

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