

# NORTHERN NEW MEXICO COLLEGE



<b>Course Number Course Name</b>	PHED 1430, Pilates
<b>Credit Value (Breakdown of theory and lab credits)</b>	1 Studio
<b>Catalog Course Description</b>	You will learn the basic concepts and skills in the Pilates method of nonimpact mat conditioning designed to increase core strength and stabilization, muscle tone, balance, coordination, and flexibility which develop whole body awareness and control, and which can be modified to various fitness levels. (1, 0T+1S)
<b>Student Learning Outcomes/Objectives /Competencies of the Course</b>	<p><b>Student Learning Outcomes:</b> At the end of this course the student will:</p> <ol style="list-style-type: none"> <li>1. Demonstrate an understanding of the philosophy and history of Joseph Pilates.</li> <li>2. Demonstrate the ability to perform Pilates-style movements.</li> <li>3. Identify neutral spine.</li> <li>4. Demonstrate flowing movement to increase muscular endurance.</li> <li>5. Apply correct postural alignment and breath-control.</li> </ol>
<b>College-Wide Student Learning Outcomes</b>	<p>PHED 1430, Pilates learning objectives align with the following NNMC College Wide Goal:</p> <p><i>Cultural Competence:</i></p> <ul style="list-style-type: none"> <li>• <i>Students are required to work with distinct cultures and identities</i></li> </ul>