

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

**RECR 183 – Intermediate Pilates**  
**1 Credit**

**March 20 – May 7**

003 – M/W 9-10:15am /RAC 2201 – (Fairfax Campus)

002 – T/R 12-1:15pm /RAC 2201 – (Fairfax Campus)

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) Identify different postural deviations based on class observation
- 4) Evaluate Pilates movement quality
- 5) Journal your experience throughout the course to measure growth and improvement

**Professional Standards**

None

## Required Text

None

## Recommended Readings:

Joseph Pilates Wrote two Books:

1. Pilates' Return to Life Through Contrology.

2. Your Health: A Corrective System of Exercising that Revolutionizes the Entire Field of Physical Education.

Various Handouts on Blackboard

## 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: The students will provide a postural evaluation on a friend, a family member, someone in the neighborhood, or even on themselves. The student will complete a short evaluation of their observation and explain how they would correct the improper posture they observed.

Attendance- Students will receive 100 points for every class attended. Students who arrive late will receive only 80 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 100 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-50 %  
Pilates Journal/Workout Plan – 15%

Postural Evaluation- 5%  
Practical Exam- 20%  
Final Written Exam- 10%  
**Total possible-100%**

**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

	Lessons	Assignments
Week 1	Lesson 1:	<ul style="list-style-type: none"> <li>Review and process lesson 1 Learning Materials-<u>Beginner Fundamentals and Intermediate Endings</u></li> <li>Perfecting your Pilates practice</li> <li>Complete Lesson 1 journal entry</li> </ul>
	Lesson 2	<ul style="list-style-type: none"> <li>Review and process lesson 2 Learning Material-<u>Beginner mat with intermediate progressions</u></li> <li>Review and process lesson 2 Reading Material-<u>Intermediate Pilates language</u></li> <li>Perfecting your Pilates practice</li> <li>Complete Lesson 2 journal entry</li> </ul>
Week 2	Lesson 3	<ul style="list-style-type: none"> <li>Review and process lesson 3 Reading Material-<u>Understand Movement</u></li> <li>Review and process lesson 3 Learning Material-<u>Open Leg Rocker and Corkscrew</u></li> <li>Perfecting your Pilates practice</li> <li>Complete Lesson 3 journal entry</li> </ul>
	Lesson 4	<ul style="list-style-type: none"> <li>Review and process lesson 4 Reading Material-<u>Good Vs. Bad Posture</u></li> <li>Perfecting your Pilates practice</li> <li>Complete Lesson 4 journal entry</li> </ul>
Week 3	Lesson 5	<ul style="list-style-type: none"> <li>Review and process lesson 5 Learning-<u>Double Leg Lower Lift and Criss Cross</u></li> <li>Review and process lesson 5 Reading Material-<u>Common Postural Deviations</u></li> <li>Perfecting your Pilates practice</li> <li>Complete Lesson 5 journal entry</li> </ul>
	Lesson 6	<ul style="list-style-type: none"> <li>Review and process lesson 6 Reading Material-<u>Understanding the Powerhouse and Breathing</u></li> <li>Perfecting your Pilates practice</li> <li>Complete Lesson 6 journals entry</li> </ul>
Week 4	Lesson 7	<ul style="list-style-type: none"> <li>Review and process lesson 7 Learning Material-<u>Teaser 1 leg and Teaser 1</u></li> <li>Review and process lesson 7 Reading Material-<u>The Anatomy and Kinesiology of the spine</u></li> <li>Perfecting your Pilates practice</li> <li>Complete Lesson 7 journal entry</li> </ul>
	Lesson 8	<ul style="list-style-type: none"> <li>Review and process lesson 8 Reading Material-<u>The Anatomy and Kinesiology of the Pelvis and Hip</u></li> <li>Perfecting your Pilates practice</li> <li>Complete Lesson 8 journal entry</li> <li>Complete your postural evaluation</li> </ul>
Week 5	Lesson 9	<ul style="list-style-type: none"> <li>Review and Process Lesson 9 Learning Material-<u>Swimming and Leg Pull Front</u></li> </ul>

		<ul style="list-style-type: none"> <li>• Perfecting your Pilates practice</li> <li>• Discuss Postural Evaluations</li> <li>• Complete lesson 9 journal entry.</li> </ul>
	<b>Lesson 10</b>	<ul style="list-style-type: none"> <li>• Perfecting your Pilates practice</li> <li>• Complete lesson 10 journal entry.</li> <li>• Complete Postural Evaluations</li> </ul>
<b>Week 6</b>	<b>Lesson 11</b>	<ul style="list-style-type: none"> <li>• Review and Process the Lesson 11 Learning Material-<u>Mermaid and Push Ups</u></li> <li>• Perfecting your Pilates practice</li> <li>• Complete lesson 11 journal entry.</li> <li>• Complete written exam</li> </ul>
	<b>Lesson 12</b>	<ul style="list-style-type: none"> <li>• Perfecting your Pilates practice</li> <li>• Practice for the Practical Exam</li> <li>• Complete lesson 12 journal entry.</li> </ul>
<b>Week 7</b>	<b>Lesson 13</b>	<ul style="list-style-type: none"> <li>• Review and Process the Lesson 13 Learning Material-<u>3 Rep Drill</u></li> <li>• Perfecting your Pilates practice</li> <li>• Practice for the Practical Exam</li> <li>• Complete lesson 13 journal entry.</li> </ul>
	<b>Lesson 14</b>	<ul style="list-style-type: none"> <li>• Perfecting your Pilates practice</li> <li>• Review Exercise Charts</li> <li>• Practice for Practical Exam</li> <li>• Complete lesson 14 journal entry.</li> <li>• Complete Lesson 14 Workout plan.</li> </ul>
<b>Week 8</b>	<b>Lesson 15</b>	<ul style="list-style-type: none"> <li>• Perfecting your Pilates practice</li> <li>• Complete lesson 15 Practical exam.</li> <li>• Complete lesson 15 journal entry.</li> </ul>

**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/>.**

Mason is now partnered with TimelyMD to deliver **TimelyCare** – a new virtual mental health and well-being platform for students. The service provides 24/7 access to virtual care at no cost and augments the in-person and virtual mental health services that remain available to Mason students through Counseling and Psychological Services (CAPS) and Student Health Services (SHS).

**How can students access **TimelyCare**?**

Students can go to [timelycare.com/gmu](https://timelycare.com/gmu) or directly download the **TimelyCare** app from the app store to register with their school email address. Students can then start visits from any web-enabled device – smartphone, tablet, laptop, or desktop – anywhere in the United States.

**Who can use **TimelyCare**?** Any enrolled Mason student.

**What services are available?**

- **Talk Now:** Unlimited on-demand mental health support 24/7, available to all Mason students throughout the world!
- **Health Coaching:** Unlimited access to health coaching, available to all Mason students throughout the world.
- **Scheduled counseling sessions:** Limited to 12 sessions per academic year, available to all Mason students throughout the United States. Students can choose the day, time, and mental health provider of their choice.
- **Psychiatry sessions:** Available to all Mason students throughout the United States by referral from CAPS, Student Health Services, or a **TimelyCare** counselor.
- **Self-Care Content:** Yoga and meditation sessions and group conversations

**How much does a **TimelyCare** visit cost?**

**TimelyCare** services are available at no cost to students.