

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

RECR 183 (001,002) – Intermediate Pilates  
1 Credit

001 – M/W 10:30-11:45pm /RAC 2201 – (Fairfax Campus)  
002 - T/R 1:30-2:45pm /RAC 2201 – (Fairfax Campus)

**Faculty**

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

**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 course will provide a combination of lecture and activity within the framework of each class. Students will expand upon their knowledge of mat Pilates learning a variety of variations which will intensify the workout. In addition, the course will give students an overview of the basic anatomy associated with Pilates exercises. Students will also discuss various postural deviations and how they may affect the individual

**Course Delivery Method**

This is an activity-based course.

**Learner Outcome or Objectives**

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

- 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**

None

## Required Text

None

## Recommended Readings:

Isacowitz, R. (2018). Pilates. Champagne, IL: Human Kinetics  
Various Handouts

## Course Performance Evaluation:

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

## Assignments and Examinations

Practical Exam: Students will be given the opportunity to demonstrate to the instructor the intermediate/advance exercise order 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.

Pilates Journal and Workout Plan: Students will record a short reflection of their progress at the end of each class period. This will be an in-class assignment. During the course of the semester students will create a personal workout plan which will contain the exercises which they have practiced during the course of the semester. The workout plan will vary depending on specific needs of each particular student. This will also be recorded in the student's journal.

Final Written Exam: The final exam will cover the basic concepts of Pilates and the anatomy associated with many of the exercises. Exam will be multiple choice and take home.

Postural Evaluation/Peer Feedback: The students will provide a postural evaluation on a fellow student or family member. The guidelines for the evaluation will be provided in the class setting. Each student will have the opportunity to assess the quality of movements as performed by fellow students. This will be done in a small group setting within the class time. The students will complete a short evaluation of the exercises they observed.

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/Workout Plan - 20 Points  
Postural Evaluation- 10 Points

Practical Exam- 25 Points  
Final Written Exam- 25 Points  
**Total 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	

**Professional Dispositions**

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

## Class Schedule

DAYS	TOPIC	ASSIGNMENTS DUE
1	<ul style="list-style-type: none"> <li>• Introduction</li> <li>• Overview of Class</li> <li>• Instructor Expectations</li> <li>• Explanation of Journal/ Workout Plan</li> <li>• Review of Pilates Principles</li> <li>• Review of Exercises from RECR 182</li> </ul>	
2	<ul style="list-style-type: none"> <li>• Review Pilates Principles</li> <li>• Program Master Class</li> <li>• Explanation of Postural Evaluation and Peer Feedback</li> </ul>	
3	<p><b>Focus: Posture and Movement</b></p> <ul style="list-style-type: none"> <li>• Introduction to New Exercises</li> <li>• Practice Postural Evaluation and Peer Feedback</li> <li>• Master Class</li> </ul>	
4	<p><b>Focus: Posture and Movement</b></p> <ul style="list-style-type: none"> <li>• Discuss and Observe New Exercises Intensity and Variations</li> <li>• Master Class</li> </ul>	
5	<p><b>Focus: Posture and Movement</b></p> <ul style="list-style-type: none"> <li>• Master Class</li> <li>• Perfect Movement of New Exercises</li> </ul>	
6	<p><b>Focus: The Spine, Pelvis, and Breathing</b></p> <ul style="list-style-type: none"> <li>• Master Class</li> <li>• Introduction to New Exercises</li> </ul>	
7	<p><b>Focus: The Spine, Pelvis, and Breathing</b></p> <ul style="list-style-type: none"> <li>• Master Class</li> <li>• Discuss and Observe New Exercises Intensity and Variations</li> </ul>	
8	<p><b>Focus: The Spine, Pelvis, and Breathing</b></p> <ul style="list-style-type: none"> <li>• Master Class</li> <li>• Perfect Movement of New Exercises</li> </ul>	
9	<ul style="list-style-type: none"> <li>• Master Class w/ Props</li> <li>• Using Props for Modifications and/or Challenging the movement</li> </ul>	
10	<ul style="list-style-type: none"> <li>• Master Class w/Props</li> <li>• Modifications/Challenges</li> </ul>	
11	<ul style="list-style-type: none"> <li>• Practice: 3 Rep Drill</li> <li>• Master Class w/ Props Exam Review</li> </ul>	
12	<ul style="list-style-type: none"> <li>• Practice: 3 Rep Drill</li> <li>• Master Class w/ Props</li> <li>• Review/Practice Peer Evaluation</li> </ul>	<b>Take Home Written Exam</b>
13	<ul style="list-style-type: none"> <li>• Master Class</li> <li>• <b>Postural Evaluation Exam</b></li> <li>• Practice: 3 Rep drill</li> </ul>	<b>Turn in Take Home Exam</b>

14	<ul style="list-style-type: none"> <li>• Last Day of Class</li> <li>• Workout</li> <li>• <b>Practical Exam</b></li> </ul>	<b>Turn in Journals and Workout Plans</b>
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**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](mailto: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](mailto:titleix@gmu.edu).

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