

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

RECR 182 002: Introduction of Pilates
(1)Fall 2016 DAY/TIME:T/R 12:00-1:15pm (08/30/16 – 10/16/16)
Location: RAC 2002

PROFESSOR: Brittany Clark:
Office Hours: By appointment
Office Location: RAC 2002
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PREREQUISITES/COREQUISITES: NONE

Course description:

Provides the history and basic foundations of Pilates including an introduction to beginning Pilates exercises and their proper execution; exploration of modifications for certain exercises and the various props which may be used in the group class setting.

Course Overview:

The Introduction to Pilates course will provide a combination of lecture and activity within the framework of each class. Students will learn the history behind Pilates and the teachings of Joseph Pilates as well as the current movement of Pilates in the United States today. In addition to the history and current movements in Pilates, the course will give students an overview of the most common Pilates mat exercises. Students will also have the opportunity to experience the addition of props to the Pilates mat class. Safety considerations while performing Pilates mat exercises will also be discussed.

Course Delivery Method: Face to Face

Learner Objectives:

At the conclusion of the course, students will be able to:

1. Articulate the purpose and history of Pilates based on the teachings of Joseph Pilates.
2. List and define the seven principles of Pilates:
 - A) Centering
 - B) Breathing
 - C) Precision
 - D) Control
 - E) Concentration
 - F) Flow
 - G) Working within your frame.
3. Perform Pilates mat exercises effectively.
4. Demonstrate exercises in various anatomical positions (supine, prone, sitting, standing, etc.)
5. Utilize props to supplement the mat Pilates workout.

Recommended Reading (not required)

Isacowitz, Rael, (2006) Pilates, Human Kinetics Champagne, Illinois
Biel, Andrew (2014), Spiral Bound, Trail Guide to the Body

Instructor will use Black Board and Various Handouts

It is also HIGHLY recommended that students purchase their own mats.

Evaluation

Participation and Attendance (65 points) Students will receive 5 points for every class attended. Students who arrive after the first 10 minutes of class and observing a class will receive only 4 points for that day.

Pilates Journal (20 points) Students will record a short reflection on their progress at the end of each class period. This will be an in class assignment. Please bring a notebook dedicated to Pilates to each class. This will be turned in as a final assignment at the end of the semester.

Final Exam Written (20 points) Students will be given a prep open note exam during class, which will cover information taught within each class. Final exam will be closed note the following week.

Practical Exam (15 Points) Students will demonstrate three exercises of the instructor’s choice. Must use proper position, breath pattern and be prepared to offer modifications, know the muscles used (if asked), etc.

Article Presentation (10 points) Each student will share with the class an article, which they read outside the classroom on a topic, which relates to Pilates. A list of various topics will be provided to the students to choose from.

Total Points Possible: 130

CLASS INFORMATION:

1. Students must come to class prepared to workout. Sweats, shorts, t-shirts or exercise clothing may be worn. Shoes will not be worn during class.
2. Attendance is a major part of the student’s grade. Students are expected to attend each class. Excused absences for University activities (sports, etc.) must be arranged with instructor prior to absence. Please discuss with instructor any special considerations for that particular class period prior to the beginning of class.
3. If a student has more than one unexcused absence, his or her grade will be dropped 5 points for each absence.

Grading Scale

| | | | |
|--------------|--------------|--------------|-------------|
| A = 94 – 100 | B+ = 88 – 89 | C+ = 78 – 79 | D = 60 – 69 |
| A- = 90 – 93 | B = 84 – 87 | C = 74 – 77 | F = 0 – 59 |
| | B- = 80 – 83 | C- = 70 – 73 | |

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

GMU Policies and Resources for Students

Policies

4. Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
 5. Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
 6. Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
 7. Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
 8. Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
 - Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
 - The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
 - The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- Template Revision Date: August 2016 3
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

TENTATIVE COURSE SCHEDULE

| DAYS | | TOPIC | READINGS/ASSIGNMENT |
|------|----------------|--|---------------------|
| | 1 Tues 8/30 | Introduction, Overview of Class, Instructor Expectations, Journal Explanation History of Pilates Mat Practice | Three Class Goals |

| DAYS | | TOPIC | READINGS/ASSIGNMENT |
|------|------------|---|---|
| 2 | Thurs 9/1 | <p>What is the Core?</p> <p>Warm Up Exercises (Breathing, Imprint & Release, Hip Release, Spinal Rotation, Cat Stretch, Hip Rolls, Scapula Isolation, Arm Circles, Head Nod, Elevation and Depression)</p> <p>STOTT PILATES 5 Basic Principles</p> | <p>Start positions</p> <p>Six basic body movements (flexion/extension, abduction/adduction, internal/external rotation)</p> |
| 3 | Tues 9/6 | <p>Essential Program</p> <p>(Ab prep, Breast Stroke prep, Shell stretch, Hundred, Half Roll Back, Roll up, One leg Circles)</p> <p>Focus: Centering</p> | |
| 4 | Thurs 9/8 | <p>Continue Essential Program</p> <p>(Spine Twist, Rolling like a ball, Single leg stretch, Obliques, Double Leg Stretch, Scissors, Roll over prep)</p> <p>Focus: Breathing</p> | |
| 5 | Tues 9/13 | <p>Continue Essential Program</p> <p>(Heel Squeeze prone, One leg kick prep, Breast Stroke, Shell, Saw, Neck Pull Prep)</p> <p>Focus: Precision</p> | |
| 6 | Thurs 9/15 | <p>Continue Essential Program</p> <p>(Obliques roll back, Side kick, Side Leg Lift Series 12345, Spine Stretch Forward)</p> <p>Focus: Control</p> | <p>Article guidelines</p> <p>(Give topics and choose)</p> |
| 7 | Tues 9/20 | <p>Article Presentation</p> <p>Continue Essential Program</p> <p>(Teaser prep, Single Leg Extension, Swan Dive Prep, Swimming prep)</p> <p>Focus: Concentration and Flow</p> | |
| 8 | Thurs 9/22 | <p>Article Presentation</p> <p>Continue Essential Program</p> <p>(Leg Pull Front prep, Seal, Side Bend prep, Push Up prep)</p> <p>Focus: Working within Frame</p> | <p>Exercise Questions</p> |
| 9 | Tues 9/27 | <p>Article Presentation</p> <p>Practice full Essential Program</p> <p>Explore Props</p> | |
| 10 | Thurs 9/29 | <p>Practice full Essential Program</p> <p>Explore Props</p> | |

| DAYS | | TOPIC | READINGS/ASSIGNMENT |
|-------------------|--|---|---------------------|
| 11 Tues 10/4 | | Review for Practical Exam | |
| 12 Thurs 10/6 | | Exam Prep (open note) Collect Journals | |
| 13 Tues 10/11 | | Practical Exams | |
| 14 Thurs 10/13 | | Final Written Exam Return Journals | |

Note: Faculty reserves the right to alter the schedule as necessary.

