

San Jose State University
Department of Kinesiology
KIN 030 Pilates, Spring 2012

Instructor: Junko Linafelter.

Class time: Monday/Wednesday 13:30 to 14:20pm (section 1), 14:30 to 15:20pm (section 3) at SPX44B

T/TH 10:30–11:20am (section 4) at EC-AERO

Office Hours: Monday/Wednesday 13:00-13:30pm (EC AERO by appointment).

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1. COURSE DESCRIPTION:

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

2. COURSE OBJECTIVES:

After completion of the class, the student shall be able to:

- 1) Understand the philosophy of the method explored.
- 2) Understand and learn the concepts of core strength and stabilization.
- 3) Understand modifications/precautions appropriate to specific population and how to use progressions effectively.
- 4) Understand “mindful movement” as it applies to exercise.
- 5) Demonstrate the acquisition and application of motor skills appropriate in Pilates.
- 6) Demonstrate an understanding of the applicable history, rules, safety, etiquette, current research, and the fundamental concepts of Pilates.
- 7) Demonstrate an understanding of the physical and mental benefits of Pilates.

3. COURSE CONTENTS:

1. Physical Component.
 - 1) Basic mat work 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 REQUIREMENTS:

- 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 to 89%.
- C .70 to 79%.
- D .60 to 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:

(M/W)class

Final Exam for the 1st group 5 /6(Monday) section 1 at EC-AERO, section 3 at SPX44B

Final Exam for the 2nd group 5/8(Wednesday) section 1 at EC-AERO, section 3 at SPX44B

(T.TH)class

Final Exam for the 1st group 5 /7(Tuesday) at EC-AERO

Final Exam for the 2nd group 5/9(Thursday) at EC-AERO

No make up final exams, no exceptions.

9. TAKE HOME WRITTEN FINAL EXAMINATION DUE:

(M/W)class 5/1 Wednesday at the beginning of the class.

(T.TH)class 5/2 Thursday at the beginning of the class

Late final exam and via e-mail won't be accepted.

10. THE LAST DAY OF CLASS:

MW class 5/13

TTh class 5/9

11. MAKE UP CLASS POLICY:

You are allowed to 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.

My class schedule is:

Monday/Wednesday Pilates 13:30-14:20pm, 14:30-15:20pm, EC-AERO

Tuesday/Thursday: 10:30-11:20am, SPX 44 B

Friday: 7:30-9-20am, 9:30-11:20am, EC-AERO

12. OTHER:

Wednesday.....January 23.....First Day of Instruction

Monday..... February 4.....Last Day to Drop Courses Without an Entry on Student's Permanent Record (**D**)

Monday..... February 11.....Last Day to Add Courses & Register Late (**A**) Wednesday

Tuesday February 19.....Enrollment Census Date (**CD**)

Monday–FridayMarch 25–29.....Spring Recess

Monday.....April 1.....Cesar Chaves Day–Campus closed

Monday.....May 13.....Last Day of Instruction -

- 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 the class, make sure to get all information you miss.
- Some info will be given by notified e-mail. Check your e-mail every day.
- You must file a Credit/ No credit form with student services to choose to have C/NC on your transcripts by the last day to add courses. (If you already have 2 activity course units, I suggest that you take this course as C/NC).
- If you decide to take an incomplete in this class, let me know as soon as possible.
- Shoes are not allowed in the judo room. Take off your shoes before entering the room. I recommend that you bring a plastic bag to put your shoes in and bring them into the room with you. Otherwise, place your shoes in the judo room shoe boxes. Don't put them on the mat directly.
- **All students enrolled in Kinesiology Department classes are required to show their valid SJSU Tower card to enter the recreation facilities. If you do not bring your Tower card, then you will be denied access to**

the recreation facilities for your class.

- **You grade will be posted by 5/24, so do not e-mail me for your grade.**
- **The class room door will be closed 10 minutes after class starts. No one will be allowed in after that time.**

All students enrolled in Kinesiology Department classes are required to show their valid SJSU Tower card to enter the recreation facilities. If you do not bring your Tower card, then you will be denied access to the recreation facilities for your class.

