

Kinesiology, Athletics and Dance DIVISION

Program:	Pilates Teacher Training Certificate	# Courses: (if applicable)	11	Updated:		Submitted by:	Karol Ritz
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Institutional Level Outcomes (ILOs): *As a result of an educational experience with any aspect of the college, students will develop the following knowledge, skills, abilities, and attitudes:*

1. Communication	2. Critical Thinking	3. Information and Technology Literacy	4: Personal, Social, Civic, & Environmental Responsibility			
Connect PLOs with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated following the completion of the program or educational experience.			PLO to ILO Alignment			
PLO Name	PLO Defined: Upon successful completion of this program, students will be able to:		1	2	3	4
1. Career Preparation	Develop a portfolio of lesson plans, a teaching resume and a personal Pilates brand.		P	I	I	I
2. Pilates Pedagogy	Teach, with attention to alignment, Pilates exercises while incorporating the Pilates concepts and principles.		P	I		I
3. Creating Organization of Pilates Exercises	Develop a logue of the Pilates mat and Reformer exercises that includes muscular analysis, objectives, cueing and modifications (approximately 150 exercises).		P	I	I	
4.						
5.						
6.						
7.						
8.						
9.						

Key for Level of Learning

(Use for Mapping SLOs/MOs to PLOs to ILOs)

I = Knowledge/Skill Introduced

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See the Outcomes Assessment website for definitions and examples of Mt. SAC's ILOs: <http://www.mtsac.edu/instruction/outcomes/ilos.html>

Student Learning Objectives (SLOs), Measureable Objectives (MOs), Administrative Unit Objectives (AUOs)

Course: DN-T 27 Theory & Principles of Pilates		Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.												
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 Students will be able to develop Client-specific Pilates programs.	I	I	P								I	I		I
SLO 2 Students will be able to present a comprehensive portfolio that includes lesson plans, teaching resume and personal responses that chronicle the process of becoming a successful Pilates instructor.	P	I	P								P	P	I	I
SLO 3 Students will demonstrate knowledge of Pilates history, philosophy, principles and concepts.	I	P	I								I	P		I
MO 1 Apply Pilates principles to teaching Pilates exercises.	I	P	I								P	P		I
MO 2 Describe primary goals and objectives of Pilates exercises.	I	P	P								P	P		I
MO 3 Demonstrate guidelines of alignment and posture assessment.	I	P	P								P	P		I
MO 4 Describe movement patterns.		P	P								P	P		
MO 5 Develop client-specific programs.	P	I	P								I	P		I
MO 6 Describe Pilates purpose and philosophy.	I	P	P								P	I		I
MO 7 Categorize Pilates vocabulary, repertoire of exercises and equipment.	P	I	P									I	I	

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Course: DN-T 28 Functional Anatomy for Pilates	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 Students will be able to analyze the biomechanics of Pilates exercises.		I	P								I	P	I	
SLO 2 Students will demonstrate knowledge of basic anatomy as to how it is applied to teaching Pilates.		I	P								I	P		I
MO 1 Identify bones and types of joints.			I								I			
MO 2 Identify muscles.			I								I			
MO 3 Define and analyze muscular contraction.		I	I								I	I		
MO 4 Describe structure and function of the spine, pelvis, hip joint, knee, shoulder and foot/ankle complex in relation to Pilates repertoire.		I	P								I	P		
MO 5 Demonstrate anatomical language as applied to Pilates exercises.		I	P								I	I		
MO 6 Analyze biomechanics of Pilates exercises.		I	I								I	I		
MO 7 Identify neutral spine and neutral pelvis.		P	P								P	I		

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Course: DN-T 29 Teaching Pilates Mat Repertoire	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 Students will be able to design Pilates mat sequences for different settings and clientele.	P	P	P									p	I	I
SLO 2 Students will be able to teach the individual Pilates mat exercises.		P	P								P	P		I
MO 1 Teach the Pilates mat exercises at all levels.		P	P								P	P		I
MO 2 Select proper modifications and assists for mat exercises.		P	P								P	P		I
MO 3 Analyze mat exercise initiation and movement sequences.		P	P								I	P	I	I
MO 4 Demonstrate the appropriate use of props for mat exercises.		P	P								I	P		I
MO 5 Appraise client workout styles.	P										P	P		I
MO 6 Develop class sessions.	P	I	P									P	I	I
MO 7 Demonstrate methods of communication and client motivation.		P	P								P	P		P
MO 8 Recognize and correct breath patterns specific to Pilates.		P	P								P	P		

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Course: DN-T 30 Teaching Pilates Reformer Repertoire	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 Students will be able to design Reformer sequences for different settings and clientele.	P	P	P									P	I	I
SLO 2 Students will be able to teach and demonstrate the individual Pilates Reformer exercises.		P	P								P	P		I
MO 1 Perform techniques and exercises on the Reformer.		P												P
MO 2 Teach, with clarity, Pilates exercises.		P	P								P	P		P
MO 3 Demonstrate proper modifications and assists on the Reformer.		P	P								P	P		P
MO 4 Demonstrate safety while teaching the Reformer exercises.		P	P								P	P		P
MO 5 Analyze Reformer exercise initiations and movement sequences.		P	P								I	P	I	I
MO 6 Develop class plans for private sessions and small groups.	P	P	P								P	P	I	P
MO 7 Demonstrate methods of communication for teaching Reformer		P	P								P	P		P

