

**San José State University**  
**Kinesiology**  
**Fall 2018, KIN 30, Pilates**

**Contact Information**

Instructor	Junko Linafelter
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Office Hours	Monday/Wednesday 1120-1150 (EC AERO by appointment).
Class Meeting Days/Time	M/W 0730-0820 (section 1) 0830-0920(section3), 1230-1320 (section 4) F 0730-0920 (section 5), 0930-1120(section 2) at EC-Aero

**Course Description**

Pilates develops core strength and enhances range in motion in the major joints of the body. This course teaches the fundamentals of the Pilates workout: breathing, relaxation, neutral spine position, key bony landmarks used in alignment cueing, and limb control.

**Course Goals and Student Learning Objectives**

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, progressions, and safety related to Pilates.
- Proficiency in the execution of the Pilates 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 core strength, upper body strength, lower body strength, balance, coordination, agility, flexibility, and body alignment.
- An understanding of 'mindful movement' as it applies to exercise.

## Activity Program Learning Outcomes

After completion of the physical activity graduation requirement, students shall be able to:

- Demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- Identify and/or explain the benefits of physical activity as related to physical and mental health.

## Text/Readings

### Required Text/Readings

Pilates Body In Motion by Alycea Ungaro. DK Publishing, Inc. ISBN 0-7894-8400-5 Class handouts supplied by instructor.  
You can rent the book from the book store.

## Course Notes

### • **Class Protocol:**

Students are expected to arrive on time and participate **fully** in all activities throughout the class period. **Turn cell phone off, and put it away for the duration of the class. Don't put it on the floor. If I see it, I will deduct 2 points each time.** Interactions with classmates and the instructor are expected to be respectful at all times.

### • **Recording class:**

Recording class is prohibited.

### • **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 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.

- Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of 45 hours over the length of the course (normally three hours per unit per week) for instruction, preparation/studying, or course related activities.

- **The classroom door will be closed 10 minutes after class starts. You won't earn any credit that day even though you could enter the room. Integrity, time management, and discipline are the most important things in this course.**

- Students are required to show their valid student ID card when entering the Event Center. No Exceptions!

- **Bring a color copy of your tower card for your journal sheet by the second day of the course.**

- Recognizable and acceptable effort in class participation is a requirement.

- Wear comfortable attire - no jeans or skirts. Bare feet are ideal. You can wear socks. Put Pilates mat back neatly after the class, so that the next person can use it easily.

- Bring a pen to every class, to write in your journal.

- Absences for documented serious and compelling reasons (e.g., injury, illness) are acceptable.

- **Course grades will be posted by 12/21, so do not e-mail me.**

- **Students may make up 2 classes. Prepare your own journal sheet. Write your name, original class, make up class date, name of the class you attended, complete the journal and submit it at the end of class. Make sure to inform me that you are here when you come to make up class(es) at the beginning of the class. Otherwise, the make up journal won't be accepted.**

- **My teaching schedule :**

**Yoga**

**M/W 0930-1120(section 2 and 4)**

**at EC-Aero**

**Pilates M/W 0730-0820 (section 1) 0830-0920(section3), 1230-1320 (section 4 ) F 0730-0920 (section 5), 0930-1120(section 2)**

- **Exam cannot be made up, except in an emergency situation. You need to submit the document which proves your situation in this**

**case ASAP.**

- 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, Assignments, and Grading**

### **Tests:**

#### **Midterm 1 15% skills**

#### **Midterm 2 15% skills**

**Skill Exams** will cover execution of Pilates exercises in the areas of:

- Core strength exercises
- Upper & lower body strength exercises
- Stretching for flexibility and improved range of motion around the major joints

#### **Written final exam 30%:**

Written exam will cover:

- History, current research, principles, and exercises related to Pilates.
- Pilates skills (including technique & safety).
- Injury prevention and stress management.
- Health benefits of physical activity.

#### **Assignments/ Participation 40%:**

- Journal/ active workout

Students describe briefly learning and awareness experiences in each class, in terms of cognitive, physical, emotional, social, and spiritual aspects in the journal sheet every time and submit it at the end of the class.

