

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

RECR 183 – (001) Intermediate Pilates (73472)
1 Credit, Fall 2019
October 14, 2019-December 4, 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/ Workout Journal Students will be asked to fill out a weekly workout journal. The purpose of the journal is to motivate students to improve their physical fitness during the course of the semester. The instructor will provide the workout sheets for this assignment. Journals will be reviewed on a weekly basis.
- 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-75 points

Workout Journal- 25 Points

Workout Plan -20 Points

Postural Evaluation-10 Points

Peer Feedback- 5 Points

Final Written Exam- 25 Points

Total possible-160 points

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 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	

	15		Final Workout Plank contest	
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Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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 or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.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/>.**

