San Jose State University
Department of Kinesiology
KIN 030 Pilates, Fall 2011

Instructor: Junko Linafelter.
Class time: Monday/Wednesday 8:30 to 9:20am (section 5), 9:30 to 10:20am (section 1)
10:30am to 11:20pm (section 2), 12:30-13:20pm (section 3), 13:30-14:20pm (section 6) at
EC-AERO
Office Hours: Monday/Wednesday 12:00-12:30pm (EC-AERO by appointment).
E-mail: garyjunko@netzero.net Junko.Linafelter@sjsu.edu

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 matwork
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 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 REQUIRMENTS:
   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:
Class handouts supplied by instructor.

8. FINAL PRACTICAL EXAMINATION:
Final Exam for the 1st group 12/5(Monday)
Final Exam for the 2nd group 12/7(Wednesday)

9. TAKE HOME WRITTEN FINAL EXAMINATION DUE:
11/30(Wednesday) at the beginning of the class.
Late final exam and via e-mail won’t be accepted.

10. THE LAST DAY OF CLASS:
Final Exam for the 1st group in EC-AERO 12/5 (Monday)
Final Exam for the 2nd group in EC-AERO 12/7(Wednesday)
No make up final exams, no exceptions.

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 the website 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. DROPPING AND ADDING:
Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester’s Catalog Policies section at the website http://info.sjsu.edu/static/catalog/policies.html. Add/drop deadlines can be found on the current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/latedrops/policy/. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at http://www.sjsu.edu/advising/.

14. MAKE UP CLASS POLICY:
You are allowed to make up 3 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 8:30 to 9:20am(section 5), 9:30 to10:20am (section 1)
10:30am to 11:20pm( section 2),12:30-13:20pm( section 3),13:30-14:20pm( section 6) at EC-AERO

Fri. Yoga 9:30 to 11:20am in EC-AERO

15. OTHERS:
FALL 2011
Monday......................... July 4 ............................. Independence Day - Campus Closed (I)
Monday......................... August 22 ...................... Academic Year Begins – Fall Semester Begins
Monday-Tuesday.......... August 22-23 ................. Pre-Instruction Activities: Orientation, Advising, Faculty Meetings and Conferences (P)
Wednesday................. August 24 ...................... First Day of Instruction – Classes Begin
Monday......................... September 5.................. Labor Day - Campus Closed (L)
Tuesday......................... September 6.................. Last Day to Drop Courses Without an Entry on Student's Permanent Record (D)
Tuesday ......................... September 13.............. Last Day to Add Courses & Register Late (A)
Wednesday................. September 21.............. Enrollment Census Date (CD)
Friday......................... November 11.............. Veteran’s Day - Campus Closed (V)
Wednesday ................. November 23.............. Classes that start at 5:00 PM or later will not meet.
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 YUH 202. 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 5/31, 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:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Reading assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>The 1st week 8/24</td>
<td>Greensheet policies.</td>
<td></td>
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<tr>
<td>The 2nd week 8/29,9/1</td>
<td>Introduction</td>
<td>P. 24 to 25</td>
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<tr>
<td></td>
<td>Beginning Pilates.</td>
<td>P. 7 to 11.</td>
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<td></td>
<td>Defining Pilates.</td>
<td>P. 12 to 13.</td>
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<tr>
<td></td>
<td>Pilates 6 original principles.</td>
<td>P. 32 to 33.</td>
</tr>
<tr>
<td></td>
<td>Introductory program</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Hundred.</td>
<td></td>
</tr>
</tbody>
</table>
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 3rd week (9/5), 9/7
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 9/12, 9/14
Review
(The wall :Roll Down ). P. 66 to 67.

The 5th week 9/19, 9/21
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 9/26, 9/28
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 10/3, 10/5
Double Leg Kick. P. 92 to 93.
Neck Roll. P. 94 to 95.
Side Kicks: Front. P. 100 to 101.

The 8th week 10/10, 10/12
Side Kicks: Circles. P. 104 to 105.
The 9th week 10/17, 10/19.

- Seal. P. 110 to 111.
- Roll Over. P. 116 to 117.

The 10th week 10/24, 10/26

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

The 11th week 10/31, 11/2

- 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 12th week 11/7, 11/9

- Review

The 13th week 11/14, 11/16

- Mock exam for the practical final exam

The 14th week 11/21, 11/23

- Review.

The 15th week 11/28, 11/30

- Take home exam due date,

The 16th week 12/5

- Final practical exam for the 1st group

12/7

- Final practical exam for the 2nd group