

DANC 230: ALIGNMENT AND CORRECTIVES INTERMEDIATE

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
Prerequisite:	DANC 130.
District General Education:	E1. Dance Activity
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter

Catalog Course Description

A class for non-dancers and dancers seeking a deeper survey of the structural aspects that affect movement and gait. Lectures include biomechanical and neuromuscular aspects of the body. Practical hours include in-depth study of intermediate level Pilates mat and Reformer techniques and sequences. 36 lecture hours, 18 lab hours.

Course Objectives

- Demonstrate an understanding of the movement techniques of Pilates and Gyro-kinesis at the intermediate level
- 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 intermediate level Pilates mat sequences and resistance band exercises
- Demonstrate an understanding of beginning to intermediate Pilates Reformer sequences

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 at the intermediate level
 - b. Pelvic series at the intermediate level
 - c. Abdominal series at the intermediate level
 - d. Foot and ankle series at the intermediate level
 - e. Knee and hip joint series at the intermediate level
 - f. Trunk and spine series at the intermediate level
 - g. Shoulder girdle series
3. Movement Technique Applications at the intermediate level

- a. Movement props (resistance band, physio-ball, disc work)
 - b. Applications to Gyro-kinesis
 - c. Alignment applications to dancers and athletes at the intermediate level
 - d. Injury prevention therapies and proper care with resistance bands at the intermediate level
 - e. Lecture introduction to machine work (Pilates Reformer and Trapeze Table, Gyro-tonic Expansion System)
 - f. Self analysis
4. Reformer Sequences
 - a. Foot and ankle sequences (the "sevens")
 - b. Abdominal sequences
 - c. Leg and ankle sequences
 - d. Lower and back sequences

Lab Content

- Intercostal breathing
- Pelvic Curls at the intermediate level
- Pelvic Bridges at the intermediate level
- Abdominal Curls at the intermediate level
- Single/Double Leg Reach at the intermediate level
- Roll-Ups/Roll Downs at the intermediate level
- Side leg work at the intermediate level
- Leg Circles at the intermediate level
- Back Arrows and Pilates "swimming" at the intermediate level
- Pilates "push-ups" at the intermediate level
- Resistance band work at the intermediate level
- Gyrokinesis variations at the intermediate level
- Shoulder Girdle Strengthen/Release exercises at the intermediate level
- Reformer sequences

Suggested Reading Other Than Required Textbook

Pilates books, internet research.

Examples of Required Writing Assignments

A two to three page essay that analyzes gait, structural analysis with corrective directives from Reformer.

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