

George Mason University
College Education and Human Development
Physical Activity for Lifetime Wellness

RECR 182 – (003,005,006,B01) Introduction to Pilates
1 Credit
Tuesday/ Thursday 12:00 pm – 1:15 pm/Online--Webex

Faculty

Instructor: Sabrina McGrath
Office Hours: By Appointment.
Office Location: RAC 2002
Phone: 216-906-9104
Email: sfitzge2@gmu.edu

Prerequisites/Corequisites:

None

University Catalog Course Description

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

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 Fundamentals and Beginner classical Pilates mat exercises. Students will also have the opportunity to experience the addition of props to the Pilates mat class. Students will learn how the props can be used to assist in the movement or challenge the movement. Safety considerations while performing Pilates mat exercises will also be discussed.

Course Delivery Method

This course will be delivered online (76% or more) using [select either a synchronous or an asynchronous] format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on 1 July at 9 am.

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers

To get a list of supported operation systems on different devices see:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems

- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students will need a headset microphone for use with the Blackboard Collaborate web conferencing tool. [Delete this sentence if not applicable.]
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
 - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
 - Windows Media Player: <https://support.microsoft.com/en-us/help/14209/get-windows-media-player>
 - Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

- Course Week: [Include only the sentence below that is appropriate for the course. Delete the sentence that is not applicable.]

Because asynchronous courses do not have a “fixed” meeting day, our week will start on Tuesday, and finish on Sunday.

Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.

- Log-in Frequency:

Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 3 times per week. In addition, students must log-in for all scheduled online synchronous meetings.

- Participation:

Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

- Technical Competence:

Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

- Technical Issues:

Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.

- Workload:

Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.

- Instructor Support:

Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

- Netiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:

Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

Learner Outcome or Objectives

This course is designed to enable students to do the following:

- 1) Articulate the purpose and history of Pilates based on the teachings of Joseph Pilates.
- 2) List and define the six principles of Pilates:
 - a) Centering
 - b) Precision
 - c) Concentration
 - d) Control
 - e) Breath
 - f) Flowing Movement
- 3) Perform Pilates mat exercises and effectively demonstrate exercises in various anatomical positions (supine, prone, sitting, standing, etc.)
- 4) Utilize props to assist or challenge the mat Pilates workout.

Professional Standards

None

Required Text

None

Recommended Readings:

Joseph Pilates: Return to Life

Various Handouts will also be given or put on Blackboard

Course Performance Evaluation:

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g. email/hard copy)

Assignments and Examinations

Pilates Journal: Students will record a short reflection on their progress at the end of each class period. This will be an in-class assignment.

Final Exam Written: Students will be given an exam which will cover the principles taught within the lecture component of the class each day. The exam will be multiple choice.

Practical Exam: Students will be given the opportunity to demonstrate to the instructor the beginner exercise order which they were able to learn during the course. The exercises should be presented in a manner where Pilates principles are shown.

Article Presentation: Each student will share with the class an article or blog 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.

Attendance- Students will receive 5 points for every class attended. Students who arrive late will receive only 4 points for that day. Absences are excused only with a note from a health care provider presented immediately upon return to class or emailed to instructor before returning to class. Phone calls and emails do not excuse absences. If a student has more than one unexcused absence, his or her grade will be dropped 5 points for each absence

Other Requirements

- Students must come to class prepared to workout. Yoga pants, bicycle style shorts, t-shirts or form fitting exercise clothing may be worn. Shoes will not be worn during class. Students may wear socks with grips to prevent sliding but socks are not mandatory.

Grading

- **Course Performance Evaluation Weight**
Participation and Attendance – 70 points
Pilates Journal – 20 points
Final Exam Written – 25 points
Practical Exam – 25 points

Article Presentation – 10 points
Total possible – 150 points

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	

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

DAYS	TOPIC	ASSIGNMENTS DUE
1	<ul style="list-style-type: none"> • Introduction • Overview of Class • Instructor Expectations • Sample Class • Journal Explanation • History of Pilates 	
2	Focus: Concentration <ul style="list-style-type: none"> • Mat exercises with modifications • Pilates Principles • Handout: Intro Exercise List and Fundamentals 	
3	Focus: Centering (the Powerhouse) <ul style="list-style-type: none"> • Review of Fundamentals • Beginner Mat Exercises • Abdominal Series: <ul style="list-style-type: none"> ○ Single Leg Stretch ○ Double Leg Stretch 	
4	Focus: Control (Spinal Articulation) <ul style="list-style-type: none"> • Continue Practice • Review Roll-up, Roll backs, Rolling like a ball 	
5	Focus: Breathing <ul style="list-style-type: none"> • Continue Practice • The Hundred • Spine stretch forward 	
6	Focus: Precision <ul style="list-style-type: none"> • Continue Practice • Perfecting the Mat Exercises 	
7	Focus: Flowing Movement <ul style="list-style-type: none"> • Continue Practice • Transitions 	
8	<ul style="list-style-type: none"> • Continue Practice • Article presentations • Review for Exam 	Articles due
9	<ul style="list-style-type: none"> • Practice 3 rep drill • Small Ball Class • Review for Exam 	
10	<ul style="list-style-type: none"> • Power Circle Class 	Take Home Written Exam given out
11	<ul style="list-style-type: none"> • Pilates Balance Ball Class 	
12	<ul style="list-style-type: none"> • Complete Workout with Props • Practice: 3 Rep Drill 	Final Written Exam due
13	<ul style="list-style-type: none"> • Practice: 3 Rep Drill • Intro to Complete Level 1 repertoire 	Journals Due
14	<ul style="list-style-type: none"> • Practice Level 1 repertoire • Progression discussing 	Final Practical Exam

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

1. GMU Policies and Resources for students

Policies

- a. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- b. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- c. Students are responsible for the content of university communications sent to their Mason 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.
- d. Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu>).
- e. Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

1. Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
2. **Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking:** As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at [703-380-1434](tel:703-380-1434) or Counseling and Psychological Services (CAPS) at [703-993-2380](tel:703-993-2380). You may also seek assistance from Mason’s Title IX Coordinator by calling [703-993-8730](tel:703-993-8730), or emailing titleix@gmu.edu.
3. For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>
4. For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/>