

**San José State University  
Kinesiology**

**Spring 2021 KIN 30, Pilates**

**Section 1: 20349**

**Section 2: 23050**

**Section 3:20351**

**Section 4: 24266**

**Section 5: 24267**

**Section 6: 25712**

**Contact Information**

|                         |  |
|-------------------------|--|
| Instructor              | Junko Linafelter   |
| Office Location         | Online (SPX170)  |
| Telephone               | N/A  |
| Email                   | Junko.Linafelter@sjsu.edu  |
| Office Hours            | Friday 9-10 am by Zoom<br>(by appointment)<br><a href="https://sjsu.zoom.us/j/84388370091?pwd=ZWcrenF2eDByQm1ER3U5UTBONGdGZz09">https://sjsu.zoom.us/j/84388370091?pwd=ZWcrenF2eDByQm1ER3U5UTBONGdGZz09</a><br>Meeting ID: 843 8837 0091<br>Password: 306307 |
| Class Meeting Days/Time | Online Asynchronous<br>No regular class meetings<br>Shall learn how to use Canvas before the class starts.   |

## **Course Description**

### ***KIN 030 - Pilates***

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 Format**

This course will be taught online, using audio, videos, Youtube, text book, and handouts. Email might be used occasionally.

## **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**

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

Free version:

<http://library.lol/main/4D828791E3F6F95AEEA6DDFD4EBDD854>

### **Other readings:**

Power point files

### **Other technology requirements/equipment /material**

Video recording equipment ( smart phone, ipad, etc.) is necessary

Shall learn how to use Canvas before the class starts.

Assignment submissions:

All the assignments shall be submitted as files on Canvas.

- Course Requirements, Assignments, and Grading

### **Course Requirements and Assignments**

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.

**Each of your assignment is always open a week before the due date.**

**1. Partner's Work: 30 points( A total of 6 submissions)**

- Each worksheet will be worth 5 points each
- Before you start, show your ID and say your name in front of the camera
- Please show your face, and make sure the video is clear, not blurry otherwise you will be marked down.
- Make sure that your video is uploaded on Studio canvas.

1. [How do I record a Canvas Studio video with a webcam in a course?](#)
2. [How do I record a Canvas Studio screen capture video in a course?](#)
3. [How do I submit Canvas Studio media as a File Upload assignment as a student?](#)

- Every Partner's Work will be due on **Friday by 6PM**

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**2. Intermediate Skill Test : 30 points**

**Midterm 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

**3. Online written final exam: 20points 5/17 – 5/20, 6PM**

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.

#### **4. Skill Assignment Sheet/Journal Entry 20 points:**

▪ **Active workout, effort, attitude, exercise participation and submit journal entries every week**

- Students can describe briefly learning and awareness experiences in each class, in terms of one, or some of four domains (cognitive, physical, emotional, social aspects).
- **Every Journal Sheet will be due on Friday by 6PM**
- I do recommend turning it in early, due to technology problems
- You have to submit your journal entry through canvas on assignments submission box.
- <https://community.canvaslms.com/t5/Student-Guide/How-do-I-upload-a-file-as-an-assignment-submission-in-Canvas/ta-p/274>
- Each journal entry is worth 1.3 points
- Please upload your journal entry either on **Word or PDF, and use the template that I have given you**

#### **Final Examination**

The final will be an online written exam.

#### **Determination of Grades**

30 Points 6 Partner's Work (each 5 points each)

30 points Intermediate Skill Test

20 points Written Final Exam

20 points Skill Assignment Sheet (Journal Entry)

(Active workout, effort, attitude, and submission of the journal sheet.)

