

# DANC 130: ALIGNMENT AND CORRECTIVES

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	2
Total Contact Hours:	54
Lecture Hours :	36
Lab Hours:	18
Hours Arranged:	0
Outside of Class Hours:	72
District General Education:	E1. Dance Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

A class for non-dancers and dancers seeking an introduction to the structural aspects that affect movement and gait. Lectures include biomechanical and neuromuscular aspects of the body. Practical hours include in-depth study of Pilates mat techniques and Gyro-kinesis. 36 lecture hours, 18 lab hours.

## Course Objectives

- Demonstrate an understanding of the movement techniques of Pilates and Gyro-kinesis
- Recognize location, function and correct usage of the muscles used for alignment, movement and gait
- Recognize the correct placement for balance, turns and jumps and the techniques to develop better alignment for common injuries and their prevention
- Demonstrate basic Pilates mat sequences and theraband exercises

## Major Course Content

1. Muscles Involved in Respiration, Alignment and Gait
  - a. Location and function
  - b. Strengthening and stretching
  - c. Applications to Pilates mat work
2. Pilates Mat Work
  - a. Respiration series
  - b. Pelvic series
  - c. Abdominal series
  - d. Foot and ankle series
  - e. Knee and hip joint series
  - f. Trunk and spine series
  - g. Shoulder girdle series
3. Movement Technique Applications
  - a. Movement props (thera-band, physio-ball, disc work)
  - b. Applications to Gyro-kinesis
  - c. Alignment applications to dancers and athletes
  - d. Injury prevention therapies and proper care with Theraband

- e. Lecture introduction to machine work (Pilates Reformer and Trapeze Table, Gyro-tonic Expansion System)
  - f. Self analysis
4. Personal program development and protocols

## Lab Content

- Intercostal breathing
- Pelvic Curls
- Pelvic Bridges
- Abdominal Curls
- Single/Double Leg Reach
- Roll-Ups/Roll Downs
- Side leg work
- Leg Circles
- Back Arrows and Pilates "swimming"
- Pilates "push-ups"
- Theraband work
- Gyrokinesis variations
- Shoulder Girdle Strengthen/Release exercises

## Suggested Reading Other Than Required Textbook

Pilates books, internet research.

## Examples of Required Writing Assignments

A self-assessment of gait, structural analysis essay of 2 to 3 pages is required.

## Examples of Outside Assignments

Textbook study, practicum homework, observation of others gait and bio-structural analysis.

## Instruction Type(s)

Lecture, Lab, Online Education Lecture, Online Education Lab