

Rice University - Lifetime Physical Activity Program 186-286
Pilates – Fall 2009

Instructor: Megan Gossett

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Course Description:

This is a beginning level course designed to offer an introduction to the classic Pilates matwork exercises. The acquisition and understanding of these exercises, their goals, and intent, will be presented through activity, lecture, and observation, and will be evaluated through participation, physical performance and written examination.

Pilates is a method of exercise and physical movement designed to stretch, strengthen and tone, and balance the body. Strength and flexibility, particularly of the abdomen and back muscles, coordination, both muscular and mental, and correct spinal alignment and pelvic positioning are all key components of the Pilates method. Pilates teaches balance and control of the body, and that capacity spills over into the areas of one's life.

Course Objectives:

1. To optimize health and body awareness, core and back strength, flexibility, lengthened muscles, increased energy and overall conditioning of the body and mind.
2. To increase familiarity of one's own anatomy.
3. To introduce students to fundamentals of movement essential to the understanding and proper execution of the exercises.
4. For each student to achieve progression through the Pilates mat series based on:
 - a. familiarity with the basic terminology and order of the exercises
 - b. basic knowledge and awareness of proper form and body positioning
 - c. transitioning from the basic mat with modifications, to the more intermediate matwork
 - d. ultimately, performing the exercises by memory, with clean form and flowing transitions
5. To be able to begin to translate proper body mechanics gained from Pilates exercises in everyday movements.

Course Content:

- brief history of Joseph Pilates and the Pilates method
- basic, intermediate, and selected advanced mat exercises
- modifications and variations
- **286** – those taking the course for credit are required two additional assignments to be discussed with instructor

Attendance Policy:

Students are expected to attend all class sessions and to actively participate while in attendance. During the course of the semester, students are allowed two unexcused absences. A 3rd unexcused absence will result in a one-letter drop in final grade and a 4th unexcused absence will result in a two-letter drop in final grade. Should a student miss a 5th class, she/he will not receive credit for having taken the course.

If a student needs to miss a class for reasons that are excusable, (e.g. illness, family emergency, university-sponsored event, or job interview) that student is responsible for making up the class at a time and place that is agreed upon by both student and instructor. All excused absences (with the exception of medial emergencies) need to be communicated to the instructor *prior* to the date that the student will be absent, and it is the responsibility of the student to initiate a make up day. Should the class not be made up within a two week time period, the absence will be deemed as unexcused and will count toward the number of unexcused absences a student is allowed.

You may receive credit for classroom observation and may be asked to do additional assignments if you sustain an injury which would prevent safe participation. Notes must be taken during observation and NO TEXTING will be permitted

MAKEUPS COULD TAKE LONGER THAN TAKING THE ACTUAL CLASS

Make up options:

- one hour of observation and notes in an actual Pilates studio (Pilates Concepts of Houston 3100 Richmond Ave. #200) – day and time to be determined by student and instructor
- attendance of another Pilates class (there are numerous other Pilates classes offered on campus)
- written assignment

Honor Code Violations:

All students are expected to uphold their pledge to the Rice Honor Code. Any student suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and an investigation will ensue. Any questions that you may have about what constitutes an honor code violation in this class can be directed to the instructor.

Class Etiquette:

You are expected to be on time

Please turn cell phones off or on vibrate

If you are late for unavoidable reasons enter quietly

No talking during the class time

Please do not eat or drink (besides water) or chew gum during class

Please wipe down mats and roll up one at a time

Clothes should be form fitting, without restricting movement. PLEASE DO NOT TAKE CLASS IN YOUR STREET CLOTHES – **NO JEANS. NO SHORT SHORTS unless bike shorts are worn underneath.** Yoga / sweat pants and or long shorts with bike shorts underneath are best.

Please remove large jewelry, secure long hair, and avoid large hair clips.

Evaluation:

Attendance/punctuality and active participation	300 points
Practical evaluation - improved form and knowledge of exercises	100 points
Written Exam	<u>100 points</u>
Total points possible	500 points

Grading Scale

<u>Average</u>	<u>Points</u>	<u>Grade</u>
94-100	468-500	A
90-93	448-467	A-
87-89	433-447	B+
83-86	413-432	B
80-82	398-412	B-
77-79	383-397	C+
73-76	363-382	C
70-72	348-362	C-
67-69	333-347	D+
63-66	313-332	D
60-62	298-312	D-
< 60	<298	F

- students with a 97-100 average and no absences will receive an A+

ADA Statement:

This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.