instructor.

IV. Methods of Presentation:

Lecture and Discussion, Lab, Observation and Demonstration, Discussion, Critique, Projects, Individualized Instruction, Work Experience (internship), Directed Study (independent study and internships), Service Learning, Group Work

V. Course Content

<u>% of Course</u>	<u>Topic</u>
10.000%	XI. Assessment of Teaching Experience A. Personal evaluation of strengths and areas of development B. Student evaluations and feedback
10.000%	X. Communication Skills
10.000%	IX. Appropriate Corrections, Assistance, and Feedback to Participants
10.000%	VIII. Providing Options, Modifications, Regressions, and Progressions for All Levels and Limitations
10.000%	VII. Teaching Methods Appropriate for Pilates Reformer Instruction
10.000%	VI. Proper Form, Skills, Use of Pilates Reformer Equipment, and Safety Considerations for the Activity
5.000%	V. Classroom Procedures and Protocol A. Administration B. Classroom management
5.000%	IV. Lesson Planning and Class Organization
10.000%	III. Assisting a Lead Instructor
10.000%	II. Lead Instructing for a Full Pilates Reformer Class
10.000%	I. Lead Instructing for Components of a Pilates Reformer Class A. Introduction and warm-up B. Cool-down and flexibility C. Main Pilates Reformer Session
100.000%	Total

VI. Methods of Evaluation

<u>% of Course</u>	<u>Topic</u>
20%	Class Work: Five Lesson plans, an assessment of teaching experience, and five self-evaluations.
40%	Final Performance: Instruction of individual components and two full-length Pilates Reformer sessions written and sequenced by the student.
40%	Class Participation: 16 weeks of participation in class activities and assisting the instructor.
100%	Total

VII. Sample Assignments:

Create: 1. Create a lesson plan for a beginner, intermediate and advanced reformer group class. This session should include foot work, mid back series, standing work, and upper body. Adding in feet in straps as a cool down. List springs according to level.

Instruct: 2. Instruct a group reformer class based on a lesson plan and proper instructional methods learned in class. This will be a mixed level class. Be prepared to modify when needed. Including proper breath work and adjustments. Demonstrate how to safely provide such adjustments.

Write: 3. Written assessment of teaching experience, personal objectives, and self-evaluation. Practice teaching for feedback and experience. Practice teaching for feedback and experience.

Testing: 4. Quizzes or exams

VIII. Student Learning Outcomes:

1. Instruct an entire class using appropriate communication and Pilates Reformer instructional methods and skills. Acquire correct posture through all exercises and stretches learned within the semester, including safety measures.
2. Develop written lesson plans for Pilates Reformer class.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 95, Introduction to Applied Kinesiology and Anatomy

Units:	3.00
Total Instructional Hours (usually 18 per unit):	54.00
Hours per week (full semester equivalent) in Lecture:	3.00
In-Class Lab:	0.00
Arranged:	0.00
Outside-of-Class Hours:	108.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology
Program Impact:	Forthcoming: Pilates Comprehensive Instructor Certificate Pilates Mat Instructor Certificate Pilates Reformer Instructor Certificate

Rationale

1. Health & Wellness Focus: Pilates is a very popular form of exercise which promotes physical fitness, flexibility and mental well-being through the mind/body connection. A Pilates certification program at a community college aligns with the increasing emphasis on health and well-being with students and in society. A Pilates program serves the dual purpose of the growing demand for qualified Pilates instructors and providing affordable education for a diverse student population. 2: Job Opportunities: With the growing popularity of Pilates, there is a demand for qualified instructors. offering a certification program at a community college provides students with the necessary training and credentials to pursue careers as Pilates instructors in a variety of settings such as gyms, fitness centers, studios and rehabilitation facilities. 3: Affordable Education: Community colleges are known for providing affordable educational and training programs. A Pilates certification offers individuals who may not have the resources to attend an expensive private training program, a quality education at a lower cost. The cost of an outside Pilates program can be from \$ 2799-\$6300. 4: Diverse Student Population: Community colleges attract a diverse student population, including high school graduates, working adults and career changers. This certification would cater to individuals with different backgrounds and foster a rich learning environment to promote inclusivity in the fitness industry. 5: Professional Development: Obtaining a Pilates certification demonstrates a commitment to ongoing learning. Students will enhance their skills and knowledge as fitness professionals.

