

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

RECR 183 DL 2 – Intermediate Pilates

1 Credit

March 12-April 25

T/R 6: pm-7:15 pm//Distance Learning

Faculty

Instructor: Paula Marie Long

Office Hours: By Appointment.

Office Location: Zoom

Email: plong21@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 course will be delivered online (76% or more) using a synchronous 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 12 March.

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-devicesand-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.
- 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: [○ 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/ ○ Working camera turned on at all times.

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 **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 ensure accessibility must be registered with George Mason University Disability Services.

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 5 min late will receive only 80 points for that day. 10 min after the start of class, 0 points will be earned. 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.

Students are required to participate in every class session. If a student cannot participate as required, they must have a health care provider's note stating accommodations that need to be made for Pilates. All documentation must be submitted to the instructor immediately at the time of request for accommodation. Since studies show exercise improves mental health concerns students will need a health care provider's documentation that the student is receiving mental health services for accommodations to the schedule or class. All documentation must be submitted at the time of request.

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 C-

F = 0-59

B- = 80-83

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

		<ul style="list-style-type: none"> • Perfecting your Pilates practice • Complete Lesson 8 journal entry • Complete your postural evaluation
Week 5	Lesson 9	<ul style="list-style-type: none"> • Review and Process Lesson 9 Learning Material <u>Swimming and Leg Pull Front</u> • Perfecting your Pilates practice
		<ul style="list-style-type: none"> • Discuss Postural Evaluations • Complete lesson 9 journal entry.
	Lesson 10	<ul style="list-style-type: none"> • Perfecting your Pilates practice • Complete lesson 10 journal entry. • Complete Postural Evaluations
Week 6	Lesson 11	<ul style="list-style-type: none"> • Review and Process the Lesson 11 Learning Material- <u>Mermaid and Push Ups</u> • Perfecting your Pilates practice • Complete lesson 11 journal entry. • Complete written exam
	Lesson 12	<ul style="list-style-type: none"> • Perfecting your Pilates practice • Practice for the Practical Exam • Complete lesson 12 journal entry.
Week 7	Lesson 13	<ul style="list-style-type: none"> • Review and Process the Lesson 13 Learning Material- <u>3 Rep Drill</u> • Perfecting your Pilates practice • Practice for the Practical Exam • Complete lesson 13 journal entry.
	Lesson 14	<ul style="list-style-type: none"> • Perfecting your Pilates practice • Review Exercise Charts • Practice for Practical Exam • Complete lesson 14 journal entry. • Complete Lesson 14 Workout plan.
Week 8	Lesson 15	<ul style="list-style-type: none"> • Perfecting your Pilates practice • Complete lesson 15 Practical exam. • Complete lesson 15 journal entry.

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 VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboardinstructional-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, sexual harassment, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, 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 or support measures 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/>.

Mason students now have FREE access to [TimelyCare](#) – a virtual mental health and well-being platform crafted specifically for college students! Revised December 2023 8 of 8

With TimelyCare, Mason students will have access to a multitude of virtual mental health and well-being resources that are free and available 24/7. Find out more about the resources available online at [Timelycare.com/gmu](https://timelycare.com/gmu) or [Download the app](#). <https://ulife.gmu.edu/timely-care/>