

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health, and Tourism**

**PHED 131-201: Introduction to Pilates (1)**  
**Spring 2016 (12792)**  
**Jan 19-March 14, 2016**

<b>DAY/TIME:</b>	<b>Monday/Wednesday</b> <b>10:30-11:45am</b>	<b>LOCATION:</b>	<b>RAC (2201)</b> <b>Yoga and Pilate's</b> <b>Room</b>
<b>INSTRUCTOR:</b>	<b>Cindy Warren</b> <b>BIS Fitness</b> <b>Management GMU</b> <b>RAC</b>	<b>EMAIL</b> <b>ADDRESS:</b>	<b>CWarren1@gmu.edu</b>
<b>OFFICE</b> <b>LOCATION:</b> <b>OFFICE HOURS:</b> <b>At Student's</b> <b>Request</b>		<b>PHONE</b> <b>NUMBER:</b>	<b>571-212-9350</b>

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 Pilate's 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 Pilate's mat exercises. Students will also have the opportunity to experience the addition of props to the Pilate's mat class. Safety considerations while performing Pilate's 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 be at each class. Any absences must be arranged with instructor. 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. Emailing the instructor is not an excused absence. A doctor's note or other documentation is required by the instructor in order to excuse an absence.

**NATURE OF COURSE DELIVERY**

**FACE TO FACE**

**RECOMMENDED READINGS** (not required)

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

Various Handouts

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

## EVALUATION

Participation and Attendance (70 points) The students will receive 5 points for every class attended. Students who arrive after the first 10 minutes of 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 single file folder to class for this purpose.

Final Exam Written (25 points) Students will be given an exam which will cover the principles taught within the lecture component of the class each day.

Practical Exam (25 Points) Students will be given the opportunity to demonstrate to the instructor five exercises which they were able to learn during the course of the semester. The exercises should be presented in a manner where Pilates principles are shown.

Article Presentation (10) 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: 150

### 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	Introduction, Overview of Class, Instructor Expectations, Sample Class, Journal Explanation History of Pilates	

DAYS		TOPIC	READINGS/ASSIGNMENT
	2	Handout: What is the Core? Spinal alignment, breathing, special considerations, Warm ups Focus: Centering Workout	Pages 45-49
	3	Handout: Neutral vs Imprint Discuss 7 Pilates principles, Focus: Breathing Workout	
	4	Basic Program (warm ups, chest lift, chest lift w/rotation, hundred prep, leg circles, roll up, rolling like a ball, spine stretch, side lift, back extension, rest) Focus: Precision	Pages 50-55 62, 63, 74, 76, and 81
	5	Continue Fundamental Program Exercise Modifications Add Full 100 Single Leg, Double Leg Stretch, Criss-Cross Focus: Control	Article Selection Page 50 56-59
	6	Continue Fundamental Program Shoulder Bridge Prep Swimming Focus: Concentration and Flow	Pages 62 and 77
	7	Article Presentation Begins Continue Practice Single Leg and Double Leg Kick Saw Focus: Working within Frame	Pages 70-71 78-79
	8	Article Presentation Continue Practice Learn Side Kick Front Support/ Back Support	Pages 75 Pages 83, 88

DAYS		TOPIC	READINGS/ASSIGNMENT
	9	Article Presentation Practice Basic Program Small Ball Class	
	10	Last Day for Article Presentation Big Ball Class Practical Exam	
	11	Pilates Ring Class Practical Exam Pass Out Written Exam	
	12	Complete Workout with Props Collect Journals and Exams	
	13	Last Day to turn in Assignments Practical Exam Return Exams and Journals	
	14	Last Day of Class Practical Exam	
	15		

*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.

