

**SOUTHEAST MISSOURI STATE UNIVERSITY  
COURSE SYLLABUS**

**Department of:** Health, Human Performance and Recreation  
**Title of Course:** Pilates

Course No: AT 149  
New: Spring 2013

**I. Catalog Description and Credit Hours:** Instruction and practice of Pilates: breathing patterns, principles, concepts and concentration exercises involving Pilates movements.(1)

**II. Prerequisites:** None

**III. Course Objectives:** Upon completion of the course the student will:

- A. Describe and demonstrate the proper execution of Pilates movements
- B. Identify modifications for common health conditions and injuries
- C. Use traditional breathing techniques to enhance physical execution and concentration

**III. Student Learning Outcomes**

- A. The student will be able to identify terms associated with the skills.
- B. The student will be able to demonstrate skill acquisition and use of equipment/accessories.
- C. The student will be able to identify safety concerns and demonstrate proper safety precautions associated with the activities.

**V. Expectations of Students: Students will:**

- A. Students in attendance of Southeast Missouri State University are expected to be honorable and to observe standards of conduct appropriate to a community of scholars. Academic misconduct includes but is not limited to plagiarism and cheating. The University's disciplinary policy will be followed in the event of academic misconduct.
- B. Attendance will be taken daily at the beginning of each class. Attendance and participation in all lectures and hands-on activities will be a part of your grade. Those who participate in campus run activities that interfere with attending class must notify the instructor prior to the event. Those who miss class excused or not, are responsible for acquiring the items that they missed on their own.
- C. Appropriate dress is required. Every class period the student should be dressed in the appropriate Pilates clothing and barefoot with his/her own yoga mat. Extra Yoga mats are available.

|  |                     |
|--|---------------------|
| <b>VI. Course Content:</b>             | <b><u>Hours</u></b> |
| A. Overview of What is Pilates?        | 6                   |
| 1. History of Joseph and Clara Pilates |                     |
| 2. Pilates Philosophy                  |                     |
| 3. Pilates Equipment                   |                     |
| 4. Anatomy and Movement Science        |                     |
| 5. Precautions and Contraindications   |                     |
| B. Pilates Exercises                   | 24                  |
| 1. Mat Exercises                       |                     |
| 2. Addition of Props                   |                     |
| a. Magic Circle (Ring)                 |                     |

- b. Foam Roller
- c. Ball
- 3. