

**San José State University**  
**Kinesiology**  
**KIN 30, PILATES, SECTION 06, FALL 18**

**Course and Contact Information**

**Instructor:** BATT

**Office Location:** Event Center (EC), Aerobics Room (AER)

**Telephone:** N/A

**Email:** angel.batt@sjsu.edu

**Office Hours:** Tuesday/Thursday 5:20pm – 5:50pm, or by appointment

**Class Days/Time:** Tuesday/Thursday 2:30pm – 3:20pm

**Classroom:** EC AER

**Web Resource**

Course materials may be found on the e-campus Canvas learning management system at <http://www.sjsu.edu/at/ec/canvas/>. You are responsible for regularly checking the Canvas discussion board and email for information and messages. Login using your mysjsu username and password.

**Course Description**

Pilates employs an established exercise protocol designed to develop core strength, flexibility, posture, and range of motion. The course covers the fundamentals of a Pilates workout with an emphasis on breathing, alignment, neutral spine, and core stability.

**Course Goals**

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams:

- Knowledge of fundamental skills, technique and execution of exercises.
- Proficiency in execution of the skills covered.
- An understanding of the history, rules, strategies, current research, safety and etiquette associated with pilates.
- An understanding of the mental and physical health benefits to be derived from pilates
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

**Course Learning Outcomes**

After successful completion of this course, students will be able to:

- Demonstrate increased knowledge in the history, rules, strategies, current research, safety, and etiquette related to the specific activities completed as measured by Beginning and End of the Semester Survey.
- Demonstrate improved cardiovascular health and increased fitness as measured by pre and post Fitness Assessment.

## **Text/Readings**

1. Ungaro, Alycea. Pilates: Body in Motion. 2003. Dorling Kindersley Limited. ISBN 978-0-7894-8400-0
2. See Course Calendar, below, for additional reading assignment

## **Course Notes**

- Class protocol: Students are expected to arrive on time and participate fully in all activities throughout the class period.
- Cell phones must be turned off and put away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful.
- Recording class: Instruction may not be recorded.
- Intellectual Property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor's intellectual property and cannot be photographed, shared, or uploaded in any form publicly without the instructor's approval.
- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings from textbook and handout materials.
- A fitness assessment will be given at the beginning and end of the semester to determine present level of physical fitness and general understanding of fitness principles, and progress made during the semester.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

## **Course Requirements and Assignments.**

- Surveys are conducted at the beginning and end of the semester to determine present level of understanding of Pilates principles and progress made during the semester.
- There will one quiz based on a field assignment which will be completed outside of the classroom and specified on CANVAS.
- There will be a Midterm Exam and a Final Written Exam and Final Practical Exam.

## **Final Examination or Evaluation**

1. There will be a written final exam covering all readings and class discussion from the semester. The Final Exam is worth 30% of your grade.
2. There will be a Final Practical Exam covering all movements and exercises and concepts learned throughout the semester. The Practical Exam is worth 30% of your grade.

## Grading Information

ITEM	Points	Percentage
FIELD ASSIGNMENT + QUIZZES (5 pts. each)	10	10%
MID-TERM	30	30%
FINAL PRACTICAL EXAM	30	30%
FINAL WRITTEN EXAM	30	30%
<b>TOTAL</b>	<b>100</b>	<b>100%</b>
Turn in Printed Photo ("selfie") (EXTRA CREDIT)	2 points	

## Grading Scale used to determine final course grade

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

## Classroom Protocol

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- If you have pre-existing medical or physical problems, you should consult your physician before participating in this class and alert the instructor to any required limitations.
- Report any accidents to the instructor immediately.
- Quizzes, Mid-Term and Final Exam cannot be made up.
- Students will be allowed three non-participation days (or absences) during the semester.
- Students are responsible for assigned readings which are listed in Course Calendar, below.
- Drop requests will not be accepted after the SJSU drop deadline.
- Outings/assignments completed for another class cannot be counted for this course

### University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs’ [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/>”

