

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

PHED 131 003: Introduction of Pilates  
Spring 2014

DAY/TIME:  
T/R 12:00-1:15pm  
(01/21/14 – 03/06/14)

LOCATION: RAC (2201)  
Yoga and Pilates Room

PROFESSOR: Nicole Goodson  
OFFICE LOCATION: RAC

EMAIL ADDRESS: ngoodson@gmu.edu  
PHONE NUMBER: 202.361.5331

OFFICE HOURS:  
By Appointment

PREREQUISITES/COREQUISITES: NONE

**COURSE DESCRIPTION:**

Provides the history and basic foundations of Pilates including an introduction to beginning Pilates exercises and their proper execution; exploration of modifications for certain exercises and the various props which may be used in the group class setting.

**COURSE OBJECTIVES:**

At the conclusion of the course, students will be able to:

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) Flow
  - G) Working within your frame.
3. Perform Pilates mat exercises effectively.
4. Demonstrate exercises in various anatomical positions (supine, prone, sitting, standing, etc.)
5. Utilize props to supplement the mat Pilates workout.

**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 most common 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.

## CLASS INFORMATION:

1. Students must come to class prepared to workout. Sweats, shorts, t-shirts or exercise clothing may be worn. Shoes will not be worn during class.
2. Attendance is a major part of the student's grade. Students are expected to attend each class. Excused absences for University activities (sports, etc) must be arranged with instructor prior to absence. Please discuss with instructor any special considerations for that particular class period prior to the beginning of class.
3. If a student has more than one unexcused absence, his or her grade will be dropped 5 points for each absence.

**NATURE OF COURSE DELIVERY:** Face to Face

### RECOMMENDED READINGS (not required)

Isacowitz, Rael, (2006) Pilates, Human Kinetics Champagne, Illinois

Instructor will use Black Board and Various Handouts

It is also highly recommended that students purchase their own mats.

## EVALUATION

**Participation and Attendance** (65 points) Students will receive 5 points for every class attended. Students who arrive after the first 10 minutes of class and observing a class will receive only 4 points for that day.

**Pilates Journal** (20 points) 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 notebook dedicated to Pilates to each class.

**Final Exam Written** (20 points) Students will be given an open note exam during class, which will cover information taught within each class.

**Practical Exam** (15 Points) Students will demonstrate three exercises of the instructor's choice. Must use proper position, breath pattern and be prepared to tell what muscles used if asked.

**Article Presentation** (10 points) Each student will share with the class an article, 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.

Total Points Possible: 130

### 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	

## TENTATIVE COURSE SCHEDULE

DAYS		TOPIC	READINGS/ASSIGNMENT
1	Tues 1/21	Introduction, Overview of Class, Instructor Expectations, Journal Explanation History of Pilates STOTT Pilates 5 Basic Principles (Ab prep, breast stroke prep)	
2	Thurs 1/23	What is the Core? Essential Program (warm ups, ab prep, breast stroke prep, shell stretch, hundred, half roll back, one leg circles) <b>Focus: Centering</b>	Talk about start positions And six basic body movements (flexion/extension, abduction/adduction, internal/external rotation)
3	Tues 1/28	Continue Essential Program (spine twist, rolling like a ball, single leg stretch, obliques, roll over prep, shell, spine stretch, swan dive prep) <b>Focus: Breathing</b>	Handout Workout Sheets
4	Thurs 1/30	Continue Essential Program Review the Basic Exercises (roll up, double leg stretch, scissors shoulder bridge prep, heel squeeze prone) <b>Focus: Precision</b>	
5	Tues 2/4	Continue Essential Program (one leg kick prep, breast stroke, shell, saw, neck pull prep, oblique roll back, side kick, side leg lift series) <b>Focus: Control</b>	Article guidelines (Give topics and choose)
6	Thurs 2/6	Continue Essential Program (teaser prep, single leg extension, swimming prep, shell) <b>Focus: Concentration and Flow</b>	
7	Tues 2/11	Article Presentation Continue Practice (leg pull front prep, seal, side bend prep, push up prep) <b>Focus: Working within Frame</b>	
8	Thurs 2/13	Article Presentation Continue Practice of full Essential Program	Exercise Questions

DAYS		TOPIC	READINGS/ASSIGNMENT
9	Tues 2/18	Article Presentation Continue Practice of full Essential Program	more questions @ exercises
10	Thurs 2/20	Last Day for Article Presentation Work through Essential Program (with Pilates rings)	
11	Tues 2/25	Pilates Big Ball Class	
12	Thurs 2/27	Review for Practical Exam	
13	Tues 3/4	Final Exam (open note) Collect Journals	
14	Thurs 3/6	Practical Exams Return Journals	

*Note: Faculty reserves the right to alter the schedule as necessary.*

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#### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- 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 George Mason University 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 must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**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.

