

**GEORGE MASON UNIVERSITY**  
**College of Education and Human Development**  
**Physical Activity for Lifetime Wellness**

RECR 183 – (001) Intermediate Pilates (20168)  
1 Credit, Spring 2019  
M/W 10:30-11:45 am /RAC 2201 – (Fairfax Campus)

**Faculty**

Instructor: Cynthia Warren  
BIS Fitness Management  
Office Hours: By appointment  
Office Location: RAC 2202  
Email: CWarren1@gmu.edu

**Prerequisites/Corequisites:** RECR 182 Pilates Introduction or Permission of Instructor

**University Catalog Course description**

Provides students with advanced knowledge and skills in Pilates techniques and exercises.

**Course Overview:**

The course will provide a combination of lecture and activity within the framework of each class. Students will expand upon their knowledge of mat Pilates learning a variety of variations which will intensify the workout. In addition, the course will give students an overview of the basic anatomy associated with Pilates exercises. Students will also discuss various postural deviations and how they may affect the individual

**Course Delivery Method:** This is an activity-based class.

**Learner Outcomes or Objectives**

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

1. Perform intermediate to advanced Pilates exercises
2. Explain the anatomy associated with Pilates mat exercises
3. Observe and identify different postural deviations based on class observation
4. Provide feedback to peers related to the quality of their movements
5. Complete journals throughout the duration of the course to measure growth and improvement in relation to specific exercises.

**Professional Standards** N/A

**Required Text:** None

**Recommended Text:**

Isacowitz, R. (2018). *Pilates*. Champagne, IL: Human Kinetics  
Various Handouts

**Course Performance Evaluation:**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy)

### **Assignments and Examinations**

- Personal Workout Plan During the course of the semester students will create a personal workout plan which will contain the exercises which they have practiced during the course of the semester. The workout plan will vary depending on specific needs of each particular student.
- Pilates Journal Students will record a short reflection of their progress at the end of each class period. This will be an in class assignment. Please bring a single file folder to class for this purpose.
- Peer Feedback Each student will have the opportunity to assess the quality of movements as performed by fellow students. This will be done in a small group setting within the class time. The students will complete a short evaluation of the exercises they observed.
- Final Written Exam The final exam will cover the basic concepts of Pilates and the anatomy associated with many of the exercises. Exam will be multiple choice.
- Postural Evaluation The students will provide a postural evaluation on a fellow student or family member. The guidelines for the evaluation will be provided in the class setting.

### **Other Requirements**

- Participation and Attendance The students will receive 5 points for every class attended. Students who arrive after the first 10 minutes of class will receive only 4 points for that day. It is the student's responsibility to make sure the instructor has marked them present on days they arrive late. Absences are only excused with a doctor's note which needs to be submitted to the instructor immediately upon return to class. Phone calls, emails, and texts do not excuse an absence.

### **Class Information:**

1. Students must come to class adequately dressed for activity. 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 be at each class. Any absences must be arranged with instructor.
3. Students will be allowed one absence. For each additional absence 5 points will be deducted from their participation grade.

### **Course Performance Evaluation Weighting**

Participation and Attendance-70 points

Pilates Journal- 20 Points

Workout Plan -20 Points

Postural Evaluation-10 Points

Peer Feedback- 5 Points

Final Written Exam- 25 Points

**Total possible-150**

## Grading Scale

A = 94-100  
A- = 90-93

B+ = 88-89  
B = 84-87  
B- = 80-83

C+ = 78-79  
C = 74-77  
C- = 70-73

D = 60-69  
F = 0-59

## Professional Dispositions

See <https://cehd.gmu.edu/students/policies-procedures/>

## Class Schedule

DAYS		TOPIC	READINGS/ASSIGNMENT
	1	Introduction, Overview of Class, Instructor Expectations, Syllabus  Review of Exercises from Previous Semester	
	2	Review Basic Program Master Class  Explanation of Personal Workout Plan Discuss Basic Block System	Pages 30-32
	3	Topic: Abdominal Anatomy Master Class  New Exercises (Hamstring Pull ) Teaser Prep, Teaser	Handout Pages 66-69
	4	Review Abdominal Anatomy Discuss and Observe Exercise Intensity Variations  New Exercises (Teaser, Leg Pull Front, Leg Pull Back) Master Class	Pages 90, 94
	5	Topic: Anatomy of the Back  Master Class  Upper Back Workout with Bands (Roll Over, Open Leg Rocker, Shoulder Bridge)	Handout
	6	Review Anatomy of the Back Exercises (increasing	

			intensity) Upper Back Workout with Ball Master Class	
	7		Topic: Anatomy of Thighs, Glutes Master Class With Bands (Rocking, Side-Bend)	Handout Page 116
	8		Review Anatomy (Teaser 1 and 2) Master Class	Page 101

			TOPIC	READINGS/ASSIGNMENT
	9		Topic: Postural Deviations Plumb line (Identifying Deviations)	Handout
	10		Peer Feedback on Exercises Master Class	
	11		Master Class w/Props Exam Review	
	12		Master Class w/Props Written Exam Turn in Journals and Workout Plans	
	13		Master Class All Assignments Due Journals and Workout Plan	
	14		Workout Final Day of class	

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Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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### **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:

<http://cehd.gmu.edu/values/>.

### **GMU Policies and Resources for Students**

#### *Policies*

- Students must adhere to the guidelines of the University Honor Code (see <http://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- 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.
- 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/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

#### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student resources on campus, see <https://etfe.gmu.edu/teaching/student-support-resources-on-campus>
- **For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.**



