

## Mat Pilates – PWLA 1688

<b>Class Meeting Time/Location</b>	Tuesday/Thursday 10:00-10:50am Coliseum #2117	<b>Online Hours</b>	None
<b>Instructor</b>	Mrs. Jennifer Heidorn	<b>Telephone</b>	678-839-6182 (Office) 678-839-6530 (Department Line)
<b>Office Location</b>	Coliseum #2042	<b>Email</b>	<a href="mailto:jheidorn@westga.edu">jheidorn@westga.edu</a>
<b>Office Hours</b>	Tuesday 9-10am & 12-4pm Wednesday 10-11 & 4-5pm Thursday 9-10am & 12-2pm Friday by Appointment	<b>Skype or Google+ username</b>	None

### Support for Courses

<b>CourseDen D2L Home Page</b> <a href="https://westga.view.usg.edu/">https://westga.view.usg.edu/</a>	<b>Student Services</b> <a href="http://uwgonline.westga.edu/online-student-guide.php">http://uwgonline.westga.edu/online-student-guide.php</a>
<b>D2L UWG Online Help (M-F:8 AM – 5 PM)</b> <a href="http://uwgonline.westga.edu/students.php">http://uwgonline.westga.edu/students.php</a> Call: 678-839-6248 or 1-855-933-8946 or email: online@westga.edu	<b>Center for Academic Success</b> <a href="http://www.westga.edu/cas/">http://www.westga.edu/cas/</a> 678-839-6280
<b>24/7/365 D2L Help Center</b> Call 1-855-772-0423 or search: <a href="https://d2lhelp.view.usg.edu/">https://d2lhelp.view.usg.edu/</a>	<b>Distance Learning Library Services</b> <a href="http://libguides.westga.edu/content.php?pid=194430">http://libguides.westga.edu/content.php?pid=194430</a>
<b>University Bookstore</b> <a href="http://www.bookstore.westga.edu/">http://www.bookstore.westga.edu/</a>	<b>Ingram Library Services</b> <a href="http://www.westga.edu/library/">http://www.westga.edu/library/</a>

### COE Vision

The College of Education at the University of West Georgia will be recognized for *Leading a New World of Learning*, with relevant and innovative programs that contribute to educational improvement and the betterment of society.

### COE Mission

Locally connected and globally relevant, the Mission of the College of Education is to prepare graduates for meaningful careers in diverse settings. Spanning undergraduate through doctoral study, we are committed to depth of knowledge and excellence in teaching, professional practice, and applied research.

The vision and mission of the College of Education at UWG form the basis on which programs, courses, experiences, and outcomes are created. National and state standards (*SHAPE America and GAHPERD*) are incorporated as criteria against which candidates are measured. This course’s objectives, activities, and assignments are related directly to the appropriate standards.

## COURSE INFORMATION

### Course Description

This course is designed to teach the history, terminology, and techniques of the Pilates method. The focus for the course is to teach mat Pilates exercises through precise muscle controlled movements, utilizing proper breathing techniques, in order to stretch and strengthen muscle, improve posture, balance, and core strength.

**Required Text:** None

### Course References:

Ellsworth, A. (2009). *Pilates Anatomy: A Comprehensive Guide*. San Diego, CA: Thunder Bay Press.

Isacowitz, R. (2006). *Pilates: Your complete guide to mat work and apparatus exercises*. Champaign, IL: Human Kinetics.

Pilates, P. (2006). *Comprehensive Manual: Studios and Training Centers Worldwide*. New York, NY: Power Pilates.

Siler, B. (2000). *The Pilates Body: The Ultimate At-Home Guide to Strengthening, Lengthening, and Toning Your Body – Without Machines*. New York, NY: Broadway Books.

### Approaches to Instruction

Pedagogical methods for this course include discussions, technology, and active physical participation.