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Course: DN-T 31 Pilates Teaching-Mat and Reformer	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 Students will be able to evaluate Pilates instructors in a variety of settings.	I	P	I										I	I
SLO 2 Students will present professionally as a Pilates teacher.	P	P									P	P		P
MO 1 Develop well-rounded teaching formats that work the body in all planes of motion.	M	M	M									P		P
MO 2 Communicate with clarity and appropriateness while teaching.		M									P	P		P
MO 3 Present professionally as a Pilates teacher.	P	M									P			P
MO 4 Apply Pilates principles and concepts.	P	M	M								M	P		P
MO 5 Demonstrate Pilates exercises, anatomy, biomechanics, preparedness and safety.		M									P	P		P
MO 6 Analyze and evaluate Pilates instruction in a variety of settings.	P		P									P	P	P

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Course: DNCE 39A Alignment & Correctives I	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 Students will be able to execute personal alignment corrections based on information and exercises learned in class.		I												I
SLO 2 Students will learn to execute basic Pilates techniques.		I												I
MO 1 Recall and define basic anatomy, principles and concepts as it relates to Pilates.		I	I									I		
MO 2 Apply the principles learned in the execution of mat and Reformer exercises.		I												
MO 3 Demonstrate neutral spine and pelvis.		I										I		
MO 4 Use breathing to facilitate the Pilates exercises.		I												I
MO 5 Demonstrate skill in mat-work and Reformer exercises.		I												I
MO 6 Demonstrate proper use of props in mat-work.		I												I

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Course: KIN 24 Applied Kinesiology	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 students will be able to describe the structure and composition of bones and their influence on movement, outline the role of muscles, and identify muscle types and contractions.		I	I								I	I		
SLO 2 students will be able to describe the application of muscles involved in physical activity and sport movement, develop an exercise program based on kinesiology principles and analyze biomechanical movement utilized in athletics.		I	I								I	I		
MO 1 Describe the structure and composition of bones and their influence on movement.		I	I								I	I		
MO 2 Outline the role of muscles.		I	I									I		
MO 3 Identify muscle types and contractions.		I	I											
MO 4 Describe the application of muscles involved in physical activity and sports movement.		I	I								I	I		
MO 5 Develop an exercise program based on kinesiology principles.		I	I								I	I		
MO 6 Analyze biomechanical movements utilized in athletics.		I	I									I		

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Course: DNCE 41 Pilates I	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 Students will be able to execute 2 beginning and 2 intermediate mat exercises, 2 beginning Reformer and 1 Pilatesstick exercises.		I	I								I			
SLO 2 Students will describe Pilates principles through a written exam.		I	I								I			
MO 1 Perform beginning and intermediate Mat exercises.		I	I								I			
MO 2 Perform beginning Reformer exercises.		I	I								I			
MO 3 Use safety protocols.		I	I								I			I
MO 4 Perform beginning Pilatesstick exercises.		I	I								I			
MO 5 Utilize the Magic Circle in Mat-work.		I	I								I			
MO 6 Demonstrate improved body alignment.		I	I											I
MO 7 Describe the application of Pilates principles in daily activities.		I	I								I			I

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Course: DNCE 42 Pilates II	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 Students will execute 2 intermediate exercises each on the Mat and Reformer, 1 intermediate exercise on the Pilatesstick and 1 beginning exercise on the Wunda Chair.		I	I								I			
SLO 2 Students will maintain written journal observations of Pilates principles as applied to lifestyle.	I	I									I	I		I
MO 1 Perform intermediate Mat exercises.		I												
MO 2 Perform intermediate Reformer and Pilatesstick exercises.		I												
MO 3 Perform beginning exercises on the Wunda Chair, Step Barrel, and Ped-a-Pul.		I												
MO 4 Use correct body alignment.		I	I											
MO 5 Use abdominal strength and pelvic stability.		I	I											
MO 6 Use proper range of motion and flexibility.		I	I											
MO 7 Maintain written observations of Pilates principles applied to lifestyle.	I		I								I	I		I
MO 8 Identify major Pilates teachers and events in the history of Pilates.	I										I			I

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Course: DNCE 43 Pilates III	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 Students will execute 1 advanced exercise each on the Reformer and Wunda Chair, and 2 exercises on the Cadillac.		I	I								I			
SLO 2 Students will identify contributions of First Generation Pilates teachers through a research assignment.	I	I									I	I		I
MO 1 Identify contributions of First Generation Pilates teachers.	I	I									I	I		I
MO 2 Perform intermediate and advanced Reformer exercises.		I	I								I			
MO 3 Perform intermediate and advanced Wunda Chair exercises.		I	I								I			
MO 4 Utilize advanced options on the Reformer and Chair (jumpboard and split-pedal).		I	I								I			
MO 5 Perform exercises on the Cadillac and High Barrel.		I	I								I			
MO 6 Use inner core strength and endurance.		I	I								I			
MO 7 Use equipment safely.		I	I											I
MO 8 Perform comprehensive sessions utilizing all Pilates equipment.		I	I								I			

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Course: DNCE 40 Conditioning Through Dance														
Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.														
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
SLO 1 Students will improve physical fitness through the coordination of dance exercises.		I									I			
SLO 2 Students will demonstrate an understanding of how exercise effects overall health physically, mentally and emotionally.	I										I	I		I
MO 1 Perform exercise sequences using dance skills.														I
MO 2 Practice skills in dance to improve strength, flexibility and range of motion.		I									I			I
MO 3 Identify nutritional issues through analysis and apply the information to establish nutritional and weight range goals.	I										I	I	I	I
MO 4 Use various dance and exercise skills to create an exercise regimen.	I													I
MO 5 Determine the relationship of physical exercise to health and body conditioning.	I	I									I	I		I

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