

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

RECR 182 – Introduction to Pilates
1 Credit, Fall 2021

Monday / Wednesday (001) 10:30 am – 11:45 pm/RAC 2201 – (Fairfax Campus)
Monday / Wednesday (003,004) 12:00 pm – 1:15 pm/RAC 2201 – (Fairfax Campus)
Tuesday / Thursday (002, 005) 12:00 pm – 1:15 pm/RAC 2201 – (Fairfax Campus)
Tuesday / Thursday (006) 1:30 pm – 2:45 pm/RAC 2201 – (Fairfax Campus)

Faculty

Instructor: Sabrina McGrath
Office Hours: By Appointment.
Office Location: RAC 2002
Email: sfitzge2@gmu.edu

Prerequisites/Corequisites:

None

University Catalog Course Description

Provides the history and basic foundations of Pilates including an introduction to Pilates's fundamentals, beginner Pilates exercises and their proper setup 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's 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's mat exercises will also be discussed.

Course Delivery Method

This is an activity-based course.

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 seven principles of Pilates:

- A) Centering
- B) Precision
- C) Concentration
- D) Control
- E) Breath and 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 N/A

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 semester. The exercises should be presented in a manner where Pilates's 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.

- Attendance is a major part of the student’s grade. 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.

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/policies-procedures/>

Class Schedule

DAYS		TOPIC	Assignments
	1	Introduction, Overview of Class, Instructor Expectations, Sample Class, Journal Explanation History of Pilates	
	2	Handout/Blackboard: Intro Exercise List Fundamentals Mat exercises with fundamentals Discuss Pilates Principles Focus:	

			<p style="text-align: center;">Concentration</p> <p style="text-align: center;">Mat exercises with fundamentals</p>	
	3		<p style="text-align: center;">Beginner mat exercises modifications</p> <p style="text-align: center;">Focus:</p> <p style="text-align: center;">Centering</p> <p style="text-align: center;">The Powerhouse</p> <p style="text-align: center;">Abdominal Series: Single leg Stretch Double leg Stretch</p>	
	4		<p style="text-align: center;">Continue Practice</p> <p style="text-align: center;">Focus:</p> <p style="text-align: center;">Control</p> <p style="text-align: center;">Spinal Articulation</p> <p style="text-align: center;">Review Roll-up, Roll backs, Rolling like a ball</p>	
	5		<p style="text-align: center;">Continue Practice</p> <p style="text-align: center;">Focus:</p> <p style="text-align: center;">Breathing</p> <p style="text-align: center;">The hundred Spine stretch forward</p>	
	6		<p style="text-align: center;">Continue Practice</p> <p style="text-align: center;">Focus:</p> <p style="text-align: center;">Precision</p> <p style="text-align: center;">Perfecting the mat exercises</p>	
	7		<p style="text-align: center;">Continue Practice</p> <p style="text-align: center;">Focus:</p> <p style="text-align: center;">Flowing Movement</p> <p style="text-align: center;">Transitions</p>	
			<p style="text-align: center;">Continue Practice</p> <p style="text-align: center;">Article presentations</p>	Articles Due

	8			
	9		<p style="text-align: center;">Article Presentation</p> <p style="text-align: center;">Small Ball Class</p> <p style="text-align: center;">Review for written exam</p>	
	10		<p style="text-align: center;">Last Day for Article Presentation</p> <p style="text-align: center;">Power Circle Class</p>	Take Home Written Exam given out
	11		Pilates Balance Ball Class	
	12		<p style="text-align: center;">Complete Workout with Props</p> <p style="text-align: center;">Practice 3 rep drill</p>	Final Written Exam due
	13		<p style="text-align: center;">3 rep drill</p> <p style="text-align: center;">Complete Level 1 repertoire</p>	Journals Due
	14		<p style="text-align: center;">Practical exam</p> <p style="text-align: center;">Progression discussing</p>	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

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- 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.
- 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/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- 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/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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

