

Academic Plan as of Fall 2019

Program Description:

UNLV Division of Educational Outreach and the UNLV Department of Dance have partnered to offer a Mat Pilates and Injury Prevention Certificate. The certificate provides Pilates and dance instructors and practitioners with a practical understanding of human anatomy and dance kinesiology useful in preventing injuries. The certificate consists of both technique and theory classes, with an anatomical approach to movement. The technique courses include exercises in flexibility and tone, using a variety of tools, including thera bands, small balls, small weights, and large balls. Theory courses include the foundations of dance kinesiology and human anatomy to provide key information for the prevention and care of injuries.

Program Learning Outcomes:

By the end of the Mat Pilates and Injury Prevention Certificate, students will be able to:

- Use the correct terminology in discussing flexibility and tone
- Demonstrate and analyze the physical stretches taught in the class
- Demonstrate and identify an eccentric and a concentric contraction
- Analyze the difference in the Pilates articulate stretching and traditional stretching techniques
- Manually stretch another person
- Develop factual and conceptual knowledge of the four basic tissue groups of the body – soft tissue, connective tissue, bone and muscle.
- Identify the bones of the human body.
- Identify specific connective tissue of the upper body, torso, and lower body used in dance.
- Identify specific muscles of the upper body, torso, and lower body used in dance.
- Identify the muscles and which bones they act upon and differentiate the body planes that the bones move through
- Build the general muscles of the shoulder, spine, hip, knee, and ankle
- Demonstrate through building with clay on a skeletal model the correct origin and insertion of each muscle built.
- Demonstrate through testing assessment the correlating injury to each area of study.

Program Requirements:

To earn the UNLV Mat Pilates and Injury Prevention Certificate, you must successfully complete six required courses.

Required Courses:

- **Pilates I** (DN2110)-needs to be taken 2 x, including 1 time after, or concurrently with Dance Kinesiology or Prevention and Care of Dance Injuries
- **Dance for Flexibility and Tone** (DN2111)-needs to be taken 2 x, including 1 time after, or concurrently with Dance Kinesiology or Prevention and Care of Dance Injuries
- **Dance Kinesiology** (DN2112)
- **Prevention and Care of Dance Injuries** (DN2113)