

**CRN #34904**

**Course PE-NP155 Sec. 501**

**Pilates Mat Method**

**Spring 2017 1st 8wk course**

**T/TH 4:00 - 5:15pm Jan 17<sup>th</sup>-March 9<sup>th</sup>**

**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: T/TH 5:15-5:45pm studio/ academic office (or by appointment)**

**Mat Method Course Description:**

Using the eight principles developed by Joseph Pilates, we will learn to stabilize shoulder joints, hip joints, the pelvis, scapula, and ribcage while strengthening the lower buttocks, pelvic floor, and lower abdominals. Exercises will be done on the mat: prone, supine, and side lying, using the breath. Proper alignment will be emphasized. Smaller, deeper, muscle groups of the body will be addressed, thus strengthening and lengthening from the inside out. We will work hard, with moderation and balance. The effects of the mat method are subtle and take time to develop. The rewards will be worth the effort invested! You may notice you feel energized, calm and relaxed after your work out. You will be challenged to acknowledge your own individual limitations. Use the variation best suited to your level of development, and practice a willingness to release the exercise when reaching your intensity horizon.

**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. Students will develop skills practicing Pilates exercises which may increase strength, flexibility, joint stability, stamina and posture. Instructor will assess exercises visually and will offer assistance to improve alignment and stability.
2. Students will practice breathing during exercises to oxygenate the blood, and between exercises to promote relaxation.
3. Students will develop awareness, strength, and control of lower buttocks, pelvic floor, and lower abdominals.
4. Students will develop an appreciation of Pilates as a form of exercise based on the eight principles developed by Joseph Pilates.

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 class. 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 your own name 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 1 – 4.

**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** make a stick figure drawing of a specific exercise, prone, supine, or side lying. List the body alignment cues for the exercise, and describe your experience with the exercise. **#3** Describe how you feel after the class. As your last entry answer these questions: Are you developing an appreciation for Pilates? Why or Why not? As one entry copy into your journal the eight principles developed by Joseph Pilates. The journal will help the instructor assess your learning process.

**Due Date:** Journal Thursday March 2<sup>nd</sup> (-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.

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 (available at the library)

Videos:

Total Fitness Workout with Cathie Murakami (available at the library or at [www.synergypilates.com](http://www.synergypilates.com) )

**No food or drink in the studio please**  
**Turn off all electronic devices**  
**Enjoy your class!**

