

Department of Kinesiology  
San Jose State University  
Instructor: Junko Linafelter  
Office Hours: M/W 11:30AM-12:30 PM, YUH 206 (by appointment)  
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## KIN 030 Pilates

### 1. COURSE DESCRIPTION

Pilates is a method of body conditioning, which was developed by Joseph H. Pilates over ninety years ago. It is designed to enhance the fundamental understanding of core strength and stabilization as it applies to movement. This course teaches Pilates matwork fundamentals methods.

### 2. COURSE OBJECTIVES

- 1 ) To understand the philosophy of the method explored.
- 2 ) To understand and learn the concepts of core strength and stabilization.
- 3 ) To understand modifications/precautions appropriate to specific population and how to use progressions effectively.
- 4 ) To understand “mindful movement” as it applies to exercise.

### 3. COURSE CONTENTS

1. Physical Component.
  - 1 ) Basic matwork fundamental movements.
  - 2 ) Proper progression of form and technique.
2. Knowledge Components.
  - 1) Basic terminology.
  - 2) Six principles of the Pilates method.
  - 3) Benefits of the Pilates method.

### 4. COURSE REQUIREMENT

- 1 ) Class participation and submit journal
- 2 ) Written final examination
- 3 ) Practical final examination
- 4 ) Bring your notebook every time.
- 5 ) Wear comfortable attire. No jeans or skirts.

### 5. METHOD OF EVALUATION

- 1 ) Participation (Active workout), attitude and journal 70%
- 2 ) Written final examination. 15%
- 3 ) Practical final examination 15%

### 6. GRADING

- A 90% and above
- B 80-89%

C 70-79%  
D 60-69%  
F 59% and below

7. REQUIRED TEXT.

Pilates Body In Motion by Alycea Ungaro. DK Publishing, Inc, ISBN 0-7894-8400-5  
Class handouts supplied by instructor.

8. FINAL PRACTICAL EXAMINATION:

Practical Exam:

12/3 for the first group

12/7 for the second group

9. TAKE HOME WRITTEN FINAL EXAMINATION DUE:

11/30

10. THE LAST DAY OF CLASS:

12/3 for the first group

12/7 for the second group

11. ACADEMIC INTEGRITY STATEMENT (FROM THE OFFICE OF STUDENT CONDUCT AND ETHICAL DEVELOPMENT):

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 members are required to report all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The policy on academic integrity can be found at [http://sa.sjsu.edu/student\\_conduct](http://sa.sjsu.edu/student_conduct).

12. CAMPUS POLICY IN COMPLIANCE WITH THE AMERICANS WITH DISABILITIES, ACT:

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 me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.

13. OTHERS

If you have pre-existing medical or physical problems, you should consult your physician before participating in the class.

It is your responsibility for all information given in class. If you miss a class, make sure to get all information you missed.

You must file a Credit/ No credit form with student services to choose to have C/NC on your transcripts.

If you decide to take an incomplete in this class, let me know as soon as possible.

Your journal should be submitted at the end of every class. If you forget to submit it, you won't receive the participation points for that day.

Respond clearly, make eye contact with me and raise your hand when I take roll. Informing "present" at the end of class won't be acceptable.

Informing me of missing class is not necessary. You are allowed to make up classes 3 times.

My teaching schedule is as follows:

M/W Pilates 10:30 -11:20am, 12:30-1:20pm Event Center Aerobic Room

F yoga 9:30-11:20am Judo room

If you are an athlete and need to miss class or classes, submit an official letter from your coach and make sure to make up all classes you miss.

Put a passport size picture on the upper right-hand corner of your journal sheet. Write your name and class on the back side of the picture, just in case.

The grades will be posted by 12/21. Therefore, don't e-mail me for your grade.

Last day to drop courses 9/3  
Last day to add courses 9/11  
Labor Day 9/7  
Veteran's Day 11/11  
Thanksgiving Holiday 11/26-27

**The class room door will be closed 10 minutes after class starts. No one will be allowed in after that time. Even though you could get in the class, you won't receive participation points for that day.**

KIN 30 Pilates Reading Assignment.

|                          |                               |          |
|--------------------------|-------------------------------|----------|
| The 1 <sup>st</sup> week | Beginning Pilates             | P. 24-25 |
|                          | Defining Pilates              | P.7-11   |
|                          | Pilates 6 original principles | P.12-13  |
|                          | 1. The Hundred                | P. 32-33 |
|                          | 2. Roll down                  | P. 34-35 |
|                          | 3. Single Leg Circle          | P.36-37  |

|                           |                                 |            |
|---------------------------|---------------------------------|------------|
| The 2 <sup>nd</sup> week  | 4. Rolling Like Ball            | P.38-39    |
|                           | 5. Single Leg Stretch           | P.40-41.   |
|                           | 6. Double Leg Stretch           | P. 42-45   |
|                           | 7. Spine Stretch Forward        | P. 44-45   |
| The 3 <sup>rd</sup> week  | Beginner's Program              | P.48-61    |
| The 4 <sup>th</sup> week  | (The Wall. P. 63-67)            |            |
| The 5 <sup>th</sup> week  | 8. Single Straight Stretch      | P.74-75    |
|                           | 9. Double Straight Leg Stretch  | P. 76-77   |
|                           | 10. Criss Cross                 | P.78-79    |
|                           | 11. Open Leg Rocker Preparation | P. 80-81   |
|                           | 12. Open Leg Rocker             | P.82-83    |
| The 6 <sup>th</sup> week  | 13. Cork Screw.                 | P.84-85    |
|                           | 14. Saw                         | P.86-87    |
|                           | 15. Neck Roll                   | P.88-89    |
|                           | 16. Single Leg Kick             | P.90-91    |
| The 7 <sup>th</sup> week  | 17. Double Leg Kick             | P.92-93    |
|                           | (18. Neck Roll P.94-95.)        |            |
|                           | 19. Side Kicks: Preparation     | P.98-99.   |
|                           | 20. Side Kicks: Front           | P.100-101  |
| The 8 <sup>th</sup> week  | 21. Side Kicks: Up/Down         | P.102-103  |
|                           | 22. Side Kicks: Circles         | P.104-105  |
|                           | 23. Teaser: Preparation         | P.106-107  |
| The 9 <sup>th</sup> week  | 24. Teaser                      | P.108-109  |
|                           | 25. Seal P.110-111.             |            |
|                           | 26. Roll Over                   | P.116-117  |
| The 10 <sup>th</sup> week | 27. Shoulder Bridge             | P.126-127  |
|                           | 28. Spine Twist                 | P.128-129  |
|                           | 29. Side Kicks: Double Leg Lift | P. 132-133 |
| The 11 <sup>th</sup> week | 30. Side Kicks: Single Leg Lift | P.134-135  |
|                           | 31. Transition: Heel Beats      | P.138-139  |
|                           | 32. ( Kneeling Side Kicks)      | P.154-155) |
|                           | 33. Mermaid                     | P.156-157  |