Mat Pilates
PWLA 2611-05

Semester/Year          Fall 2014
Time/Location          Tuesday/Thursday 11:00-11:50, Room #2117
Instructor            Mrs. Jennifer K. Heidorn, M.Ed.
                       * AFAA Primary Group Certified Instructor
                       * Power Pilates Certified Instructor
                       * Classical Pilates Certified Instructor
Office Location       Coliseum, #2038
Office Hours          Monday 9:30-10:30am
                       Tuesday 9:30-11:00am & 12:00-3:00pm (Coliseum #2038)
                       Wednesday by appointment
                       Thursday 9:30-11:00am & 12:00-3:00pm (Coliseum #2038)
                       Friday by appointment
Telephone             Direct Line: (678) 839-6182
                       Department Line: (678) 839-6530
Email                 jheidorn@westga.edu
Online Support        D2L Home Page
                       https://westga.view.usg.edu/
                       D2L UWG Online help
                       http://uwgonline.westga.edu/students.php
                       D2L 24 hour Help
                       https://d2lhelp.view.usg.edu/
                       UWG Distance Learning
                       http://uwgonline.westga.edu/

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.

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 forms the basis on which programs, courses, experiences, and outcomes are created. National and state standards SHAPE America, Power Pilates, and Classical Pilates are incorporated as criteria against which candidates are measured. This course’s objectives, activities, and assignments are related directly to the appropriate standards, as identified below.

COURSE OBJECTIVES

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;

TEXTS, READINGS, INSTRUCTIONAL RESOURCES, AND REFERENCES

Required Text(s) None, but personal mats are highly recommended

Course References


ASSIGNMENTS, EVALUATION PROCEDURES, AND GRADING

Assignments

1. **PARTICIPATION (80 points total)**
   In order to accomplish the objectives of this course, full participation in the class sessions and activities is essential. Participation will therefore be graded. Students are expected to and can earn up to 80 points for the following:
   
   - Attend all class sessions
   - Be on time for class and not leave early
   - Dress appropriately for scheduled activities
   - Engage in activities fully with effort
   - Avoid distracting or disrupting the class (no cell phones, pagers, etc.)
   - Contribute to a positive climate by demonstrating good sportsmanship, including using respectful and proper communication skills (avoid interrupting others, using profanity, criticizing others, dominating conversations, etc.).
   
   *(Course Objectives 2-5)*
*Evaluation of effort and conduct are based on the instructor’s judgment.*

2. **SKILLS ASSESSMENT (60 points)**
   Students will be given a skills assessment at the end of the semester over a variety of techniques learned in class. Students will be responsible for a phase of the intermediate mat Pilates workout following the classical order. The workout phase will be submitted in written form as well as demonstrated with a group. Further explanation along with a grading rubric will be given in class by the instructor.

   *(Course Objectives: 2-5)*

3. **WRITTEN EXAMS (30 points each = 60 points)**
   Two written exams will be given throughout the semester. Exams will cover in class lectures, power points, as well as class activity and instruction. Exam questions may consist of multiple choice, true/false, matching, and short answer. Exams will be open during the following dates: Exam #1 (10/9-10/16 11:59pm) & Exam #2 (11/20-12/2 11:59pm).

   *(Course Objectives 1 & 2)*

**Evaluation Procedures**

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
<th>Percentage</th>
<th>Assessment Tools</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Participation</td>
<td>80 points</td>
<td>40%</td>
<td>Attendance, effort, cooperation &amp; attire</td>
</tr>
<tr>
<td>2. Skills Assessment</td>
<td>60 points</td>
<td>30%</td>
<td>Skill development rubric</td>
</tr>
<tr>
<td>3. Written Exams (two)</td>
<td>60 points</td>
<td>30%</td>
<td>Subjective &amp; objective assessment</td>
</tr>
</tbody>
</table>

**Grading**

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

**CLASS, DEPARTMENT, AND UNIVERSITY POLICIES**

Please carefully review the information at [Common Language for Course Syllabi](#). It contains important information related to your rights and responsibilities in this class. Because these statements are updated as federal, state, university, and accreditation standards change, you should review the information 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:** Attendance: Only two absences are allowed which do not require any notification or explanation to the instructor. Two and a half points will be deducted from your total participation grade for each subsequent absence after two.

Should you be absent for a medical procedure or appointment, a mandatory doctor’s note must be given to the instructor the following class meeting. 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 to class will result in a one point deduction from your participation grade. The instructor appreciates being notified of any instance in which a student must leave class early. One point 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.

