

**San José State University**  
**College Of Health And Human Services/ Department Of Kinesiology**  
**KIN 30, Pilates, Section 07, Spring, 2021**

**Course and Contact Information**

<b>Instructor:</b>	Angel Batt
<b>Telephone:</b>	NA
<b>Email:</b>	use CANVAS email (or <a href="mailto:angel.batt@sjsu.edu">angel.batt@sjsu.edu</a> )
<b>Office Hours:</b>	Tuesday/Thursdays after class and by appointment.
<b>Class Days/Time:</b>	T/Th 2 - 2:50pm
<b>Classroom:</b>	Online Zoom MEETING ID: 846 9138 5423, PASSCODE: pilates

First Time Registration Required:

[https://sjsu.zoom.us/meeting/register/tZArfuirpj4uGNcjmSyFduRY6t9e\\_ReAQ7B5](https://sjsu.zoom.us/meeting/register/tZArfuirpj4uGNcjmSyFduRY6t9e_ReAQ7B5)

**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 Format**

This course is taught fully online. Live classes (NOT pre-recorded) will be held on Zoom on Tuesdays and Thursdays at 5:00pm - 5:50pm. Students must attend and participate in class, on Tuesdays and Thursdays 2:00 - 2:50pm, and have their cameras on, in order to receive participation points. Students will need a computer with a camera and Zoom software loaded and/or the Zoom app on a smartphone.

**Faculty Web Page and MYSJSU Messaging**

Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on on [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>. You are responsible for regularly checking with the messaging system through CANVAS and/or [MySJSU](#). For help with using Canvas see

## **Course Goals**

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

1. Increased balance, coordination, stability and core strength.
2. Increased proficiency in identification and execution of beginning level mat pilates exercises.
3. Increased awareness of posture, postural deviations, and mental and physical benefits to be derived from pilates.
4. Increased knowledge of the history, philosophy, and benefits of pilates exercises.

## **Course Learning Outcomes (CLO)**

Upon successful completion of this course, students will be able to:

- Course Learning Outcome #1: Increased core strength. This will be accomplished through twice weekly mat pilates sessions. This will be measured, pretest and posttest, by the Plank Test.
- Course Learning Outcome #2: Increased flexibility. This will be accomplished through twice weekly mat pilates sessions. This will be measured, pretest and posttest, by the Sit and Reach Test.
- Course Learning Outcome #3: Improved balance. This will be accomplished through twice weekly mat pilates sessions incorporating balance movements. This will be measured, pretest and posttest, by the One-Legged Stance Test.
- Course Learning Outcome #4: Demonstrate increased knowledge of pilates exercise names, body positions, and proper body alignment for beginning level mat pilates exercises as measured by pre and post scores on Course Knowledge Survey.
- Course Learning Outcome #5: An understanding of the mental and physical health benefits of pilates and the musculature needed for good posture. This will be

accomplished through weekly reading, discussions and mat pilates classes. This will be measured, pretest and posttest, on the Knowledge Assessment Survey.

## **Texts/Readings**

No textbook required; reading assignments are web links that can be found in the course calendar, below.

## **Course Requirements and Assignments**

- Class participation/attendance is required in order to meet Course Learning Outcome #1 and #2, above, and represents 56% of the final course grade.
- Physical Assessments are required at the beginning and end of the semester in order to measure Course Learning Outcomes 1 - 3, above, and represent 4% of the final course grade.
- Surveys will be administered at the beginning and end of the semester in order to measure Course Learning Outcome #4 and #5, above, and represents 4% of the final course grade.
- Weekly readings are assigned to aid students in achieving a deeper understanding of asanas (postures), history, philosophy, and benefits of Hatha yoga. These assignments aid in achieving Course Learning Outcome #4 and #5, above.
- One Field Assignment (Week 8) is assigned to supplement the learning gained from class participation/attendance, class discussions, and assigned readings. The Field Assignment aids in achieving Course Learning Outcome #5, above.
- There will be a mid-term administered in week eight (8) and is worth 11% of the final course grade.
- There will be a final exam administered according to the [SJSU University Final Exam Schedule, Spring 2021](#) and is worth 23% of the final course grade.

