

**CRN #71361**

**Course PHED 1430 Sec. 501**

**Pilates Mat Method**

**Fall 2020 1st 8wk course**

**August 18-October 6**

**Instructor: Alice Chouinard-Welk Email [algal@unm.edu](mailto:algal@unm.edu)**

**Location: Remote Arranged On line and in your home following a video**

**Office Hours: Monday 12-2pm or by appointment.**

This course is inspired by the work of Joseph Pilates who was born in 1880 in Germany. He was a sickly child which motivated him to pursue health and physical fitness. He studied the ancient regimens of the Greeks and Romans, gymnastics, boxing, circus performance, yoga and Zen meditation. Living in England during WWI he was interned as a German national. In the camp he worked with those around him and was credited for contributing to their survival during the flu epidemic of 1918. He then worked with injured soldiers developing apparatus using bed springs for resistance work which is reflected in the equipment used today. While traveling to the United States he met his wife Clara, they established their first studio in 1926 in New York City. He called his method Contrology, and taught a diverse clientele which included dance community luminaries and athletes. Pilates wrote Your Health (1934) and Return to Life through Contrology (1945). His Philosophy was a healthy life style through exercise, nutrition, and a positive mental outlook. He considered every exercise a total body exercise which required mental concentration.

**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 Your practice:**

- Non-skid Mat that gives good traction
- A willingness to learn
- A friendly and supportive attitude towards yourself and others
- A firm yoga block
- Access to computer, WIFI and a current Valencia campus password

**Dress:** Elastic waist shorts or leggings with tank top and bare feet. Dress to move freely.

**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. **Practice is a must! It is important to practice twice a week following the video. Allow one day between practices. Practice in a safe place with no distractions.**

**Course requirements:**

**Practice and participation 130 possible points.** This will address student learning outcomes 2-5.

**Journal Assignment: 6 Emails 20 possible points each.** Each week tell me how many times you practiced Pilates. Pick one practice session: **#1** Describe how you felt before class and describe how you felt after class (5pts). **#2** Take a full body photo of yourself in the assigned exercise to send as a pdf attachment (5pts). **#3** List the body alignment cues for the exercise (5pts) Describe your experience with the exercise physically, mentally and with the breath (5pts). **Assigned exercises;** Week One: Abdominal Curl position for the 100, WK Two: Reclined, arms externally rotated in the open “V” position, Week Three: Spine Extension, Week Four: Side lying Double Leg Lift, Week Five: Forearm Front Support, Week Six: Back Support. As your last entry answer this question: How did taking this course affect you and your life? The journal will help the instructor to assess your learning process.

**Due Date:** Journal Emails are due no later than Friday of each week. If you miss the due date you forfeit the points. Assignment **#1** due: 8/21, **#2** 8/28, **#3** 9/4, **#4** 9/11, **#5** 9/18, **#6** 9/25.

**Grading Scale:**

**A+ = 100% - 250 points** (Six journal emails earning all points)

**A = 90 – 99% - 225 – 249 points** ((At least five journal emails earning adequate points)

**B = 80 – 89% - 200 – 224 points** (At least four journal emails earning adequate points)

**C = 70 – 79% - 175 – 199 points** (At least three journal emails earning adequate points)

**D = 60 – 69% - 150 – 174 points** (One or two journal emails earning adequate points)

**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

Enjoy your Practice!