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 Work: All assignments are due on the assigned date. Late assignments (without prior consent of the instructor) will not be accepted. Missed assessments (without prior consent of the instructor) cannot be made up. Reminder: 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.

Student Email Policy: The official email policy is contained in the link to the Common Language for Course Syllabi located on the Provost’s website. University of West Georgia students are provided a MyUWG email account, which is the official means of communication between the University and student. However, students may also choose to communicate with the instructor through D2L email. It is the student’s responsibility to check this email account for important University related information. No assignments will be accepted via MyUWG email.

D2L: Students are responsible for accessing the instructor’s D2L site to print course materials for use in class and as outside enhancement of in-class activities. These materials include but are not limited to the course syllabus and the course content outline. D2L will also be used for on-line quizzes and any reading assignments. D2L will also be used to post any announcements, disseminate PowerPoint lectures, class cancellations and grades.

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.
## CLASS OUTLINE

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic/Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>T 8/26</td>
<td>Syllabus; Introduction, Outline; &amp; Medical History Profile</td>
</tr>
<tr>
<td>T 9/2</td>
<td>Activity – Principles, Beginner Order, and Modifications</td>
</tr>
<tr>
<td>TR 9/4</td>
<td>Activity – Principles, Beginner Order, and Modifications</td>
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<tr>
<td>T 9/9</td>
<td>Activity – Principles, Beginner Order, and Modifications</td>
</tr>
<tr>
<td>TR 9/11</td>
<td>Activity – Principles, Beginner Order, and Modifications</td>
</tr>
<tr>
<td>T 9/16</td>
<td>Activity – Full Beginner Order Focusing on Variations, Transitions and Flow</td>
</tr>
<tr>
<td>TR 9/18</td>
<td>Activity – Full Beginner Order Focusing on Variations, Transitions and Flow</td>
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<tr>
<td>T 9/23</td>
<td>Activity – Full Beginner Order Focusing on Variations with Props</td>
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<tr>
<td>TR 9/25</td>
<td>Activity – Full Beginner Order Focusing on Variations with Props</td>
</tr>
<tr>
<td>T 9/30</td>
<td>Activity – Full Beginner Order Focusing on Variations with Props</td>
</tr>
<tr>
<td>TR 10/2</td>
<td>Activity – Intermediate Order Add-in Exercises/Review for Exam #1</td>
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<tr>
<td>T 10/7</td>
<td>No Class – Professional Development Training</td>
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<tr>
<td>TR 10/9</td>
<td>Activity – Intermediate Order Add-in Exercises/Exam #1 (10/9-10/16 11:59pm)</td>
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<tr>
<td>T 10/14</td>
<td>Activity – Intermediate Order Add-in Exercises</td>
</tr>
<tr>
<td>TR 10/16</td>
<td>Activity – Full Intermediate Order Focusing on Variations, Transitions and Flow</td>
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<tr>
<td>T 10/21</td>
<td>Activity – Full Intermediate Order Focusing on Variations, Transitions and Flow</td>
</tr>
<tr>
<td>TR 10/23</td>
<td>Activity – Full Intermediate Order Focusing on Variations with Props</td>
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<tr>
<td>T 10/28</td>
<td>Activity – Full Intermediate Order Focusing on Variations with Props</td>
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<tr>
<td>TR 10/30</td>
<td>Activity – Full Intermediate Order Focusing on Variations with Props</td>
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<tr>
<td>T 11/4</td>
<td>Activity – Full Intermediate Order Focusing on Variations with Props</td>
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<tr>
<td>TR 11/6</td>
<td>Activity – Full Intermediate Order with Advanced Add-in Exercises</td>
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<tr>
<td>T 11/11</td>
<td>Activity – Full Intermediate Order with Advanced Add-in Exercises</td>
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<tr>
<td>TR 11/13</td>
<td>Activity – Full Intermediate Order with Advanced Add-in Exercises</td>
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<tr>
<td>T 11/18</td>
<td>Activity – Full Intermediate Order with Advanced Add-in Exercises</td>
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<tr>
<td>TR 11/20</td>
<td>Activity – Discussion/Form Skills Assessment Groups/Practice/Exam #2 (11/20-12/2 11:59pm)</td>
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<tr>
<td>T 11/25</td>
<td>THANKSGIVING BREAK</td>
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<tr>
<td>TR 11/27</td>
<td>THANKSGIVING BREAK</td>
</tr>
<tr>
<td>T 12/2</td>
<td>Group Practice Day/Complete Course Evaluations</td>
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<tr>
<td>TR 12/4</td>
<td>Skills Assessment</td>
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</tbody>
</table>

*This is a tentative class schedule. The instructor has the right to change if needed.*