#### **Grading Information**

- Grading method is a point total.
- Extra credit options are available.
- Penalty for late work

- If you turn in your partner's work and journal sheet in late, you will get a ZERO on your assignment.
- Academic Integrity issues will lead you to get an F on your final grade
- If you do not follow the direction on the Skill test and Journal Entry, I will not grade your assignment
- If you miss turning in your Intermediate Program Skill Test late by 1 day, you will have to show proof of documents, and I will only accept people who were in an emergency situation.
  - This will lead you to a 10 points deduction
  - After 2 days late, you will get a 0
- **Final Exam cannot be made up, except in an emergency situation. You need to submit the document which proves your situation in this case ASAP.**

### **Intermediate Program Skill Test 5/5**

- Before you start, show your ID and say your name in front of the camera
  - Please show your face, and make sure the video is clear, not blurry otherwise you will be marked down.
  - Make sure that your video is uploaded **on Studio canvas.**
4. [How do I record a Canvas Studio video with a webcam in a course?](#)
  5. [How do I record a Canvas Studio screen capture video in a course?](#)
  6. [How do I submit Canvas Studio media as a File Upload assignment as a student?](#)

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

| 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                |

### **Class Protocol:**

- Interactions with classmates and the instructor are expected to be respectful at all times.
- 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.
- **Attach a color copy of your Tower Card for your journal sheet by the **second week** of the course.**  
**(If you have not received your tower card, make a copy of an Tower ID or have your driver's license)**

- **If you do not have your Photo ID uploaded you can not take the Skill Test/final/journal entry/Partner's Work**
- 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.
- **Course grades will be posted by 5/28, so do not e-mail me. .**
- **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.
- Important info might be announced by email. So, make sure you check email every day.
- Please check the greensheet (syllabus) before you email me and ask questions. Answers are often written in the greensheet.
  - If your action leads to being irresponsible to your classmates, I will deduct, 50% of your Partner's Work Sheet Assignment.

## **University Policies**

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

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

## **Recording class:**

Recording class is prohibited.



▪ **Intellectual property:**

Course materials developed by the instructor (e.g., exam/quiz items, videos, audio, handouts, lecture notes), are the instructor's intellectual property and cannot be shared or uploaded in any form publicly without the instructor's approval.

**Others:**

- **Extra credit points** available that you need to start on the first day of your class:
  1. On your Journal Sheet, there is a section called "weight", and please complete that every week. Once you have complete all 15 week, please create a graph of your weigh recording
  2. Extra Credit Skill Assignment Sheet:
    - As an additional weekly skill assignment/journal sheet, if you do 50-60 minutes of exercise (yoga, pilates, Qi Gong), and write it on your journal sheet you will receive 0.5 points. You can get up to max 5 additional points.
- I often send notifications/email respond early in the morning, so please have your notification on silent if you wake up by the sound

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

**Course Schedule**

Kinesiology, Spring 2021 *KIN 30*, Pilates, Online Asynchronous  
Section 1: 20349  
Section 2: 23050  
Section 3:20351

Section 4: 24266  
 Section 5: 24267  
 Section 6: 25712

The black color will mean the hard copy book  
 The blue color will mean the digital version of the textbook.

| <b>Week/<br/>Lesson/<br/>Module</b> | <b>Topics, Readings, Assignments, Deadlines<br/>(If appropriate, add extra column(s) to meet<br/>your needs.)</b>   | <b>Deadlines</b>   |
|-------------------------------------|---|--|
| 1                                   | <b>Orientation</b><br>Read Syllabus (green sheet) and the PowerPoints   | Journal Sheet<br>1/29,<br>6PM<br><br>Release of Liability form, please submit it if you are taking this course |
|                                     | Read the PowerPoint files week 1<br>Journal Entry<br>Read page.30<br>- Beginning Pilates, Modifications notes, working with injuries, a word about pregnancy<br>(Also provided on the first week of the PowerPoint) |  |