### **Grading**

- Grading method is percentage weight or point totals.
- Extra credit options are not available.
- Penalty for late work (Take home final exam):
  - 10 points deduction for 1 day late
  - 20 points deduction for 2 days late
  - 30 points deduction for 3 days late
  - 0 points for missed work

## **Grading Plan**

15% Skills Test 1  
15% Skill Test 2  
30% Written Final Exam  
40% Journal and Participation( active work out)

### **Midterm 1 for M/W class:**

**Group 1 9 /24                      Group 2 9 /26**

**Group 3 10/1**

### **Midterm 1 for Fri class:**

**Group 1 9/28                      Group 2 10/5**

### **Midterm 2 for M/W class:**

**Group 1 11/19                      Group 2 11/26**

**Group 3 11/28**

### **Midterm 1 for Fri class:**

**Group 1 11/30                      Group 2 12/7**

### **The last day of regular session:**

**M/W class 12/10**

**Fri class 12/7**

### **Final exam date:**

**M/W class 12/12**

**Fri class 12/13**

**at aerobic room in EC**

### **Grading Scale used to determine final course grade.**

<b>Percentage</b>	<b>Equivalent Grade</b>
97% - 100%	A+
93% - 96%	A
90% - 92%	A-

Percentage	Equivalent Grade
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

### University Policies

Information pertaining to university programs and policies designed to facilitate student success can be found here:

<http://www.sjsu.edu/gup/syllabusinfo/>

***Tentative Course Calendar (subject to change with fair notice by announcement in class and/or email)***

Week	Course Content (Assignments, Exams/Quizzes, ...)
1	Introduction
2	Beginning Pilates; reading: P. 24 to 25 Defining Pilates; reading: P. 7 to 11 Pilates 6 original principles; reading: P. 12 to 13 Introductory program The Hundred; reading: P. 32 to 33. Roll down; reading: P. 34 to 35

Week	Course Content (Assignments, Exams/Quizzes, ...)
	Single Leg Circle; reading: P. 36 to 37
3	Introductory program Rolling Like Ball; reading: P. 38 to 39 Single Leg Stretch; reading: P. 40 to 41 Double Leg Stretch; reading: P. 42 to 45 Spine Stretch Forward; reading: P. 44 to 45
4	Beginner's program; reading P. 47 The Hundred; reading P. 48 to 61 Roll down; reading P. 50 to 51 Single Leg Circle; reading P. 52 to 53 Rolling Like Ball; reading P. 54 to 55 Single Leg Stretch; reading P. 56 to 57 Double Leg Stretch; reading P. 58 to 59 Spine Stretch Forward; reading P. 60 to 61
5	Mock exam for midterm 1
6	Midterm I
7	review
8	Intermediate program; reading P.71 Single Straight Leg Stretch; reading P. 74 to 75 Double Straight Leg Stretch; reading P. 76 to 77 Criss Cross; reading P. 78 to 79
9	Intermediate program Intermediate program; reading P.71 Open Leg Rocker Preparation; reading P. 80 to 81 Open Leg Rocker; reading P. 82 to 83 Cork Screw; reading P. 84 to 85 Saw; reading P. 86 to 87
10	Neck Roll; reading P. 88 to 89 Single Leg Kick; reading P. 90 to 91 Double Leg Kick; reading P. 92 to 93 Neck Roll; reading P. 94 to 95 Side Kicks: Preparation; reading P. 98 to 99

Week	Course Content (Assignments, Exams/Quizzes, ...)
	Side Kicks Front; reading P. 100 to 101
11	Side Kicks: Up /Down. Side Kicks: Circles; reading P. 104 to 105 Teaser: Preparation; reading P. 106 to 107
12	Shoulder Bridge; reading P. 126 to 127 Spine Twist; reading P. 128 to 129 Side Kicks: Double Leg Lift; reading P. 132 to 133
13	Mock exam for midterm II
14	Thanksgiving holiday 11/21-11/23
15	Midterm II
16	Take home final exam due