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, including but not limited to internships, labs, and clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

## Final Examination or Evaluation

There will be a written final exam covering all readings, assignments, and class discussion from the semester. The Final Exam is worth 23% of the total course grade.

## Grading Information

<b>GRADING INFORMATION</b>	
Pretest: Balance, Coordination, Core Stability Assessment (In Class)	2
Beginning of Semester Survey (on CANVAS)	2
Participation Days, 28 days	56
Mid-Term (Week 8)	11
Field Assignment	2
End of Semester Survey (on CANVAS)	2
Posttest: Balance, Coordination, Core Stability Assessment (In Class)	2
Final Exam (on CANVAS)	23
<b>TOTAL</b>	<b>100</b>

## MAKE-UPS

Students can make-up to three missed classes per semester. See [FAQ's](#) for more details.

## Grading Scale used to determine final course grade

<b>Percentage</b>	<b>Equivalent Grade</b>
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

## Classroom Protocol:

## Digital Tools / Zoom

- Class sessions will be held using Zoom (see above for zoom information)
- Arrive to class a few minutes early and have your exercise gear ready and a distraction free space in which to move.
- Prior to the first day of instruction, download the Zoom app. SJSU offers resources, videos and tutorials on how to use Zoom. These can be found at: <https://www.sjsu.edu/ecampus/teaching-tools/zoom/>
- Use your SJSU Zoom Account. Settings can be managed at (<https://sjsu.zoom.us/>).
- Get into the habit of shutting down and restarting your computer/device at least once a week, even once a day, to optimize performance.

## Zoom Classroom Etiquette

- Mute your mic (lower-left corner of your screen) as soon as you sign on and whenever you are *not* speaking. This might be done automatically by me.
- Enable video so that I can see you.
- Have your name listed and visible. Your last name should appear as it does on the roster but you may put your nickname or moniker in parenthesis. You may edit your profile at the following link: <https://sjsu.zoom.us/profile>. If you have any concerns about your personal safety by listing your name, please email me directly so we may discuss alternative options.
- Close unneeded applications on your computer to keep the video optimally functioning.
- Have a pencil and paper handy when participation in a session to capture your thoughts and questions in the moment. If they are general questions, please post them to the Discussion Board on CANVAS. If it's personal, email me directly via the CANVAS internal email tool.
- Close unneeded applications on your computer to keep the video optimally functioning.

- Be mindful of your background lighting. If you are in front of a window, you may be completely darkened by the light coming through the window. Your overhead light also might need to be turned off or dimmed as well.
- Be sure that there is nothing visually distracting in the background.
- Remember to sign out or “leave the meeting” when the session is finished.

## Communications Plan

- Check Canvas site, daily, Monday-Friday. I will communicate with the whole class using Announcements and with you individually using the CANVAS internal mailbox.
- Please communicate issues with connectivity, online access, or hardware immediately. You may contact Contact SJSU technical support for at [ecampus@sjsu.edu](mailto:ecampus@sjsu.edu). Phone: (408) 924-2337.  
<https://www.sjsu.edu/ecampus/support/>

## Miscellaneous

- Recording class: Instruction may not be recorded.
- 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 photographed, 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.

## University Policies

Per University Policy S16-9 (<http://www.sjsu.edu/senate/docs/S16-9.pdf>), relevant university policy concerning all courses, such as student responsibilities, academic integrity, accommodations, dropping and adding, consent for recording of class, etc. and available student services (e.g. learning assistance, counseling, and other resources) are listed on Syllabus Information web page (<http://www.sjsu.edu/gup/syllabusinfo>), which is hosted by the Office of Undergraduate Education. Make sure to visit this page to review and be aware of these university policies and resources.

