

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

PHED 178 : 002 Intermediate Pilates (1)  
Spring 2015 (13290)  
March 17-May 13, 2015

DAY/ TIME:	Monday/Wednesday 10:30-11:45am	LOCATION:	RAC Yoga/ Pilates Room - 2201
INSTRUCTOR:	Cindy Warren, BIS Fitness Management GMU	EMAIL ADDRESS:	cwarren1@gmu.edu
OFFICE LOCATION:	RAC	PHONE NUMBER	571-212-9350
OFFICE HOURS:	(By Appointment) Wednesdays 1:30-3:00	FAX NUMBER:	NA

PREREQUISITES: PHED 131: Introduction to Pilates or Permission of Instructor

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

COURSE 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

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.

NATURE OF COURSE DELIVERY: Face to face.

## CLASS INFORMATION

1. Students must come to class adequately dressed for activity. Sweats, shorts, t-shirts or exercise clothing may be worn. Shoes will not be worn during class.
2. Attendance is a major part of the student's grade. Students are expected to be at each class. Any absences must be arranged with instructor.
3. Students will be allowed one absence. For each additional absence 5 points will be deducted from their participation grade.

## SUGGESTED READINGS:

Isacowitz, Rael, (2006) Pilates, Human Kinetics Champagne, Illinois

Various Handouts

## EVALUATION

Participation and Attendance (70 points) The students will receive 5 points for every class attended. Students who arrive after the first 10 minutes of class will receive only 4 points for that day. It is the student's responsibility to make sure the instructor has marked them present on days they arrive late.

Personal Workout Plan (25 points) 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.

Pilates Journal (15 points) Students will record a short reflection of their progress at the end of each class period. This will be an in class assignment. Please bring a single file folder to class for this purpose.

Peer Feedback (15 points) 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.

Final Written Exam (25 points) The final exam will cover the basic concepts of Pilates and the anatomy associated with many of the exercises.

Total Points 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	

## TENTATIVE COURSE SCHEDULE

DAYS		TOPIC	READINGS/ASSIGNMENT
	1	Introduction, Overview of Class, Instructor Expectations, Syllabus Review of Exercises from Previous Semester	
	2	Review Basic Program Master Class Explanation of Personal Workout Plan Discuss Basi Block System	Pages 29-31
	3	Topic: Abdominal Anatomy Master Class New Exercises (Hamstring Pull Prep, 1,2) (Side Kick, Teaser Prep, Teaser	Handout Pages 60-61 Pages 100-101
	4	Review Abdominal Anatomy Discuss and Observe Exercise Intensity Variations New Exercises (Teaser, Leg Pull Front, Leg Pull Back) Master Class	Pages 85, 89
	5	Topic: Anatomy of the Back Master Class Upper Back Workout (Roll Over, Open Leg Rocker, Shoulder Bridge)	Handout Pages 64-65, 69, and 84
	6	Review Anatomy of the Back Exercises (increasing intensity) Upper Back Workout Master Class	
	7	Topic: Anatomy of Thighs, Glutes Master Class (Rocking, Side-Bend, Swan Dive Prep)	Handout Pages 96-97, and 80
	8	Review Anatomy (Teaser 1 and 2) Master Class	Page 101

DAYS		TOPIC	READINGS/ASSIGNMENT
	9	Topic: Postural Deviations Plumb line (Identifying Deviations) Peer Feedback Master Class	Handout
	10	Break Out Sessions on Personal Journal and Workout Plan Peer Feedback on Exercises Master Class	
	11	Master Class w/Props Exam Review	
	12	Master Class w/Props Written Exam	
	13	Master Class Turn in Journals and Workout Plans	
	14	Final Class Return Journals and Workout Plans Master Class	
	15		

*Note: Faculty reserves the right to alter the schedule as necessary.*

*Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2/>]
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University 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 must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

#### *Campus Resources*

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**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.

