

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

RECR 183 DL 1, Pilates: Intermediate
1 Credit Spring 2021
DL 1 T/R 1:30-2:45, 3/15-5/2
Online

Faculty

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Office Hours: Before and After class via Zoom
Office Location: Zoom
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Prerequisites/Corequisites

RECR 182 Pilates Introduction or Permission of Instructor

University Catalog Course Description

Provides students with advanced knowledge and skills in Pilates techniques and exercises.

Course Overview

The class will combine reading, lectures, presentations, and other learning tools. The class will be interactive and require every student to be engaged in the classroom discussion and assignments. In addition to the lectures, screencasts and timely completion of assignments, every student will be expected to be an active participant and a dedicated individual applying what you learn to every element of the course work.

Students are required to have a computer camera that is on for the entire class.

Course Delivery Method

This course will be delivered online (76% or more) using a synchronous format via Zoom on 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 3/15. 8 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 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:
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 2 times per week. In addition, students must log-in for all scheduled online synchronous meetings. [Include this sentence only if the course is synchronous. Delete the sentence if the course is asynchronous.]
- 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 Outcomes or Objectives

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

1. Perform intermediate to advanced Pilates exercises
2. Explain the anatomy associated with Pilates mat exercises
3. Observe and identify different postural deviations based on class observation
4. Provide feedback to peers related to the quality of their movements
5. Complete journals throughout the duration of the course to measure growth and improvement in relation to specific exercises.

Professional Standards N/A

Required Texts

There are no texts required for this course, but it is suggested students purchase the following props:

- Pilates Ring (Power circle or magic circle)
- TheraBand (medium or high resistance)
- Mini Exercise Ball (6-10 inches)

I recommend the Name Brands: Peak Pilates, Stotts Pilates and Balance Body when purchasing the props need for this course.

Course Performance Evaluation

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

- **Assignments and/or Examinations**

Discussions each lesson will allow you to ask questions to your instructor related to the content and exercises in each lesson.

Instructions

These discussions are for your benefit. You will not be graded, but if you have any questions for the instructor, this is a great place to make that connection.

Journals 15 %- Students will record a short reflection on their progress, and design a weekly workout regimen, at the end of each class period. Each week journals are required to be uploaded to Blackboard. Journals are due by Sunday, 11:59 PM, ET.

Final Written Exam – 10%- Students will be given the opportunity to demonstrate to the instructor the intermediate mat exercise order which they were able to learn during the course. The exercises should be presented in a manner where Pilates principles are shown.

Postural Evaluation – 5%- The students will provide a postural evaluation on a friend, a family member, someone in their neighborhood, or even on themselves. The students will complete a short evaluation of their observation and explain how they would correct the posture.

Zoom Attendance – 50%- You will receive 100 points for each attended class on-time. If you do not attend, you will not receive the 100 points for that class. Students who arrive late will receive only 80 points for that day. Absences are excused only with a note from a health care provider. This note should be emailed to the instructor before returning to class. Phone calls and emails do not excuse

- **Other Requirements**

Participation

Learning can only happen when you are playing an active role. It is important to place more emphasis on developing your insights and skills, rather than transmitting information. Knowledge is more important than facts and definitions. It is a way of looking at the world, an ability to interpret and organize future information. An active learning approach will more likely result in long-term retention and better understanding because you make the content of what you are learning concrete and real in your mind.

Although an active role can look differently for various individuals, it is expected in this class that you will work to explore issues and ideas under the guidance of the professor and your peers. You can do this by reflecting on the content and activities of this course, asking questions, striving for answers, interpreting observations, and discussing issues with your peers.

Expect to work 15-20 hours per week on assignments for this course.

Unless otherwise stated, all assignments are due by the end of the week in which they are assigned. For the purposes of this course, a week is defined as **beginning at 12:01 am each Monday EST, and ending at 11:59 pm on the following Sunday EST.**

To help you manage your schedule and time to complete the assignments in this course, please follow the recommended timeline below. If you have a question or concern or encounter a problem about an assignment, please contact me immediately so we can discuss and work out a resolution.

- **Grading**

Grades will be assigned as follows:

A: 93.00-100%

A-: 89.50-92.99%

B+:87.00-89.49%

B:83.00-86.99%

B-:80.00-82.99%

C+:77.00-79.99%

C:73.00-76.99%

C-:70.00-72.99%

D:60.00-69.99%

F:0-59.99%

Professional Dispositions

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

Class Schedule

Weeks	Lessons	Assignments
Week 1	Lesson 1: Introduction	<ul style="list-style-type: none"> • Review and Process the Lesson 1 Learning Materials • Participate in the Lesson 1 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 1 Journal entry.
	Lesson 2	<ul style="list-style-type: none"> • Review and Process the Lesson 2 learning Materials • Participate in the Lesson 2 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 2 Journal entry.
Week 2	Lesson 3	<ul style="list-style-type: none"> • Review and Process the Lesson 3 Learning Materials • Participate in the Lesson 3 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 3 Journal entry.
	Lesson 4	<ul style="list-style-type: none"> • Review and Process the Lesson 4 Learning Materials • Participate in the Lesson 4 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 4 Journal entry.
Week 3	Lesson 5:	<ul style="list-style-type: none"> • Review and Process the Lesson 5 Learning Materials • Participate in the Lesson 5 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 5 Journal entry.
	Lesson 6	<ul style="list-style-type: none"> • Review and Process the Lesson 6 Learning Materials • Participate in the Lesson 6 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 6 Journal entry.
Week 4	Lesson 7	<ul style="list-style-type: none"> • Review and Process the Lesson 7 Learning Materials • Participate in the Lesson 7 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 7 Journal entry.
	Lesson 8	<ul style="list-style-type: none"> • Review and Process the Lesson 8 Learning Materials • Participate in the Lesson 8 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 8 Journal entry. • Complete your postural evaluation
Week 5	Lesson 9	<ul style="list-style-type: none"> • Review and Process the Lesson 9 Learning Materials • Participate in the Lesson 9 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 9 Journal entry.

	Lesson 10	<ul style="list-style-type: none"> • Review and Process the Lesson 10 Learning Materials • Participate in the Lesson 10 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 10 Journal entry. • Complete written exam
Week 6	Lesson 11	<ul style="list-style-type: none"> • Review and Process the Lesson 11 Learning Materials • Participate in the Lesson 11 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 11 Journal entry.
	Lesson 12	<ul style="list-style-type: none"> • Review and Process the Lesson 12 Learning Materials • Participate in the Lesson 12 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 12 Journal entry.
Week 7	Lesson 13	<ul style="list-style-type: none"> • Review and Process the Lesson 13 Learning Materials • Participate in the Lesson 13 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 13 Journal entry.
	Lesson 14	<ul style="list-style-type: none"> • Review and Process the Lesson 14 Learning Materials • Participate in the Lesson 14 Discussion Forum- Perfecting your Pilates practice. • Complete the Lesson 14 Journal entry.
	Lesson 15	<ul style="list-style-type: none"> • Review and Process the Lesson 15 Learning Materials • Participate in the Lesson 15 Discussion Forum- Perfecting your Pilates practice. • Complete the 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

1. Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).

2. Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
3. 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.
4. 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>).
5. 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/>.