I. Catalog Description

Students learn applied Kinesiology and anatomy by examining the anatomical structure and function of the musculoskeletal system as it relates to human movement and exercise. Muscular analysis and practical application, including strengthening and flexibility exercises for each muscle will be emphasized. Students will also study physiological and biomechanical principles. Course content is part of the national American Council on Exercise (ACE) certification program. This course along with Kines 81 and 83 will prepare students to take the ACE Personal Trainer and/or Group Fitness Certification exam.

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Kinetic Anatomy, 4th, Behnke, Robert and Plant, Jennifer., ASFA American Sports & Fitness Assoc. © 2021
2. American Council on Exercise. The Exercise Professional's Guide to Personal Training 2020, American Council on Exercise
3. Lessen, Infante , and Betz. National Pilates Certification Exam Study Guide, Independent

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Demonstrate knowledge of correct anatomical terminology used to describe body part locations, position, and direction.

2. Describe the various types of bones, muscles, and joints in the human body and their location, movements, and characteristics.
3. Explain basic neuromuscular concepts and muscle properties in relation to how muscles function in joint movement and work together in affecting motion.
4. Demonstrate knowledge of the principles of biomechanics.
5. Locate the major muscles of the human body, including origin, insertion, and action and identify their movements associated with all joints in the body.
6. Analyze exercises of the upper extremity, trunk, and lower extremity to determine the joint movements, types of contractions, and specific muscles involved in those movements.
7. Perform movement, flexibility, and functional training assessments and identify common postural deviations.

IV. Methods of Presentation:

Lecture and Discussion, Observation and Demonstration, Discussion, Critique, Individualized Instruction, Work Experience (internship), Directed Study (independent study and internships), Group Work

V. Course Content

<u>% of Course</u>	<u>Topic</u>
9.000%	XII. Muscular Analysis of Trunk and Lower Extremity Exercises A. Lower extremity activities B. Analysis of movement C. Analysis of lower body exercises D. Open and closed kinetic chain
4.000%	XI. The Trunk and Spinal Column A. Bones, nerves, joints and movement of the trunk and spinal column B. Muscles of the trunk and spinal column 1. location and action 2. origin and insertion 3. primary function 4. selected exercises and flexibility
9.000%	X. The Ankle and Foot Joints A. Bones, nerves, joints and movement of the ankle and foot joints B. Muscles of the ankle and foot joint 1. location and action 2. origin and insertion 3. primary function 4. selected exercises and flexibility
8.000%	IX. The Knee Joint A. Bones, nerves, joints, and movement of the knee joint B. Muscles of the knee joint 1. location and action 2. origin and insertion 3. primary function 4. selected exercises and flexibility
9.000%	VIII. The Hip Joint and Pelvic Girdle A. Bones, nerves, joints and movement of the hip joint and pelvic girdle B. Muscles of the hip joint and pelvic girdle 1. location and action 2. origin and insertion 3. primary function 4. selected exercises and flexibility
9.000%	VII. Muscular Analysis of Upper Extremity Exercises A. Upper extremity activities B. Analysis of movement C. Open and closed kinetic chain D. Analysis of upper body exercises

