



Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective:

Spring	2008
Semester	Year

Title:

Conditioning For Dance: Pilates Mat II
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(limit to 50 characters including spaces)

Course Number:

THE 229

Initiator:

Leslie Saxon West

Date Submitted:

2/4/2008

Units Min:

0.50

If this is a variable unit course, then the relationship between units and any difference in expected SLO's should be explained.
Units Max:

1.00

Lecture Hours:

0.00 to 0.00

 Lab Hours:

1.50 to 3.00

 Activity Hours:

0.00 to 0.00

Student Learning Outcomes: *(Enter the SLO's in an outline format. Use the Ctrl + Tab keys to indent for subtopics.)*

1. Identify the basic principles and philosophy of the Pilates method.
2. Demonstrate preliminary Pilates mobility exercises to prepare the body for Pilates mat work.
3. Demonstrate intermediate level Pilates mat exercises correctly.
4. Demonstrate improved strength, flexibility, coordination and body alignment.
5. Demonstrate an understanding of Pilates technique with the ability to articulate corrections related to alignment, breath and movement technique.

SIGNATURES / APPROVALS:

Instructor(s) _____
Signature Date

Instructor(s) _____
Signature Date