

MISSION COLLEGE
Department of Kinesiology
Spring 2014 #347 – PILATES

Instructor Information:

Name: Carla Lubow
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Office Hrs: T/TH 1:40-2:15 or by appt.

Class/Dept. Information:

Course: Pilates-T/TH 12:15-1:40
Location: HFAC 206
Dept. Phone: 818-364-7600
Dept. Chair: Leslie Milke
Email: milkel@lamission.edu

COURSE DESCRIPTION: Introductory techniques based on the Pilates concepts are used; concentration, control, center, fluidity, precision and breath. It is designed to improve flexibility while developing muscular strength and muscular endurance in the core muscles: abdominal area, lower back, hips, and buttocks.

COURSE OBJECTIVES:

- Comprehend basic concepts of Pilates (terminology, anatomy, history, benefits, and practical application to overall wellness).
- Understand his/her own needs for the maintenance of physical fitness through fitness assessments and goal setting.
- Demonstrate kinesthetic awareness and skill acquisition through principles and physical techniques learned.
- Identify the core muscles in the body and understand the difference between various breathing techniques, dynamic and static flexibility work.

STUDENT LEARNING OBJECTIVES: The student will perform, with an increasingly degree of proficiency, pilates postures/positions and movements. The student will improve core strength and flexibility by regularly performing pilates based exercises.

REQUIREMENTS: No previous experience required. This is a multi-level course designed to meet the needs of both new and experienced exercisers. It is the responsibility of each participant to work at a level appropriate to their own skill and physical condition. Students who have any **pre-existing health conditions** are advised to **inform their instructor and consult a physician prior to participation.**

STUDENT PERFORMANCE, ASSESSMENT AND EVALUATION:

Class Participation

- Participation in fitness measurements
- Written exams on Pilates terminology, kinesiology and history
- Practical assessment exam/project on Pilates patterns

Written Exams: Exams will involve objective items (multiple-choice, true-false, matching) and a scantron will be required for tests. There will be **no make-up exams given unless pre-arranged.** Make-ups for excused absences can be arranged only if made **prior** to the date of the scheduled exam. In the event of an emergency on the day of an exam, the student **must** e-mail the instructor as soon as possible.

<u>Student Evaluation: Based upon a total of 200 Points:</u>	<u>TOTAL POINTS</u>
Participation – (75%) Each class mtg. is worth 5 points.....150	180 - 200 = A
Skill Development (25%)	160 - 179 = B
-Fitness Test 1 and 2.....10	140 - 159 = C
-Midterm Exam.....15	120 - 139 = D
-Final Exam/Project.....25	Below 120=Fail
Evaluation Total for Final Semester Grade _____200	

STUDENT MATERIALS AND ATTIRE: *The Pilates Body 1st Ed.* by Brooke Siler is recommended and handouts relevant to the course will be provided. **Appropriate exercise wear is mandatory** and includes: shorts, workout pants, dancewear, t-shirts, and sports bras. No shoes, please. Dress in layers so you can remove clothing as you warm up. No bare midriff, jeans, dress pants, dresses, skirts or any attire that may restrict movement or breathing. Student must lock all back packs, purses, cell phones, wallets and all other personal items in their car or use a locker in the locker room. Please provide your own lock, and the lockers are for day use only. **Loss of locker keys and/or combinations is student responsibility.** Student may also leave bags in cupboards located in the classroom.

Tools for the course: Students should bring an exercise towel, yoga/pilates mat, resistance band/thera-band, and a water bottle. A scantron is required for the midterm.

NOTE: Mission College is not responsible for items lost or stolen while utilizing the college’s facilities. Lockers rooms are located downstairs across from the fitness center.

GENERAL CLASSROOM POLICIES/PROCEDURES AND ETIQUETTE:

- Punctuality, committed participation, wearing the proper exercise attire, being present for the entire classroom instruction are required in order to receive full participation credit. Points will be deducted if this protocol is not followed.
- Bottled water/sports drinks in closed non-glass, spill proof containers are permitted in the studio.
- **CONSUMPTION OF FOOD IS NOT PERMITTED IN THE STUDIO.**
- **USE OF PERSONAL CELL PHONES IS NOT PERMITTED DURING CLASS.** No texting, cameras, video cameras, personal phone calls are allowed. Violation to the policy will result in removal from the class.
- Long hair must be secured so that it will not interfere with or hinder activity.
- Please do not wear large earrings or excessive jewelry to class.

Final for Section Pilates 347 Ticket #2033.....Tuesday, June 3, 12:30 – 2:30pm

***Academic Responsibility:** The student is responsible in adding, dropping, withdrawals, registering credit/no credit or taking care of any other administrative duties in regards to class enrollment.

Here are some additional resources on campus that you may find useful.

- **LAMC Bookstore:** For hours of operation, book availability, buybacks, and other information call 818-364-7798 or 364-7768 or visit: <http://www.lamissionbookstore.com/>
- **Counseling Department:** For appointments and information call 818-364-7655 or visit <http://www.lamission.edu/counseling/>
- **Disabled Students Programs and Services:** For appointments and information call 818-364-7732 or visit <http://www.lamission.edu/dsps/>
- **Extended Opportunity Programs and Services:** For appointments and information call 818-364-7645 or visit <http://www.lamission.edu/eops/>
- **Financial Aid:** For information and applications call 818-364-7648 or visit <http://www.lamission.edu/financialaid/>
- **Library:** For information on library hours, resources, workshops, and other services contact 818-364-7105 or 364-7106 or <http://www.lamission.edu/library/>
- **Tutoring Services in Learning Center:** Laboratories for Learning, Writing, Math & Science. Walk-in and appointment services offered. Call 818-364-7754 or visit www.lamission.edu/learningcenter