

SYLLABUS LFIT/DANC 197 - Pilates
1 Credit Hour

HOWARD COMMUNITY COLLEGE

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Description:

Study and application of the Pilates Mat Program as a method of body conditioning, posing questions for anatomical self evaluation based on applied instruction, lecture/discussion, required readings, and observation. (2 hours weekly)

Course Objectives:

Upon completion of this course, the student will be able to:

1. Demonstrate knowledge of the characteristics of the Pilates Mat program as a fitness tool.
2. Gain knowledge through application of Pilates Mat, body rolling and thera-band exercises.
3. Physically demonstrate Pilates vocabulary.
4. Demonstrate ability to integrate Pilates principles into everyday movement and activities.
5. Develop analytical and critical skills through self evaluation and observation.

Required Text: Siler, Brooks. *The Pilates body*: the ultimate at-home guide to strengthening, lengthening and toning your body – without machines.

Major Topics:

- I. Pilates principles
- II. Witnessing and discussion of and about individual movement patterns
- III. Self observation/analytical skills
- IV. Core strengthening principles.

Course Requirements:

Grading/exams: Grading procedures will be determined by the individual faculty member but will include:

- Grading: Criteria for evaluation is mastery of major topics as demonstrated through:
 - Daily active participation 70%
 - Written assignment(s)/examination(s) 30%

GRADING:

Daily active participation: Participation is worth **700 points**. A sign-in sheet will be placed at the front of the room. Attendance is verified by signature on this sheet. Students are allowed to miss 2 classes before participation points are deducted. Thereafter, **25 points** will be deducted for each class missed. Everyone is expected to arrive at class on time dressed in appropriate attire. The door to the studio will be closed at the beginning of each class. Late arrival to class will result in **10 points** deduction.

Final Examination: The student will be required to learn and demonstrate an exercise from the text that has not been taught during the semester. This exam is worth 300 points. Guidelines will be distributed during Week 10.

Grading :

A	900 – 1000 points
B	800 -- 899 points
C	700 – 799 points
D	600 – 699 points
F	599 or less points

Other Course Information:

Cell phones: Cell phone use is not permitted during class time. Please be courteous of others and turn your cell phone off before class begins.

Late arrival to class: Pilates requires focus and concentration. If you arrive to class late, please enter as quietly and discretely as possible.

Attire: Please wear comfortable workout attire. Jeans are not acceptable. Please bring a small hand towel to each class.

Mats: Workout mats will be provided. Students may bring their own mats or towels, if desired.