## Additional Information

See Frequently Asked Questions for additional information

**COURSE SCHEDULE**  
**KIN 30, Pilates, Section 07, Fall 2020, Spring, 2021**

**WEEK 1 / MODULE 1:**

**Thursday, January 28th.**

Discussion: Introduction to Course and Syllabus Review

1. Review Syllabus
2. [Beginning of Semester Survey \(2 pt\)](#)
3. Read: [Frequently Asked Questions](#) (refer to this throughout the semester as it will be updated as questions arise)
4. [Sign Liability Waiver](#)
5. READ: [What is Pilates?](#)

**WEEK 2 / MODULE 2:**

**Tuesday, February 2<sup>nd</sup>**

Discussion: History of Joseph Pilates & Pilates Explained.

Pretest: Balance, Coordination, Core Stability Assessment (In Class)

Move: Imprint/Neutral/Pelvic Clocking

**Prior To Today's Class:**

1. WATCH: [History of Joseph Pilates](#)
2. READ: [History of Joseph Pilates](#)

**Thursday, February 4<sup>th</sup>.**

**Discussion:** What is Pilates?

**Prior To Today's Class:**

1. READ: [What is Pilates?](#)
2. WATCH: [What is Pilates](#) with Alycea Ungaro -

**WEEK 3 / MODULE 3:**

**Tuesday, February 9<sup>th</sup>**

**Discussion:** Pelvic Clocking / Imprint / Neutral Spine

**Prior To Today's Class:**

1. READ: Neutral Spine vs. Imprinted Spine
2. WATCH: Pelvic Clocking, Imprint and Neutral Spine

**Thursday, February 11<sup>th</sup>**

**Discussion:** Pilates Breath

**Prior To Today's Class:**

1. WATCH: Pilates Breathing
2. WATCH: Pilates Breath and Scoop Explained

**WEEK 4 / MODULE 4:**

**Tuesday, February 16<sup>th</sup>**

**Discussion:** Pilates Core Principles

**Prior To Today's Class:**

1. READ: Pilates Core Principles

**Thursday, February 18<sup>th</sup>**

**Discussion:** Anatomy of the core Muscles

**Prior To Today's Class:**

1. READ: Anatomy of the Core Muscles

**WEEK 5 / MODULE 5:**

**Tuesday, February 23<sup>rd</sup>**

**Discussion:** The Transversus Abdominis

**Prior To Today's Class:**

1. READ: Learn How to Properly Engage Your Transversus Abdominis
2. WATCH: Engaging the Transversus Abdominis and Movements of the Pelvis by watching Pilate Core Anatomy (start video at 5:40)

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**Thursday, February 25<sup>th</sup>**



**Discussion:** Vertebral Column & Movements of the Spine

**Prior To Today's Class:**

1. WATCH: Vertebral Column -  
<https://www.youtube.com/watch?v=u0eTGqplsIM>
2. READ: The Spine and Abdominal Wall -  
<https://amactraining.co.uk/resources/handy-information/free-learning-material/level-3-exercise-and-fitness-knowledge-index/level-3-71-exercise-and-fitness-knowledge-the-spine-and-abdominal-wall/#:~:text=The%20movements%20possible%20at%20the,very%20limited%20in%20the%20thoracic>

**WEEK 6 / MODULE 6:**

**Tuesday, March 2<sup>nd</sup>**

**Discussion:** Pilates Powerhouse

**Prior To Today's Class:**

1. WATCH: Pilates Powerhouse -  
<https://www.youtube.com/watch?v=DyWtEyvS5Cc>
2. READ: Demystifying the Core -  
<https://www.elliehermanpilates.com/ellies-blog/demystifying-the-core>

**Thursday, March 4<sup>th</sup>**

**Discussion:** The Language of Pilates

**Prior To Today's Class:**

1. READ: The Language of Pilates
2. READ: Pilates Glossary of Terms

**WEEK 7 / MODULE 7:**

**Tuesday, March 9<sup>th</sup>**

**Discussion:** Posture

**Prior To Today's Class:**

1. READ: The Four Main Types of Posture

**Thursday, March 11<sup>th</sup>**

**Discussion:** Posture/Breathing

**Prior To Today's Class:**

1. READ: [How Posture Affects Your Breathing](#)

**WEEK 8 / MODULE 8:**

**Tuesday, March 16<sup>th</sup>**

- No class; take mid-term on CANVAS.