8.000%	<p>VI. The Wrist and Hand Joints</p> <p>A. Bones, nerves, joints and movement of the wrist and hand joints</p> <p>B. Muscles of the wrist and hand joints</p> <ol style="list-style-type: none"> 1. location and action 2. origin and insertion 3. primary function 4. selected exercises and flexibility
7.000%	<p>VIII. The Elbow and Radioulnar Joints</p> <p>A. Bones, nerves, joints and movement of the elbow and radioulnar joints</p> <p>B. Muscles of the elbow and radioulnar joints</p> <ol style="list-style-type: none"> 1. location and action 2. origin and insertion 3. primary function 4. selected exercise and flexibility
9.000%	<p>VII. The Shoulder Girdle and Shoulder Joint</p> <p>A. Bones, nerves, joints and movement of the shoulder girdle and shoulder joint</p> <p>B. Muscles of the shoulder girdle and shoulder joint</p> <ol style="list-style-type: none"> 1. location and action 2. origin and Insertion 3. primary function 4. selected exercise and flexibility
5.000%	<p>VI. Biomechanics</p> <p>A. Levers, pulleys, wheels, and axles</p> <p>B. Laws of motion and physical activities</p> <p>C. Friction</p> <p>D. Balance, equilibrium, and stability</p> <p>E. Force and mechanical loading</p> <p>F. Active and passive insufficiency</p>
7.000%	<p>III. Flexibility Assessments</p> <p>A. Lower extremity</p> <ol style="list-style-type: none"> 1. hip joint 2. ankle joint 3. knee joint <p>B. Upper extremity</p> <ol style="list-style-type: none"> 1. shoulder joint 2. elbow joint 3. wrist joint <p>C. Spinal movements</p> <ol style="list-style-type: none"> 1. extension 2. flexion 3. lateral flexion 4. rotation <p>D. Thomas test for hip flexor length</p> <p>E. Passive straight-leg-raise</p> <p>F. Correctible factors</p> <ol style="list-style-type: none"> 1. Repetitive movements 2. Awkward positions 3. Lack of joint stability 4. Imbalanced strength-training programs <p>G. Non-correctible factors</p> <ol style="list-style-type: none"> 1. congenital conditions 2. some pathologies 3. structural deviations 4. certain types of trauma
7.000%	<p>II. Functional Training Assessments</p> <p>A. American Council on Exercise (ACE) Integrated Training Model</p> <p>B. Static postural assessment</p> <p>C. Postural deviations of the spine - kyphosis and lordosis</p>

	<ul style="list-style-type: none"> D. Muscle imbalances E. Common postural deviations <ul style="list-style-type: none"> 1. subtalar pronation/supination and the effect on tibial and femoral rotation 2. hip adduction 3. shoulder position and the thoracic spine 4. pelvic tilt 5. head position F. Dynamic balance: Y Balance test G. Static balance: Unipedal stance test H. McGill's torso muscular endurance test battery <ul style="list-style-type: none"> 1. trunk flexor endurance 2. trunk lateral endurance test 3. trunk extensor endurance test
9.000%	<ul style="list-style-type: none"> I. Muscular Foundations <ul style="list-style-type: none"> A. Anatomical systems <ul style="list-style-type: none"> 1. skeletal system 2. articulations - classifications 3. muscular terminology 4. muscle tissue actions <ul style="list-style-type: none"> a. Roles of muscles b. Types of muscle actions c. Functions 5. kinetic chain movement 6. mobility and stability 7. anatomical position and planes of motion 8. nervous system <ul style="list-style-type: none"> a. proprioception b. kinesthesia B. Balance and alignment - center of gravity C. Human motion terminology <ul style="list-style-type: none"> 1. Types of muscular contraction 2. Kinetic chain movement 3. Mobility and stability 4. Balance and alignment
100.000%	Total

VI. Methods of Evaluation

<u>% of Course</u>	<u>Topic</u>
30%	Class Work: 15 assignments based on textbook readings and in-class discussions.
25%	Quizzes: Weekly written and/or oral quizzes on analysis of case studies.
25%	Final exam: Midterm and Final Exam.
20%	Class Participation: Participation in class discussions.
100%	Total

VII. Sample Assignments:

Textbook readings: After reading assigned sections of the textbooks, students will summarize the text and write down questions. The instructor will present a few questions based on the readings at the start of each class session. Students will reflect on the questions and write down their answers to turn in, then the group will discuss. Other questions from the reading will also be brought up for discussion.

