

**George Mason University**  
**College Education and Human Development**  
**Physical Activity for Lifetime Wellness**

RECR 182 – (006) Introduction to Pilates  
1 Credit, Fall 2019  
Tuesday/ Thursday 12:00-1:15 pm/RAC 2201 – (Fairfax Campus)  
10/14-12/18

**Faculty**

Instructor: Carla Vercoe  
Office Hours: By Appointment.  
Office Location: RAC 2002  
Phone: 703-403-4895  
Email: cvercoe@gmu.edu

**Prerequisites/Corequisites:**

None

**University Catalog Course Description**

Provides the history and basic foundations of Pilates including an introduction to Pilates fundamentals, beginner Pilates exercises and their proper setup and execution; exploration of modifications for certain exercises, building blocks 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 Beginner/Intermediate classical 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**

This is an activity-based course.

**Learner Outcome or Objectives**

This course is designed to enable students to do the following:

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) Flowing Movement

3. Perform Pilates mat exercises and effectively demonstrate exercises in various anatomical positions (supine, prone, sitting, standing, etc.)
4. Utilize props to supplement the mat Pilates workout.

### **Professional Standards N/A**

#### **Required Text: None**

Recommended Readings :

Joseph Pilates : Return to Life

Various Handouts will also be given or posted on Blackboard.

#### **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**

Pilates Journal: 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 single file folder to class for this purpose.

Final Exam Written: Students will be given an exam which will cover the principles taught within the lecture component of the class each day. The exam will be multiple choice.

Practical Exam: Students will be given the opportunity to demonstrate to the instructor the beginner exercise order which they were able to learn during the course of the semester. The exercises should be presented in a manner where Pilates principles are shown.

Article Presentation: Each student will share with the class an article or blog 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.

Attendance- Students will receive 5 points for every class attended. Students who arrive late will receive only 4 points for that day. Absences are excused only with a note from a health care provider presented immediately upon return to class or emailed to instructor before returning to class. Phone calls and emails do not excuse absences. If a student has more than one unexcused absence, his or her grade will be dropped 5 points for each absence

#### **Other Requirements**

- Students must come to class prepared to workout. Yoga pants, bicycle style shorts, t-shirts or form fitting exercise clothing may be worn. Shoes will not be worn during class.
- Attendance- Students will receive 5 points for every class attended. Students who arrive late will receive only 4 points for that day. Absences are excused only with a note from a health care provider presented immediately upon return to class or emailed to instructor before returning to

class. Phone calls and emails do not excuse absences. If a student has more than one unexcused absence, his or her grade will be dropped 5 points for each absence.

### Grading

- **Course Performance Evaluation Weight**

Participation and Attendance – 70 points

Pilates Journal – 20 points

Final Exam Written – 25 points

Practical Exam – 25 points

Article Presentation – 10 points

**Total possible – 150 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/polices-procedures/>

### Class Schedule

DAYS		TOPIC	READING/ ASSIGNMENT
	1	Introduction, Overview of Class, Instructor Expectations, Sample Class, Journal Explanation History of Pilates	
	2	Handout: Beginner/Intermediate Exercise List Fundamentals Discuss Pilates Principles Focus: Centering Workout	
	3	Focus: Concentration Workout Abdominal Exercises	
	4	Mat Class including fundamentals Focus: Control Spinal Articulation	

	5		<p>Continue Fundamental Program</p> <p>Exercise Building Blocks vs Modifications</p> <p>Add Full 100</p> <p>Single Leg, Double Leg Stretch, Criss-Cross Focus: Precision</p>	
	6		<p>Continue Fundamental Program</p> <p>Add-in Level 1 exercises</p> <p>Focus: Flowing movement</p>	
	7		<p>Article Presentation Begins</p> <p>Continue Practice Transitions</p> <p>Focus: Working within Frame</p>	
	8		<p>Articles</p> <p>Continue Practice</p> <p>Side Kick</p> <p>Front Support</p> <p>Hand Out Written Exam</p>	
	9		<p>Article Presentation</p> <p>Practice 3 rep drill</p> <p>Small Ball Class</p>	
	10		<p>Last Day for Article Presentation</p> <p>Big Ball Class</p> <p>Return Written Exam</p>	
	11		<p>Pilates Ring Class</p>	
	12		<p>Complete Workout with Props</p>	

			Collect Journals	
	13		Final Workout Journals Returned Practical exam: 3 rep drill	
	14		Intro to Intermediate work Progression discussing 5 add ins	

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](mailto: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>**