

Department of Kinesiology
 San Jose State University
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KIN 30 - Pilates

I. COURSE DESCRIPTION

Pilates is an exercise program which develops the core. It is designed to work the deepest muscles of the body, to stretch your muscles as you strengthen them. Pilates exercises are structured around the abdominals, hips, lower back, and buttocks. It will improve posture, balance, flexibility, strength, and unite body and mind.

II. COURSE OBJECTIVES

Upon successful completion of course requirements, students will:

- A. Demonstrate improved performance of Pilates exercises.
- B. Understand the technique of modification of certain Pilates exercises to increase or decrease the difficulty,
- C. Understand the benefits of Pilates.
- D. Show an appreciation for the Pilates Method so as to continue it as a lifetime activity.
- E. Demonstrate knowledge of all materials assigned.
- F. Understand and appreciate guidelines for older adult and the physically challenged when they participate in Pilates.

III. COURSE CONTENT

A. Motor (physical) Component

- i. Proper and safe technique of the Fundamental movements.
- ii. Proper and safe technique of all Pilates exercises introduced.
- iii. Correct method of breathing while performing Pilates exercises.

B. Cognitive (knowledge) Component

- i. Basic Terminology
- ii. History of Pilates
- iii. The Principles of Pilates
- iv. Identify muscles involved in the movements.
- v. The safety Guidelines
- vi. Understand the biomechanical principles

IV. COURSE REQUIREMENTS and INFORMATION

- A. Skill assessment to determine the progress accomplished.
- B. Regular active class participation is essential to fulfill the course objectives.
- C. Recognizable and acceptable effort in class participation is necessary.
- D. Assignment readings, handouts, lecture materials, etc.
- E. Written exams – need T & E 200 answer sheet.
- F. Pocket folder to hold class material
- G. Students are permitted two unexcused class participations only. (Emergency, illness, etc.) No class make ups.
- H. There will be no make up for midterm or final exams.
- I. There will be a performance assessment of that activity the class before the post-test.
- J. *Please see the instructor if you have any physical abnormalities*

V. METHOD OF EVALUATION

A. Daily active class participation points, acceptable effort -----	50%
B. Skills assessment -----	20%
C. Quiz -----	10%
D. Final Exam -----	20%

VI. REQUIRED TEXT

Ungaro, Alycea. Pilates Body in Motion. Dorling Kindersley; Publishing, Inc. First Edition. (2002)

Extra participating activity: “AEROBICHTON”

Friday, December 4, 2009 4:00-6:00pm

Come join the workout and bring a friend. FUN. FUN!!!!!!
 Participation at the Aerobicthon can be used as a make up.
 Entrance fee at door.

University recommended statement on Academic Integrity

ACADEMIC INTEGRITY (from Office of Judicial Affairs). “Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University’s Academic Integrity Policy requires you to be honest in all your academic course work. Faculty are required to report all infractions to the office of Judicial Affairs. The policy on academic integrity can be found at <http://www2.sjsu.edu/senate/SO4-12.htm>

University recommended statement on Persons with Disabilities

AMERICANS WITH DISABILITIES ACT COMPLIANCE. “If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with The Disability Resource Center (924-6000, located in Adm 110) as soon as possible. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.”

PILATES KIN 30
 Textbook Order of Study

I.	INTRODUCTION	
	A. Defining Pilates.....	pg. 8-13
	B. The Language of Pilates.....	pg. 14-23
	C. Beginning Pilates.....	pg. 24-25
	D. Preparation Exercise/Self Evaluation.....	pg. 26-29
II.	INTRODUCTION PROGRAM (Breath and Concentration).....	pg. 30-45
	(Modified Exercises)	
	A. The Hundred	E. Single Leg Stretch
	B. Roll Down	F. Double Leg Stretch
	C. Single Leg Circle	G. Spine Stretch Forward
	D. Rolling Like a Ball	
III.	BEGINNER’S PROGRAM (Center and Control).....	pg. 46-60
	A. The Hundred	E. Single Leg Stretch
	B. Roll Up	F. Double Leg Stretch
	C. Single Leg Circle	G. Spine Stretch Forward
	D. Rolling Like a Ball	
IV.	INTERMEDIATE PROGRAM (Precision)	
	A. Single Straight Leg Stretch	I. Single Leg Kick
	B. Double Straight Leg Stretch	J. Double Leg Kick
	C. Criss-Cross	K. Neck Pull
	D. Open Leg Rocker – Prep	L. Side Kicks Series
	E. Open Leg Rocker	M. Teaser: Prep
	F. Corkscrew	N. Teaser
	G. Saw	O. Seal
	H. Neck Row	

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