INTRODUCTION:

A. The purpose of this course is to provide students with the necessary guidelines to safely implement a Pilates practice and a healthy lifestyle program.

B. This course meets curriculum requirement for the Central Texas College programs for an Associate Degree and the

C. Transferability of this course to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

Upon successful completion of this course the student will be able to:

A. Discuss the health-related components of fitness to include: Cardiorespiratory endurance, muscular strength, muscular endurance, muscular flexibility and body composition.

B. Discuss the skill-related components of fitness to include: power, speed, agility, coordination, reaction time and balance.

C. Describe basic exercise prescriptions and explain how Pilates contributes to mind and body health through balance and natural poise.

D. Practice the different Pilates fundamental movements and techniques with their variations.

E. Demonstrate, discuss and perform a variety of matwork exercises to include correct breathing technique, proper body alignment, and the specific benefits of each exercise.

F. This course will also provide the participants with the basic skills and knowledge needed to develop and implement a safe, effective and realistic fitness program. This is achieved by reading the material, completing any assigned work and Active Participation.

G. Participants will learn how to assess their current levels of fitness and nutritional habits and set realistic goals.

H. This, along with an understanding of the basic principles of fitness training and safety guidelines, will help students

I. Exercise safe and smart today and for a lifetime.

J. Follow the recommendations for adequate nutrition.

K. Experience physical improvements in fitness components.

L. Develop a lifetime personalized fitness program to improve wellness.
III. INSTRUCTIONAL MATERIALS:

A. The instructional materials identified for this course are viewable through www.ctcd.edu/books


C. Required Equipment: You will need one Yoga/Pilates sticky mat, a towel.

D. References: Handouts from Instructor.

IV. REQUIREMENTS FOR CLASS ARE AS FOLLOWS:

1. Attend and participate in class activities regularly.
2. Be on time.
3. Suit out in appropriate dress, sign-in attendance roster at front desk, set up equipment, sweat and smile.
4. Pass all written examinations.
5. Completion of all assignments, fitness assessments, skills test and written tests.
6. Demonstrate improvement in aerobic skills and technique.

GRADE COMPUTATIONS: (600 POINTS MAX):

1. Participation/class conduct ** 200 points (66 % of your final grade)
2. Written Exams, pop quizzes, assignments 400 points (34 % of your final grade)

** Participation/Class Conduct

A participation grade will include: 100% attendance, suit out in proper attire, positive contributions to class, and promptness in beginning activities, constant and maximum effort toward activity objectives, overall motivation, attitude, and demonstration of good sportsmanship. Participation also includes completion of two Fitness Assessments and any required assignments on time.

Written Examinations and Assignments

There will be two assignments and two written examinations. Any assignments turned in after the due date will be accepted; however, the maximum grade will be 70 points. All students are required to take a Final Examination. An IP (incomplete) will be awarded until the student completes all the requirements for class.
ABSENCES AND TARDINESS

**Absences number one (1) and two (2) – No penalty from your final grade.**

**Absence number three (3) – Five (5) points will be deducted from your final grade (based on 100 point scale).**

**Absence number four (4) – Ten (10) additional points for a total of 15 points (which includes the five points for absence number three) will be deducted from your final grade based on a 100 point scale).**

**Should you exceed four (4) absences, YOU MAY BE withdrawn from the class. (See “CTC absentee policy” in college catalogue).**

In addition, two (2) points will be deducted from your final grade for each tardy beyond two (2). There will be no make-up classes! – The student can give a courtesy call to inform that he/she will not attend class. However, for attendance purpose, this will not be considered as been excused from class. A student who registers late will be responsible for the days they have missed. Also, a doctor’s note will not excuse you from class. **SHOULD A STUDENT DECIDE TO LEAVE EARLY FOR ANY REASON, HE/SHE WILL BE COUNTED ABSENT FOR THAT DAY, NO EXCEPTIONS!**

A student will also be required to provide a documented excuse when he/she misses a written examination. It will be the student’s responsibility to arrange a time to take the missed exam immediately upon returning to class. Students who fail to make immediate arrangement with the instructor will not be allowed to make-up the exam.

ATTENDANCE PROCEDURES:

It is the responsibility of the student to sign the attendance sheet before class only after he/she is properly dressed and ready to participate. Class officially starts 5 minutes after the scheduled time. Failure to sign in will result in a recorded absence. Students who arrive more than 15 minutes after the scheduled class time will be counted absent. Additionally, students who leave early without consulting the instructor will be counted absent. Students who sign in and leave will be penalized and subject to administrative withdrawal.

CLASS ATTIRE:

The Physical Education Department requires court or athletic shoes, however given the nature of this class, it is preferred that students wear cross-training/aerobic shoes, which are specifically designed for this activity. Students may not participate in street clothes or street shoes. **A plain white t-shirt and black or dark blue shorts will be sufficient and required.** Students will not be allowed to attend class unless properly suited out and will be counted absent for the day. Only water is allowed in the gym.
MEDICAL:

Students who have a health problem should obtain a document from a physician explaining the problem and approval for participation. A current physical exam is recommended.

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

ADDITIONAL NOTES:

- For liability and other reasons, please do not bring children to class, nor leave them unattended in your car.
- Please bring a water bottle and a small towel with you to class.
- Students are expected to suit out every class.
- Lockers can be checked out. See the front desk personnel if interested.
- Forgot your clothes or shoes? Check with the front desk personnel to borrow clothes/shoes.
- No guests are allowed in the class.
- If you attend class and are injured or sick, please see the instructor before class starts.
- For students who have classes immediately following the class, consider bringing a cover up or change of clothes.
- Personal Hygiene. Be considerate to others in class.
- No chewing gum during class.
- NO CELL PHONE USE DURING CLASS.
- In the event of class cancellation due to inclement weather, any tests, assessment or assignment turn-in will be re-scheduled for the next day of class. Inclement Weather hotline is 501-3100.
- All students are required to take the final examination. NO EXCEPTIONS!
IV. COURSE OUTLINE:

A. Lectures and Pilates Practice:

1. Objective: To discuss reading material from chapters in text and relate them to the activities in class.
   a. Fitness components of exercise
   b. Breathing techniques
   c. History of Pilates
   d. What is Pilates?
   e. Alignment, Posture and Movement
   f. Pilates techniques
   g. Nutrition
   h. Pilates for Wellness

2. Activities: To develop the health and skill related components of fitness through a Pilates Practice.
   a. Warm-Up
   b. Breathing
   c. Pilates 8 (eight) Vital Elements
   d. Matwork
   e. Mind and Body
   f. Magic Circle
   g. Swiss Ball

3. Fitness Assessments:
   a. Pre-test to include components of fitness.
   b. Mid-test to evaluate fitness gains
   c. Post-test to evaluate improvement in physical condition

4. Examinations and Assignments:
   a. Assignment #1 – will cover material for Mid-term examination.
   b. Mid-term examination
   c. Assignment#2 – will cover material for Final examination.
   d. Final examination.