

MISSION COLLEGE
Department of Physical Education
Fall 2012 PE 590 – PILATES

Instructor Information:

Name: Carla Lubow
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Office Hours: M/W 1:55-2:30

Class/Dept. Information:

Course: Pilates-M/W 12:25-1:50
Location: HFAC 208
Dept. Phone: 818-364-7600
Dept. Chair: Leslie Milke
Email: milkel@lamission.edu

COURSE DESCRIPTION: The course is designed to educate the student in the principles of mat Pilates, core musculature and core stability. The course will entail a series of dynamic flexibility work, strength exercises and breathing techniques. Throughout the semester, the student will develop greater coordination, balance, flexibility, posture, stamina, and strength.

STUDENT LEARNING OBJECTIVES: At the conclusion of this semester, the student will be able to:

- Comprehend basic concepts of Pilates (terminology, 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.

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 question any **pre-existing health conditions** are advised to **inform their instructor and consult a physician prior to participation.** If you have been diagnosed with asthma please inform the instructor and always bring your inhaler to class due to the breathing techniques used in this course. FEMALES: If you should become pregnant at any time during the course, please inform the instructor **immediately.**

Student Materials and Attire: No textbook is required for the course but handouts relevant to the course may 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. **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. **Tools for the course:** Students should bring an exercise towel, yoga/pilates mat, resistance band/thera-band, and a water bottle. *Optional tools:* Pilates Toning Ring (Magic Circle), small Pilates ball.

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 mostly involve objective items (multiple-choice, true-false, and matching type questions) and a scantron may be required for tests. If a scantron is needed, the student will provide their own. 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 _____	200

Course Participation Policy: Getting the full benefit and excelling in this course are dependent upon being on time and actively participating in the activities on a regular basis with energy and commitment. Completion of all assignments and performing well on test/quizzes will assist in earning a passing grade. Students will **NOT** receive full participation credit if the following protocol is not followed: Wearing the proper exercise attire, being on time and present for the entire classroom instruction. Arriving late or leaving early will result in a deduction of points. Classroom door will be closed and locked at the start of class. **No one will be permitted into class after role call has begun.** **Do not knock on the classroom door.**

GENERAL CLASSROOM POLICIES/PROCEDURES AND ETIQUETTE:

- Bottled water/sports drinks in closed non-glass, spill proof containers are permitted in the studio.
- **NO CONSUMPTION OF FOOD IS EVER PERMITTED IN THE CLASS ROOM.**
- **ABSOLUTELY NO USE OF PERSONAL CELL PHONES** is 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.
- ***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.

Important Dates:

DAY AND EVENING CLASSES BEGIN	August 27,
LAST DAY TO ADD	September 7
LAST DAY FOR A REFUND	September 7
LAST DAY TO DROP ONLINE	September 9
LAST DAY TO PETITION FOR CREDIT/NO CREDIT	October 5
LAST DAY FOR A SECTION TRANSFER	November 2
LAST DAY TO DROP WITH A 'W' (IN PERSON)	November 16
LAST DAY TO DROP ONLINE WITH A 'W'	November 18
CLASSES END	December 8
FINAL EXAMS	December 10 – 15
SEMESTER ENDS	December 16

Final for Section 2048/Pilates.....Monday, December 10th, 12:20 – 2:30pm

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