3. Written assignments and/or oral presentations : Students will receive hypothetical case studies of potential clients and integrate content learned in reading materials and lecture to present an analysis of the client's needs and plan for treatment. These case study plans will be presented to the class and should express an understanding of the relevant anatomy and kinesthetic elements related to the hypothetical client. Presentations will be followed by group discussion and feedback.

VIII. Student Learning Outcomes:

1. Identify muscular imbalances and movement patterns through functional movement, muscular endurance, flexibility, balance and passive assessment tests.
2. Identify and analyze exercises or movements related to muscle groups using anatomical terminology and the principles of biomechanics and neuromuscular properties.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 96, Pilates Apparatus Teaching Practicum

Units:	1.00
Total Instructional Hours (usually 18 per unit):	54.00
Hours per week (full semester equivalent) in Lecture:	0.00
In-Class Lab:	3.00
Arranged:	0.00
Outside-of-Class Hours:	0.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / C - Clearly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology; Other: Advanced level Pilates teaching certification, board standard.
Program Impact:	Forthcoming: Pilates Comprehensive Instructor Certificate

Rationale

1. Health & Wellness Focus: Pilates is a very popular form of exercise that promotes physical fitness, flexibility, and mental well-being through the mind/body connection. A Pilates certification program at a community college aligns with the increasing emphasis on health and well-being among students and in society. A Pilates program serves the dual purpose of the growing demand for qualified Pilates instructors and providing affordable education for a diverse student population. 2: Job Opportunities: With Pilates's growing popularity, there is a demand for qualified instructors. Offering a certification program at a community college provides students with the necessary training and credentials to pursue careers as Pilates instructors in a variety of settings, such as gyms, fitness centers, studios, and rehabilitation facilities. 3: Affordable Education: Community colleges are known for providing affordable educational and training programs. A Pilates certification offers individuals who may not have the resources to attend an expensive private training program a quality education at a lower cost. The cost of an outside Pilates program can be from \$ 2799-\$6300. 4: Diverse Student Population: Community colleges attract a diverse student population, including high school graduates, working adults, and career changers. This certification would cater to individuals with different backgrounds and foster a rich learning environment to promote inclusivity in the fitness industry. 5: Professional Development: Obtaining a Pilates certification demonstrates a commitment to ongoing learning. Students will enhance their skills and knowledge as fitness professionals.

I. Catalog Description

Students seeking to complete the Pilates Apparatus Instructor Certificate will gain experience through practical application and supervised practice of lead instructional techniques. Students will assist faculty in areas of administration, classroom management, teaching techniques, and instruction.

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Lessen, Infante, and Betz. National Pilates Certification Exam Study Guide, National Pilates Certification Program (NPCP)

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Identify and implement the components of a lesson plan with clear objectives and learning outcomes.
2. Demonstrate communication skills pertaining to group and individual instruction using appropriate cueing, terminology, and student feedback.
3. Demonstrate appropriate Pilates Apparatus exercise selection and order, using proper technique and safety in individual and group instruction.
4. Demonstrate standard safety skills in selected equipment and activities.
5. Provide appropriate options for multi-level participants and various health conditions.
6. Apply instructional methods, classroom management techniques, and administration organization for a particular activity to teaching experiences in a practical setting.
7. Assess and analyze personal experience and current strengths and areas of development as a lead instructor.