You grade will be posted by 5/24, so do not e-mail me for your grade.

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.

16. KIN 30 Pilates Tentative Schedule :

Week.	Topic.	Reading assignment.
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The 1 st week 1/23 (MW class), 1/24(T.Th class)	Greensheet policies.	
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The 2 nd week 1/28,1/30((MW class), 1/29,1/31(T.Th class)		
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Introduction	
Beginning Pilates.	P. 24 to 25
Defining Pilates.	P. 7 to 11
Pilates 6 original principles.	P. 12 to 13

Introductory program	
The Hundred.	P. 32 to 33.
Roll down	P. 34 to 35
Single Leg Circle.	P. 36 to 37
Rolling Like Ball.	P. 38 to 39
Single Leg Stretch.	P. 40 to 41
Double Leg Stretch.	P. 42 to 45
Spine Stretch Forward.	P. 44 to 45

The 3 rd week 2/4,2/6(MW class), 2/5,2/7(T.Th class)		
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Beginner's program.	P. 47
The Hundred.	P. 48 to 61
Roll down	P. 50 to 51
Single Leg Circle.	P. 52 to 53
Rolling Like Ball.	P. 54 to 55
Single Leg Stretch.	P. 56 to 57
Double Leg Stretch.	P. 58 to 59

Spine Stretch Forward. P. 60 to 61

The 4th week 2/11, 2/13(MW class), 2/12,2/14(T.Th class)

Review
(The wall :Roll Down). P. 66 to 67

The 5th week 2/18,2/20(MW class), 2/19,2/21(T.Th class)

Intermediate program P.71
Single Straight Leg Stretch. P. 74 to 75
Double Straight Leg Stretch. P. 76 to 77
Criss Cross. P. 78 to 79
Open Leg Rocker Preparation. P. 80 to 81
Open Leg Rocker. P. 82 to 83

The 6th week 2/25,2/27(MW class), 2/26,2/28(T.Th class)

Cork Screw. P. 84 to 85
Saw. P. 86 to 87
Neck Roll. P. 88 to 89
Single Leg Kick. P. 90 to 91

The 7th week 3/4,3/6(MW class), 3/5,3/7(T.Th class)

Double Leg Kick. P. 92 to 93
Neck Roll. P. 94 to 95
Side Kicks: Preparation. P. 98 to 99
Side Kicks: Front. P. 100 to 101

The 8th week 3/ 11,3/13(MW class), 3/12,3/14(T.Th class)

Side Kicks:Up/Down. P. 102 to 103
Side Kicks: Circles. P. 104 to 105
Teaser:Preparation. P. 106 to 107

The 9th week 3/18,3/20(MW class), 3/19,3/21(T.Th class)

Teaser. P. 108 to 109
Seal. P. 110 to 111
Roll Over. P. 116 to 117

The 10th week Spring recess campus closed

The 11th week 4/3(MW class), 4/2,4/4(T.Th class)

Shoulder Bridge. P. 126 to 127
Spine Twist. P. 128 to 129
Side Kicks: Double Leg Lift. P. 132 to 133

The 12th week 4/8, 4/10(MW class), 4/9,4/11(T.Th class)
Side Kicks: Single Leg Lift . P. 134 to 135
Transition: Heel Beats. P. 138 to 139
(Kneeling Side Kicks). P. 154 to 155
Mermaid. P. 156 to 157

The 13th week 4/15 4/17(MW class), 4/16,4/18(T.Th class)

Review

The 14th week 4/22,4/24 (MW class), 4/23,4/25(T.Th class)

Mock exam for the practical final exam

The 15th week 4/29, 5/1 (MW class), 4/30,5/2(T.Th class)

Review

5/1 Take home due date (MW class)

5/2 Take home due date (TTH class)

The 16th week MW class 5/6 Practical final exam (1st group) 5/8 Practical final exam (2nd group)

TTH class 5/7 Practical final exam (1st group) 5/9 Practical final exam (2nd group)

The 17th week 5/13 (MW class)

Review