**Thursday, March 18<sup>th</sup>**

- No live class; Field Assignment(on CANVAS) in lieu of class.

**WEEK 9 / MODULE 9:**

**Tuesday, March 23<sup>rd</sup>**

**Discussion:** The Ribcage - Pelvis Connection

**Prior To Today's Class:**

1. WATCH: [Common Movement Blindspots](#)
2. READ: [Ribcage / Pelvis Connection](#)

**Thursday, March 25<sup>th</sup>**

**Discussion:** Putting It All Together

**Prior To Today's Class:**

1. No reading/video assignments today.

**WEEK 10 / MODULE 10: Tuesday, March 29<sup>th</sup> – Thursday, March 31<sup>st</sup>**

**SPRING RECESS - CAMPUS CLOSED**

**WEEK 11 / MODULE 11:**

## Tuesday, April 6<sup>th</sup>

**Discussion:** Pilates, Does it Really Work (research abstract)

**Prior To Today's Class:**

1. READ: Pilates: How Does It Work and Who Needs It?

## Thursday, April 8<sup>th</sup>

**Discussion:** Revisiting the Pilates Principles

**Prior To Today's Class:**

1. READ: Principles of Pilates  
<https://www.studiompilates.com/pilates-history-description.html?bpid=1209>

## **WEEK 12 / MODULE 12:**

### Tuesday, April 13<sup>th</sup>

**Discussion:** Revisiting Breath

**Prior To Today's Class:**

1. READ: Three Ways to Breath During a Pilates Class -  
<https://us.humankinetics.com/blogs/excerpt/learn-three-ways-to-control-breathing-during-pilates>

### Thursday, April 15<sup>th</sup>

**Discussion:** Percussive Breath

**Prior To Today's Class:**

1. READ: Percussive Breathing -  
<http://www.fletcherpilates.com/press/06-01-2019-blog-fletcher-pilates-percussive-breath-technique#:~:text=What%20is%20the%20secret%20to,make%20the%20signature%20shush%20sound.>

## **WEEK 13 / MODULE 13:**

## **Tuesday, April 19th**

**Discussion:** Difference Between Pilates and Yoga

### **Prior to Class Today:**

1. READ: Difference between Pilates and Yoga

## **Thursday, April 21st**

**Discussion:** Reviewing What We Learned to Date

1. No reading/video assignments today.

## **WEEK 14 / MODULE 14: – Thursday, April 29th**

### **Tuesday, April 27th**

**Discussion:** Reviewing What We Learned to Date

2. No reading/video assignments today.

### **Thursday, April 29th**

**Discussion:** Reviewing What We Learned to Date

1. No reading/video assignments today.

## **WEEK 15 / MODULE 15: -**

### **Tuesday, May 4<sup>th</sup>**

1. Review All Exercise and Concepts
2. Review for Final Exam

### **Thursday, May 6<sup>th</sup>**

1. Review All Exercise and Concepts
2. Review for Final Exam

## **WEEK 16 / MODULE 16:**

## **Tuesday, May 11<sup>th</sup>**

1. Review All Exercise and Concepts
2. Review for Final Exam

## **Thursday, May 13<sup>th</sup>**

1. Last day of Instruction
2. End of Semester Survey (2pt.)
3. Posttest: Balance, Coordination, Core Stability Assessment (In Class) (2pt)

### **FINAL EXAM:**

OPENS: Sunday, May 16th

CLOSES: Thursday, May 20, 12:15pm - 2:30pm