IV. **Methods of Presentation:**

Lecture and Discussion, Lab, Observation and Demonstration, Discussion, Critique, Individualized Instruction, Work Experience (internship), Directed Study (independent study and internships), Group Work, Service Learning

V. **Course Content**

<u>% of Course</u>	<u>Topic</u>
8.000%	XI. Assessment of Teaching Experience A. Personal evaluation of strengths and areas of development B. Student evaluations and feedback
9.000%	X. Communication Skills
9.000%	IX. Appropriate Corrections, Assistance, and Feedback to Participants
9.000%	VIII. Providing Options, Modifications, Regressions, and Progressions for All Levels and Limitations
10.000%	VII. Teaching Methods Appropriate for Pilates Apparatus Instruction
9.000%	VI. Proper Form, Skills, Use of Pilates Apparatus Equipment, and Safety Considerations for the Activity
8.000%	V. Classroom Procedures and Protocol A. Administration B. Classroom management
8.000%	IV. Lesson Planning and Class Organization
10.000%	III. Assisting a Lead Instructor
10.000%	II. Lead Instructing for a Full Pilates Apparatus Session
10.000%	I. Lead Instructing for Components of a Pilates Apparatus Session A. Introduction and warm-up B. Cool-down and flexibility C. Main Pilates Apparatus Session
100.000%	Total

VI. **Methods of Evaluation**

<u>% of Course</u>	<u>Topic</u>
30%	Class Work: Five Lesson plans, an assessment of teaching experience, and five self-evaluations.
30%	Final Performance: Instruction of individual components and two full-length apparatus sessions.
40%	Class Participation: 16 weeks of participation in class activities and assisting the instructor.
100%	Total

VII. **Sample Assignments:**

Write: Write a sequence of a full Apparatus class with a duration of 60 minutes. Include the Pilates Chair, Cadillac Trapeze Table, Spine Corrector and Ladder Barrel. Practice teaching this class.

Design: Program design for 1-on-1 client with no physical constraints. Include the Pilates Chair, Cadillac Trapeze Table, Spine Corrector and Ladder Barrel. Demonstrate teaching this design on the apparatus.

Demonstrate: Physically demonstrate three exercises on all Pilates Apparatus. (The Pilates Chair, Cadillac Trapeze Table, Spine Corrector and Ladder Barrel.)

Testing: Quizzes or exams

VIII. **Student Learning Outcomes:**

1. Instruct an entire session using appropriate communication and Pilates Apparatus instructional methods and skills.
2. Develop written lesson plans for Pilates Apparatus sessions.

New Course: PROFESSIONAL COURSES-KINESIOLOGY 97, Pilates Mat Teaching Practicum

Units:	1.00
Total Instructional Hours (usually 18 per unit):	54.00
Hours per week (full semester equivalent) in Lecture:	0.00
In-Class Lab:	3.00
Arranged:	0.00
Outside-of-Class Hours:	0.00
Transferability:	Transfers to UC (pending), CSU
Degree Applicability:	Credit – Degree Applicable
Proposed Start:	Fall 2025
TOP/SAM Code:	127000 - Kinesiology / D - Possibly Occupational
Grading:	Letter Grade or P/NP
Repeatability:	No
Library:	Library has adequate materials to support course
Minimum Qualification:	Kinesiology; Other: Advanced level Pilates teaching certification, board standard.
Program Impact:	Forthcoming: Pilates Comprehensive Instructor Certificate Pilates Mat Instructor Certificate

Rationale

1. Health & Wellness Focus: Pilates is a very popular form of exercise which promotes physical fitness, flexibility and mental well-being through the mind/body connection. A Pilates certification program at a community college aligns with the increasing emphasis on health and well-being with students and in society. A Pilates program serves the dual purpose of the growing demand for qualified Pilates instructors and providing affordable education for a diverse student population. 2: Job Opportunities: With Pilates's growing popularity, there is a demand for qualified instructors. Offering a certification program at a community college provides students with the necessary training and credentials to pursue careers as Pilates instructors in a variety of settings, such as gyms, fitness centers, studios, and rehabilitation facilities. 3: Affordable Education: Community colleges are known for providing affordable educational and training programs. A Pilates certification offers individuals who may not have the resources to attend an expensive private training program, a quality education at a lower cost. The cost of an outside Pilates program can be from \$ 2799-\$6300. 4: Diverse Student Population: Community colleges attract a diverse student population, including high school graduates, working adults and career changers. This certification would cater to individuals with different backgrounds and foster a rich learning environment to promote inclusivity in the fitness industry. 5: Professional Development: Obtaining a Pilates certification demonstrates a commitment to ongoing learning. Students will enhance their skills and knowledge as fitness professionals.