| Week/<br>Lesson/<br>Module | Topics, Readings, Assignments, Deadlines<br>(If appropriate, add extra column(s) to meet<br>your needs.)   | Deadlines  |
|----------------------------|--|--|
| 2                          | <p><b>Introduction to Pilates</b><br/>Journal Entry<br/>Read page.30<br/>- <a href="#">Beginning Pilates, Modifications notes, working with injuries, a word about pregnancy</a><br/>(Also provided on the first week of the PowerPoint)<br/>Read the PowerPoint files week 2<br/>Beginning Pilates; reading: P. 24 to 25 (30-31)<br/>Defining Pilates; reading: P. 7 to 11 (8-14)<br/>Pilates 6 original principles; reading: P. 12 to 13 (14-16) Introductory program<br/>The Hundred; reading: P. 32 to 33. (38-40)<br/>Roll down; reading: P. 34 to 35 (41-43)<br/>Single Leg Circle; reading: P. 36 to 37 (44-47)</p> | <p>Journal Sheet<br/>2/5, 6PM</p> <p>Release of Liability form, please submit it if you are taking this course</p> <p>Studio video trial<br/>2/11, 11:59PM</p> |
| 3                          | <p><b>Partner's Work (1) - 5 Element 2/10 (1) – look at the video that I have created (watch basic Principle of Pilates and Oosako's video, five key points)</b><br/>Journal Entry<br/>Read the PowerPoint files week 3<br/><b>The basic practice of Pilates</b><br/><b>Introductory program</b><br/>Rolling Like Ball; reading: P. 38 to 39 (48 - 50)<br/>Single Leg Stretch; reading: P. 40 to 41 (51 - 53)<br/>Double Leg Stretch; reading: P. 42 to 45 (54 - 56)</p>   | <p>Journal Sheet<br/>2/12, 6PM</p> <p>Partner's Work, 2/12, 6PM</p> <p>Release of Liability</p>  |

| Week/<br>Lesson/<br>Module | Topics, Readings, Assignments, Deadlines<br>(If appropriate, add extra column(s) to meet<br>your needs.)   | Deadlines   |
|----------------------------|--|---|
|                            | Spine Stretch Forward; reading: P. 44 to 45<br>(57 - 59)   | form is due on 2/15, for the students who added my course within the past three weeks |
| 4                          | <b>Intro/beginner's program</b><br>Journal Entry<br>Read the PowerPoint files week 4<br>Beginner's program; reading P. 47 (60)<br>The Hundred; reading P. 48 to 49 (61 - 64)<br>Roll down; reading P. 50 to 51 (65 - 67)<br>Single Leg Circle; reading P. 52 to 53 (68 - 71)<br>Rolling Like Ball; reading P. 54 to 55 (72 - 74)<br>Single Leg Stretch; reading P. 56 to 57 (75 - 77)<br>Double Leg Stretch; reading P. 58 to 59 (78 - 80)<br>Spine Stretch Forward; reading P. 60 to 61 (81 - 83) | Journal Sheet, 2/19, 6PM  |
| 5                          | <b>Partner's Work (2) - How to Make Modification Quiz 2/24</b><br>Journal Entry<br>Read the PowerPoint files week 5  | Journal Sheet, 2/26, 6PM  |

| Week/<br>Lesson/<br>Module | Topics, Readings, Assignments, Deadlines<br>(If appropriate, add extra column(s) to meet<br>your needs.)  | Deadlines   |
|----------------------------|---|---|
|                            | <b>Review of 3rd and 4th week</b>   | Partner's<br>Work,<br>2/26,<br>6PM  |
| 6                          | Journal Entry<br>Read the PowerPoint files week 6<br>Read and follow the week 6 power point file  | Journal<br>Sheet,<br>3/5, 6PM   |
| 7                          | <b>Partner's Work (3) - Stomach Series Quiz<br/>3/10 (3) – textbook p.72 5,6,7,8,9</b><br>Read the PowerPoint files week 7<br>Journal Entry   | Journal<br>Sheet,<br>3/12,<br>6PM<br><br>Partner's<br>Work,<br>3/12,<br>6PM |
| 8                          | <b>Intermediate program</b><br>Journal Entry<br>Read the PowerPoint files week 8<br>Intermediate program; reading P.71 (97)<br>Single Straight Leg Stretch; reading P. 74 to<br>75 (102 - 104)<br>Double Straight Leg Stretch; reading P. 76 to<br>77 (105 - 107)<br>Criss Cross; reading P. 78 to 79 (108 - 110) | Journal<br>Sheet,<br>3/19,<br>6PM   |
| 9                          | <b>Partner's Work (4) - Extension Movement<br/>Quiz 3/2 (4) – textbook p.73 14,15,16</b><br><br>Journal Entry<br><br>Read the PowerPoint files week 9   | Journal<br>Sheet,<br>3/26,<br>6PM   |