### Course Objectives and Learning Outcomes

Students will:

1. Describe the history, terminology, and benefits of participating in Pilates;
2. Use and discuss proper equipment when practicing Pilates;
3. Perform the six basic principles for the practice of Pilates: centering, control, concentration, flow, breath, and precision;
4. Practice connecting mind, body, and breathing;
5. Demonstrate techniques used in Pilates through class participation and practicing Pilates;

## Assignments and Evaluation Procedures

Assignment	Course Objective(s)/ Key Assessment	Points	Assessment Tools	Submit via:	Due Date
1. Class Participation	Course Objectives 2-7	80 points (40%)	Checklist, rubric & instructor observation	None	1/10-2/28
2. Written Exams	Course Objectives 1, 2 & 6	60 points (30%)	Cognitive & objective assessment, Rubrics	Course Den (online)	<i>Quiz #1</i> 1/26-2/28 11:59pm  <i>Quiz #2</i> 2/21-2/28 11:59pm
3. Skills Evaluation	Course Objectives 2-4 & 7	60 points (30%)	Objective assessment & partner rubric	Hard-copy (In class)	2/28

## Grading

180 – 200 points	<b>A = (90 – 100%)</b>
160 – 179 points	<b>B = (80 – 89%)</b>
140 – 159 points	<b>C = (70 – 79%)</b>
120 – 139	<b>D = (60 – 69%)</b>
0 – 119	<b>F = (0 – 59%)</b>

## CLASS, DEPARTMENT, AND UNIVERSITY POLICIES

For important policy information on the UWG Honor Code, Email, and Credit Hour policies, as well as information on Academic Support and Online Courses, please review the information found in the **Common Language for Course Syllabi** documentation at [http://www.westga.edu/assetsDept/vpaa/Common\\_Language\\_for\\_Course\\_Syllabi.pdf](http://www.westga.edu/assetsDept/vpaa/Common_Language_for_Course_Syllabi.pdf).

Additions and updates are made as institution, state, and federal standards change, so please review it each semester. In addition to the above information the following policies apply to this course.

**Academic Honesty:** All work completed in this course must be original work developed this semester. Students are expected to adhere to the highest standards of academic honesty. Plagiarism occurs when a student uses or purchases ghostwritten papers. It also occurs when a student utilizes ideas or information obtained from another person without giving credit to that person. If plagiarism or another act of academic dishonesty occurs, it will be dealt with in accordance with the academic misconduct policy as stated in the latest *Student Handbook* and the *Graduate Catalog*.

**Attendance:** Only **one absence** is allowed which do not require any notification or explanation to the instructor. **Five points** will be deducted from your total participation grade for each subsequent absence after one. Should you be absent for a medical procedure or appointment, a mandatory doctor's note or supporting documentation must be given to the instructor the following class meeting. Without adequate documentation, this absence will count towards the one allotted per student.

Students are expected to arrive on time and to attend each meeting of the class. It is disruptive to your classmates and the instructor when you arrive late to class and you will often miss important announcements. Tardiness (after attendance is taken) to class will result in up to a *3 point deduction* from your participation grade per occurrence at the instructor's discretion. If a student is late, it is his/her responsibility to notify the instructor of their presence at the conclusion of class, not during. Failure to notify the instructor will constitute an absence. The instructor must be notified of any instance in which a student must leave class early. Two points will be deducted from a student's daily grade for every incident of early departure. The University of West Georgia allows faculty members to drop students who do not contact them or attend the first two class meetings for classes which meet daily (or the first class meeting for classes which meet less frequently). Students who do not intend to remain in a course should drop the course before the end of the official drop/add period. Depending upon an instructor's policies and the University's policies, failure to drop a course during the drop/add period will result in a grade of W, WF, or F in courses not attended.

Attire: Students are required to dress in appropriate Pilates attire. No street clothes or blue jeans will be permitted. Additionally attire should appropriately cover torsos. Pilates should be performed bare footed or in socks. No shoes can be worn during class workout sessions. Students will not be allowed to participate if inappropriate clothing is worn. This will count as an absence, even if the student is present.

