

CRN #34904

Course PE-NP155 Sec. 501

Pilates Mat Method

Spring 2019 1st 8wk course

T TH 4:00 - 5:15pm January 15th - March 7th

Instructor: Alice Chouinard-Welk Mail Box Academic Office (to leave message 925-8600)

Class Meets at the Wellness Center (next to the book store)

Office Hours: TTH 5:15-5:45pm studio/ academic office (or by appointment)

Mat Method Course Description:

Designed to introduce students to movements and breathing patterns based on techniques developed by Joseph Pilates. Students will learn how to develop core strength, stability, muscle tone, proper body alignment, flexibility, balance, and coordination and how to facilitate relaxation. Emphasis is placed on proper breathing patterns as well as the flow of movements.

Bring to class:

Non-skid Mat available at the book store

A willingness to learn

A friendly and supportive attitude towards yourself and others

An examination blue book available at the book store

Dress: Elastic waist shorts or leggings with tank top and bare feet. Do not wear perfume or cologne to class.

Student Learning Outcomes:

1. Demonstrate an understanding of the philosophy and history of Joseph Pilates.
2. Demonstrate the ability to perform Pilates-style movements.
3. Identify neutral spine.
4. Demonstrate flowing movement to increase muscular endurance.
5. Apply correct postural alignment and breath control.

Pilates mat method is a physical discipline. **Attendance is a must! (This represents the major factor of your grade).** Each class counts 13pts. There are 16 classes in the 8-week course. It is important to arrive ten minutes early, and stay for the entire class. There is no provision for excused absences if you miss a class you forfeit the points, this includes students who enroll late. If you miss 4 classes you may fail or be dropped from the course. Arriving late or leaving early three times may equal one absence.

Course requirements:

Attendance and participation (joining in, cooperation) – 208 possible points, It is your responsibility each day to scan in at the front desk and sign in on the sign in sheet, otherwise, you will be counted as absent. The majority of your grade is based on participation and attendance. This will address student learning outcomes 2 – 5.

Journal: at least 8 entries in a blue book – 42points. Pick one class each week, date it and follow this format: **#1** Describe how you feel before class. **#2** Describe how you feel after class. **#3** Make a stick figure drawing of a specific exercise, prone, supine, or side lying. Do the exercise. List the body alignment cues for the exercise. Describe your experience with the exercise, and the breath. As your last entry answer these questions: Have you developed an increase in strength, joint stability, flexibility, lung capacity, and relaxation? How did taking this course affect you and your life? As one entry copy into your journal the eight principles developed by Joseph Pilates. The journal will help the instructor to assess your learning process.

Due Date: Journal Thursday February 28th (-10pts after due date)

Grading Scale:

- A+ = 100% - 250 points** (Full journal points and perfect attendance.)
A = 90 - 99% - 225 - 249 points (Full journal points, one absence.)
B = 80 - 89% - 200 - 224 points (Full journal points, 2-3 absences.)
C = 70 - 79% - 175 - 199 points (Full journal points, 4-5 absences.)
D = 60 - 69% - 150 - 174 points (Full journal points, 6-7 absences)
F = Failure to meet minimum requirements.

If you are taking this class for credit / no credit anything below 175 points equals no credit.

If you have a certified disability, please inform me of any special needs as soon as possible, to ensure that those needs are met in a timely manner. Student Services 925-8560 for more info.

Under Title 9 any report made to a faculty member TA or GA regarding sexual misconduct or gender discrimination must be reported to the Office of Equal Opportunity and the Title 9 Coordinator. You may contact them at 505-277-5251. On this campus you may talk confidentially to Hank Vigil 925-8560.

Recommended (not required) Readings:

Books:

- Modern Pilates by Penelope Latey
The Pilates Body by Brooke Siler
The Pilates Powerhouse by Mari Winsor
The book of Pilates by Joyce Gavin

Magazines: Pilates Style

Videos:

Total Fitness Workout with Cathie Murakami (available at the library or at www.synergypilates.com)

No food or drink in the studio please

Turn off all electronic devices

Enjoy your class!