I. Catalog Description

Students seeking to complete the Pilates Mat Instructor Certificate will gain experience through practical application and supervised practice of lead instructional techniques. Students will assist faculty in areas of administration, classroom management, teaching techniques, and instruction.

II. Examples of Appropriate Text or Other Required Reading:

(include all publication dates; for transferable courses at least one text should have been published within the last 7 years)

1. Lessen, Infante , and Betz. . National Pilates Certification Exam Study Guide, National Pilates Certification Program (NPCP)

III. Course Objectives

Upon completion of this course, the student will be able to:

1. Identify and implement the components of a lesson plan with clear objectives and learning outcomes.
2. Demonstrate communication skills pertaining to group and individual instruction using appropriate cueing, terminology, and student feedback.
3. Demonstrate appropriate Pilates Mat exercise selection and order, using proper technique and safety in individual and group instruction.
4. Demonstrate standard safety skills in selected equipment and activities.
5. Provide appropriate options for multi-level participants and various health conditions.
6. Apply instructional methods, classroom management techniques, and administration organization for a particular activity to teaching experiences in a practical setting.
7. Assess and analyze personal experience and current strengths and areas of development as a lead instructor.

IV. Methods of Presentation:

Lecture and Discussion, Lab, Observation and Demonstration, Discussion, Critique, Projects, Experiments, Individualized Instruction, Work Experience (internship), Group Work

V. Course Content

<u>% of Course</u>	<u>Topic</u>
10.000%	I. Lead Instructing for Components of a Pilates Reformer Class A. Introduction and warm-up B. Cool-down and flexibility C. Main Pilates Reformer Session
9.000%	II. Lead Instructing for a Full Pilates Reformer Class
8.000%	III. Assisting a Lead Instructor
10.000%	IV. Lesson Planning and Class Organization
4.000%	V. Classroom Procedures and Protocol A. Administration B. Classroom management
10.000%	XI. Assessment of Teaching Experience A. Personal evaluation of strengths and areas of development B. Student evaluations and feedback
10.000%	VI. Proper Form, Skills, Use of Pilates Mat Equipment, and Safety Considerations for the Activity
10.000%	VII. Teaching Methods Appropriate for Pilates Mat Instruction
10.000%	VIII. Providing Options, Modifications, Regressions, and Progressions for All Levels and Limitations
10.000%	IX. Appropriate Corrections, Assistance, and Feedback to Participants
9.000%	X. Communication Skills
100.000%	Total

VI. Methods of Evaluation

<u>% of Course</u>	<u>Topic</u>
20%	Class Work: Five Lesson plans, an assessment of teaching experience, and five self-evaluations.
40%	Final Performance: Instruction of individual components and two full-length Pilates Mat class sessions.
40%	Class Participation: 16 weeks of participation in class activities and assisting the instructor.
100%	Total

VII. Sample Assignments:

Instruction: 1. Instruction of individual components of a mat lesson plan based on proper breath work and adjustments. Demonstrate how to safely provide such adjustments.

Teach: 2. Teach a full length class to a group based on prepared lesson plan and proper instructional methods learned in class. Choose a sequence level, include breath work, demonstrate when needed.

Write: 3. Written assessment of teaching experience, personal objectives, and self-evaluation. Practice teaching for feedback and experience.

Testing: 4. Quizzes or exams

VIII. Student Learning Outcomes:

1. Develop written lesson plans for a Pilates Mat class, sequencing from one exercise to the next. Perform Pilates exercises to demonstrate flexibility throughout the spine.
2. Instruct an entire class using appropriate communication and Pilates Mat instructional methods and skills. This class should be 60 minutes and include correct posture through all exercises and stretches learned within the semester.