

San José State University
Kinesiology
Fall 2017, KIN 30, Pilates

Contact Information

Instructor	Junko Linafelter
Office Location	SPX170
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Office Hours	Monday/Wednesday 1120-1150 (EC AERO by appointment).
Class Meeting Days/Time	MW 730-820(section1), 830-920 (section 3) 1230-1320 (section 4), F 730-920 (section 5), 930-1120(section 2) at EC-Aero

Link to new syllabi policy: <http://www.sjsu.edu/senate/docs/S16-9.pdf>

Course Description

Pilates develops core strength and enhances range in motion in the major joints of the body. This course teaches the fundamentals of the Pilates workout: breathing, relaxation, neutral spine position, key bony landmarks used in alignment cueing, and limb control.

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 Pilates skills covered.
- An understanding of 'mindful movement' as it applies to exercise.
- An understanding of the history, rules, strategies, current research and 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, flexibility, and body alignment.
- An appropriate level of proficiency in personal fitness as it relates to components such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.
- An understanding of the mental and physical health benefits to be derived from Pilates.

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

Required Text/Readings

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

Class handouts supplied by instructor.

Course Notes/ Protocol

- Students are expected to arrive on time and participate fully in all activities throughout the class period. **The classroom door will be closed 10 minutes after class starts. You won't earn any credit that day even though you could enter the room. Integrity, time management, and discipline are the most important things in this course.**
- Recordings during class are prohibited.

- 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 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.
- 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.**
- Recognizable and acceptable effort in class participation is a requirement.
- Wear comfortable attire - no jeans or skirts. Bare feet are ideal. You can wear yoga socks. Put yoga 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. Don't put it on the floor. If I see it, I will deduct 2 points each time.**
- Interactions with classmates and the instructor are expected to be respectful at all times.
- Bring a pen to every class, to write in your journal.
- Absences for documented serious and compelling reasons (e.g., injury, illness) are acceptable.
- **Course grades will be posted by 12/21, so do not e-mail me.**
- **Students may 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. 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 teaching schedule :**
 - Pilates**
 - MW 730-820(section1), 830-920 (section 3) 1230-1320 (section 4),**
 - F 730-920 (section 5), 930-1120(section 2)**
 - Yoga**
 - M 930-1120(section 2)**
 - W 930-1120(section 4)**
 - at EC-Aero**
- **Written 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.

Course Requirements, Assignments, and Grading

Tests:

Assignment:

1. Journal 40%

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.

2. Midterm 1 15%

3. Midterm 2 15%

Skill 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

4. Written final exam 30%

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.

Grading

- Extra credit options are not available.
- 0 points for late or missed work
- Grading method is percentage weight.

Grading Plan and Course requirement

30% Skills Exam (APLO 1) (Midterm 1, 15%, Midterm 2, 15%)

30% Participation - assessed through observation of skills and engagement in class activities (APLO 1)

10% Journal (APLO 2)

30% Written Final Exam (APLO 2 & 3)

Midterm 1:

M/W day class

Group 1 9 /25,

Group 2 9/27

F day class

9 /22,

Midterm 2 :

M/W day class

Group 1 12/4,

Group 2 12/6

F day class

12 /1,

Take home exam due:

M/W class 11/29

F class 12/1

Submit it at the beginning of the class. Submitting earlier would be encouraged.

Late papers won't be accepted.

The last day of class:

M/W day class 12/6

F class 12/1

University website often has wrong info regarding the final exam dates and contact info. Please be careful.

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

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

University Policies

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

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

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

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

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
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	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
6	Mock exam for midterm 1
7	Midterm I

Week	Course Content (Assignments, Exams/Quizzes, ...)
8	Intermediate program Intermediate program; reading P.71 Open Leg Rocker Preparation; reading P. 80 to 81 Open Leg Rocker; reading P. 82 to 83 Cork Screw; reading P. 84 to 85 Saw; reading P. 86 to 87
9	review
10	Neck Roll; reading P. 88 to 89 Single Leg Kick; reading P. 90 to 91 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
11	Intermediate program Side Kicks: Up /Down. Side Kicks: Circles; reading P. 104 to 105 Teaser: Preparation; reading P. 106 to 107
12	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
13	review
14	Mock exam for midterm 2
15	Take home exam due
16	Midterm II

