CRN #78920
Course PHED 1430 Sec. 501
Pilates Mat Method
Fall 2026 2nd 8wk course
T TH 3:00- 4:15pm October 13- December 3
Instructor: Alice Chouinard-Welk algal@unm.edu Office hour phone 925-8552
Class Meets at the Valencia campus Fitness and Wellness Center (south of the cafeteria)
Office Hours: Tues. 4:15-5:00pm 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: supplies available at the studio or for sale at the bookstore
Non-skid Mat, a thin mat is best, rubber mats offer best traction
An Examination Blue Book
A willingness to learn
A friendly and supportive attitude towards yourself and others

Dress: Elastic waist shorts or leggings with tank top and bare feet. Please 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 physical discipline. **Attendance is a must! (This represents the major factor of your grade).** Each class counts 14pts. There are 15 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) – 210 possible points. It is your responsibility each day to sign in at the front desk and on the instructor's sign-in sheet, otherwise, you will be counted as absent. Most 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 – 40points. Follow this format**:**
#1 Describe how you feel before and after doing the assigned exercise at home (1pt)
#2 Make a stick figure drawing of the assigned exercise (1pt) Do the exercise.
#3 Describe your experience within the exercise, physically (1pt) mentally (1pt) and with the breath (1pt).
As one entry: copy into your journal the eight principles inspired by Joseph Pilates (5pts)
As your last entry: answer these questions: Have you developed improved core strength, joint stability, flexibility, lung capacity, posture awareness and relaxation? How did taking this course affect you and your life? What challenges and benefits did you experience? (5pts). The journal will help the instructor to assess your learning process.

Due Date: Journal, **Tuesday November 24** (-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 to Armando Bustamante at 505-925-8581 who can guide you.

Recommended (not required) 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

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