| <b>Week/<br/>Lesson/<br/>Module</b> | <b>Topics, Readings, Assignments, Deadlines<br/>(If appropriate, add extra column(s) to meet<br/>your needs.)</b>  | <b>Deadlines</b>   |
|-------------------------------------|--|--|
|                                     | <p><b>Continuing practice Intermediate program</b></p> <p>Intermediate program; reading P.71 (97)<br/> Open Leg Rocker Preparation; reading P. 80 to 81 (111 - 113)<br/> Open Leg Rocker; reading P. 82 to 83 (114 - 117)<br/> Cork Screw; reading P. 84 to 85 (118 - 121)<br/> Saw; reading P. 86 to 87 (122- 124)</p>  | <p>Partner's Work,<br/> 3/26,<br/> 6PM</p>                               |
| 10                                  | <b>Spring Break</b>  |  |
|                                     |  |  |
| 11                                  | <p><b>Partner's Work (5) - Rolling Movement Quiz 4/9 (5) – textbook p.72 4,12, 20</b></p> <p>Journal Entry<br/> Read the PowerPoint files week 11<br/> <b>60 min. program</b><br/> Neck Roll; reading P. 88 to 89 (125 - 127)<br/> Single Leg Kick; reading P. 90 to 91 (128 - 130)<br/> Double Leg Kick; reading P. 92 to 93 (131 - 133)<br/> Neck Roll; reading P. 94 to 97 (134 - 138)<br/> Side Kicks: Preparation; reading P. 98 to 99 (139 - 141)<br/> Side Kicks Front; reading P. 100 to 101 (142 - 144)</p> | <p>Journal Sheet,<br/> 4/9, 6PM</p> <p>Partner's Work,<br/> 4/9, 6PM</p> |
| 12                                  | <p>Journal Entry<br/> Read the PowerPoint files week 12<br/> Side Kicks: Up /Down.p.102 to 103 (145 - 147)<br/> Side Kicks: Circles; reading P. 104 to 105 (148 - 150)</p>   | <p>Journal Sheet,<br/> 4/16,<br/> 6PM</p>                                |

| Week/<br>Lesson/<br>Module | Topics, Readings, Assignments, Deadlines<br>(If appropriate, add extra column(s) to meet<br>your needs.)   | Deadlines   |
|----------------------------|--|---|
|                            | Teaser: Preparation; reading P. 106 to 107<br>(151 - 153)  |   |
| 13                         | <b>Partner's Work (6) - Slide Kick Series Quiz 4/28 (6) – textbook p.73 18</b><br>Journal Entry<br>Read the PowerPoint files week 13<br>Shoulder Bridge; reading P. 126 to 127 (183 - 185)<br>Spine Twist; reading P. 128 to 129 (186 - 188)<br>Side Kicks: Double Leg Lift; reading P. 132 to 133 (192 - 193) | Journal Sheet,<br>4/23,<br>6PM<br><br>Partner's Work,<br>4/23,<br>6PM |
| 14                         | Journal Entry<br>Read the PowerPoint files week 14<br>Read and follow the week 13 power point file   | Journal Sheet,<br>4/30,<br>6PM  |
| 15                         | <b>Intermediate Program Skill Test 5/5 (textbook p.72-73) – Please look at the textbook and Oosako video to get the best result</b><br>Journal Entry<br>Read the PowerPoint files week 15<br><b>Review and preparation for the final exam.</b>   | Journal Sheet,<br>5/7, 6PM  |
|                            | Read and follow the week 14,15 power point file  |   |
| 16                         | <b>Review the videos and audios Questions and answers</b><br>Journal Entry<br>Read the PowerPoint files week 16  | Journal Sheet,<br>5/14,<br>6PM  |

| <b>Week/<br/>Lesson/<br/>Module</b> | <b>Topics, Readings, Assignments, Deadlines</b><br><i>(If appropriate, add extra column(s) to meet your needs.)</i> | <b>Deadlines</b>                   |
|-------------------------------------|---|------------------------------------|
|                                     | Final 5/17 – 5/20   | Final<br>5/17 -<br>5/20, by<br>6PM |