Americans with Disabilities Act: The official UWG policy is contained in the link to the Common Language for Course Syllabi located on the Provost's website. All students are provided with equal access to classes and materials, regardless of special needs, temporary or permanent disability, special needs related to pregnancy, etc. For more information, please contact Disability Services at the University of West Georgia: [http://www.westga.edu/studentDev/index\\_8884.php](http://www.westga.edu/studentDev/index_8884.php).

Extra Credit: Extra credit assignments or participation will not be honored based on the cognitive, affective, and psychomotor objectives requiring students to fully utilize class time, environment, and experience.

Late Assessments: All assessments and assignments are due on the assigned date. Missed assessments (without prior consent of the instructor) cannot be made up. Computer failure does occur but is NOT an allowable excuse for missed or late work. It is the responsibility of the student to allow time for possible technology glitches.

Professional Conduct: Students are expected to give full effort in the daily assignment or activity. Students cannot expect to be given full credit for the day just by simply showing up. Maximum effort is expected daily. Students will have up to two points deducted from their participation grade if the instructor feels they are not putting forth 100% effort in the activity or assignment. Point deductions will also occur when cell phone use is evident.

## **Additional Support Information**

### **Center for Academic Success**

The [Center for Academic Success](#) (CAS) provides services, programs, and opportunities to help all undergraduate students succeed academically. The CAS offers free appointment-based peer tutoring in core courses, as well as supplemental instruction (SI)—which is peer-facilitated collaborative learning—in a variety of disciplines. Students seeking help with study skills and strategies can attend workshops through the Academic Success Workshop series, or work individually with either a staff or peer Academic Coach. The Center for Academic Success is located in UCC 200, and can be reached at [678-839-6280](tel:678-839-6280) or the email address is [cas@westga.edu](mailto:cas@westga.edu).

### **UWG Cares**

If you or someone you know is in a distressing situation, support is available at <http://www.westga.edu/UWGCares/>. The website contains access to helpful resources and phone numbers related to emergency or crisis situations and safety concerns, medical concerns, multicultural, psychological and personal issues and interpersonal conflict.

## **Student Services**

Click on the following link [Student Services](#) for a listing of all services available to students at UWG.

**Course Plan**

<i>Date</i>	<i>Topic/Activities</i>
T 1/10	Syllabus; Introduction, Outline; & Medical History Profile
R 1/12	Lecture – Introduction to Pilates, History, Terminology, Six Principles, Equipment, Props
T 1/17	Activity – Principles, Beginner Order, and Modifications
R 1/19	Activity – Principles, Beginner Order, and Modifications
T 1/24	Activity – Full Beginner Order Focusing on Variations, Transitions and Flow
R 1/26	Activity – Full Beginner Order Focusing on Variations, Transitions and Flow
	<i>Quiz #1 (1/26-2/28) 11:59pm</i>
T 2/31	Activity – Full Beginner Order Focusing on Variations, Transitions and Flow
R 2/2	Activity – Full Beginner Order Focusing on Variations, Transitions and Flow
T 2/7	Activity – Full Beginner Order Focusing on Variations with Props (Magic Circle)
R 2/9	Activity – Full Beginner Order Focusing on Variations with Props (Magic Circle)
T 2/14	Activity – Intermediate Order Add-in Exercises
R 2/16	Activity – Full Intermediate Order Focusing on Variations, Transitions and Flow Props (Ball)
T 2/21	Activity – Full Intermediate Order Focusing on Variations, Transitions and Flow with Props (Ball)
	<i>Quiz #2(2/21-2/28 11:59pm)</i>
R 2/23	Activity – Full Intermediate Order Focusing on Variations with Props (Weights)
T 2/28	Skills Assessment / Complete Course Evaluations