### Course Calendar

WEEK	DAY	DATE	TOPICS	TEXTBOOK READING (due by class date)	OTHER READING (due by class date)	Assignments/Exams/Survey (due by/on class date)
1	T	21-Aug	Introduction & Syllabus			
	TH	23-Aug	History of Pilates, Movements of the Pelvis, `Pelvic Clocking (PC), Abdominal "Scoop"	pgs. 8-11	<a href="https://www.verywellfit.com/how-to-do-the-pelvic-clock-2704675">https://www.verywellfit.com/how-to-do-the-pelvic-clock-2704675</a>	Beginning of Semester Survey (BSS) – completed during class.
2	T	28-Aug	Pilates Principles + Ribcage and Breath + Muscles of Inspiration and Exhalation	pgs. 12-21, 33-37, 50-51, 90-91	<a href="https://www.acefitness.org/education-and-resources/lifestyle/blog/5716/how-posture-affects-your-breathing">https://www.acefitness.org/education-and-resources/lifestyle/blog/5716/how-posture-affects-your-breathing</a>	practice at home
	TH	30-Aug	Defining the "Core", Muscles of the Core, "Powerhouse"	pgs. 22-28, 48-49, 52-53, 92-93,	<a href="https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3562/core-anatomy-muscles-of-the-core">https://www.acefitness.org/fitness-certifications/resource-center/exam-preparation-blog/3562/core-anatomy-muscles-of-the-core</a>	practice at home

<b>3</b>	T	4-Sep	Sections of the Spine + Primary Muscles of the Spine and their Anatomical Movements	link to images, pgs. 56-79	see CANVAS files: Sections of Spine (3 images)	practice at home	
	TH	6-Sep	Review Pelvic movements, Ribcage, Breath, Core and Spine	Pgs. 38-41, 54-55		practice at home	
<b>4</b>	T	11-Sep	Muscles of Upperback, Shoulders, Chest + Serratus Anterior			practice at home	
	TH	13-Sep	Postural Alignment, Deviations, Common Deviations in Students	pgs. 60-61, 94-97, 128-129		practice at home	
<b>5</b>	T	18-Sep	In-Class Postural Assessment	pgs 150-153, 162-163		practice at home	
	TH	20-Sep	FIELD ASSIGNMENT + Quiz #1 (ON CANVAS)	NA		FIELD ASSIGNMENT + QUIZ #1	
<b>6</b>	T	25-Sep	Mat Pilates Class + New Exercises: Corkscrew, Saw, Neck Roll	pgs. 84-89		practice at home	
	TH	27-Sep	Mat Pilates Class + New Exercises: Side Leg Series	pgs 98-105		practice at home	
<b>7</b>	T	2-Oct	Mat Pilates Class: Overview of What we Know	NA	TBD	practice at home	
	TH	4-Oct	Mat Pilates Class: Overview of What we Know, Part 2	NA	TBD	practice at home	
<b>8</b>	T	9-Oct	Mat Pilates + Midterm Review	NA	TBD	Come with Questions for Midterm Review	
	TH	11-Oct	MIDTERM (ON CANVAS)				
<b>9</b>	T	16-Oct	Mat Pilates Class + New Exercises: Open Leg Rocker	pgs. 80-83	TBD	practice at home	

	TH	18-Oct	Mat Pilates Class + New Exercises: Teaser, Swimming	pgs. 106-109, pgs. 148-149	TBD	practice at home	
<b>10</b>	T	23-Oct	Mat Pilates Class + New Exercise: Seal	pgs. 110-111	TBD	review and practice (pgs 72-73)	
	TH	25-Oct	Mat Pilates Class + PROP: Magic Circle	pgs. 164-170	TBD	review and practice (pgs 72-73)	
<b>11</b>	T	30-Oct	Mat Pilates Class applying Precision	NA	TBD	review and practice (pgs 72-73)	
<b>C</b>	TH	1-Nov	Mat Pilates Class + Instructor's Assessment	NA	TBD	review and practice (pgs 72-73)	
<b>12</b>	T	6-Nov	Mat Pilates Class + Instructor's Assessment	NA	TBD	review and practice (pgs 72-73)	
	TH	8-Nov	FIELD ASSIGNMENT + Quiz #2 (ON CANVAS)				
<b>13</b>	T	13-Nov	Mat Pilates Class applying Control	NA		review and practice (pgs 72-73)	
	TH	15-Nov	Mat Pilates Class FLOW	NA		review and practice (pgs 72-73)	
<b>14</b>	T	20-Nov	Mat Pilates Class	NA		review and practice (pgs 72-73)	
	TH	22-Nov	MAT CLASS+ INSTRUCTOR'S ASSESSMENT	NA	NA	review and practice (pgs 72-73)	
<b>15</b>	T	27-Nov	MAT CLASS + INSTRUCTOR'S ASSESSMENT			review and practice (pgs 72-73)	
	TH	29-Nov	HOLIDAY - CAMPUS CLOSED				
<b>16</b>	T	4-Dec	Mat Pilates Class, Review for Written and Practical Exams, Post Semester Survey			Post Semester Survey	
	TH	6-Dec	FINAL PRACTICAL EXAM (In Class)				
FINAL WRITTEN EXAM (ON CANVAS)							