

**San José State University
Department of Kinesiology
Fall 2015, KIN 30 Pilates**

Contact Information

Instructor	Junko Linafelter
Office Location	SPX156
Telephone	N/A
Email	Junko.Linafelter@sjsu.edu
Office Hours	Monday/Wednesday 1120-1220 (EC AERO by appointment).
Class Meeting Days/Time	MW 730-820(section1), 830-920(section 3) F 930-1120(section 2) F 730-920(section 5)@ EC-Aero

Course Description

Pilates employs an established exercise protocol designed to develop core strength, flexibility, posture, and range of motion. The course covers the fundamentals of a Pilates workout with an emphasis on breathing, alignment, neutral spine, and core stability.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams:

- Knowledge of fundamental skills, technique, progressions, and safety related to Pilates.
- Proficiency in the execution of the skills covered.
- An understanding of ‘mindful movement’ as it applies to exercise.
- An understanding of the history and current research 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, and flexibility.

Activity Program Learning Outcomes (APLO)

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.

Required Text/Readings

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

Course Notes

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.

- 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.

Class protocol

- Students are expected to arrive on time and participate fully in all activities throughout the class period. Therefore, recognizable and acceptable effort in class participation is a requirement. Wear comfortable attire - no jeans or skirts. Sandals and “heels” are not allowed during activity.
- Put Pilates mat back neatly after the class, so that the next person can use it easily. Turn cell phone off, and put it away for the duration of the class.
- Interactions with classmates and the instructor are expected to be respectful at all times.
- Some info will be given by notified e-mail. Check your e-mail every day.
- Bring a pen to every class, to write in your journal.
- Written Exam cannot be made up.
- Absences for documented serious and compelling reasons (e.g., injury, illness) are acceptable. Students may make up three classes.
- Drop requests will not be accepted after the SJSU drop deadline.
- Your grade will be posted by 12/21, so do not e-mail me for your grade.
- Recordings during class are prohibited.
- Intellectual property: Course materials developed by the instructor (e.g., exam/quizz 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.

MAKE UP CLASS POLICY:

You are allowed to make up 3 classes for 50 minutes twice a week sessions, 2 classes for 1hour 50 minutes sessions once a week.

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 class schedule is:

Monday/Wednesday Pilates 730-820, 830-920@EC-AERO

Monday 1500-1620(yoga)@ EC-AERO

Wednesday 930-1120 yoga@ EC-AERO

Friday 730-920 Pilates, 930-1120 Pilates EC-AERO

Midterm:

M/W class:

9/23 Group 1

9/28 Group 2

Friday class:

9/25

Take home exam due:

M/W class:

11/23(M)

Friday class:

11/20 (F)

Final examination:

M/W class:

11/25 Group 1

11/30 Group 2

12/ 2 Group 3

Friday class:

12/4

The location of the final exam day:

EC-AERO Same as class meeting time

The last day of class:

M/W class : 12/7 (M)

Friday class: 12/4 (F)

University website often has wrong info regarding the final exam dates and contact

info. Please be careful.

Course Requirements and Grading Policy -

Grading Plan

- 30% Skills – Midterm 15% , Final Exam 15% (APLO 1)
- 30% Participation - assessed through observation of skills and engagement in class activities (APLO 1)
- 30% Written Final Exam (APLO 2 & 3)
- 10% Journal (APLO 2)

Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
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

Tests:

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.

Skills Exam 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

Assignment: Journal

Students describe briefly learning and awareness experiences in each class, in terms of cognitive, physical, emotional, social, and spiritual aspects.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and preparation for exams.

University Policies

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 in the [policies section](http://info.sjsu.edu/static/catalog/policies.html) at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/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](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm>, requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development](http://www.sjsu.edu/studentconduct/) website at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise

specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's [Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Assignments completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays **before the add deadline** at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

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

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 Single Leg Circle; reading: P. 36 to 37

Week	Course Content (Assignments, Exams/Quizzes, ...)
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	Midterm
6	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 Open Leg Rocker Preparation; reading P. 80 to 81 Open Leg Rocker; reading P. 82 to 83
7	Intermediate program; reading P.71 Cork Screw; reading P. 84 to 85 Saw; reading P. 86 to 87 Neck Roll; reading P. 88 to 89 Single Leg Kick; reading P. 90 to 91
8	Intermediate program Double Leg Kick; reading P. 92 to 93 Neck Roll; reading P. 94 to 95 Side Kicks: Preparation; reading P. 98 to 99 Side Kicks Front; reading P. 100 to 101
9	Intermediate program Side Kicks:Up/Down. Side Kicks: Circles; reading P. 104 to 105 Teaser:Preparation; reading P. 106 to 107

Week	Course Content (Assignments, Exams/Quizzes, ...)
10	Intermediate program Teaser; reading P. 108 to 109 Seal; reading P. 110 to 111 Roll Over; reading P. 116 to 117
11	Intermediate program Shoulder Bridge; reading P. 126 to 127 Spine Twist; reading P. 128 to 129 Side Kicks: Double Leg Lift; reading P. 132 to 133
12	Review
13	Mock exam for the practical final exam
14	Practical examination for the 1st and 2nd group
15	Practical examination for the 3rd group
16	Written Final Exam

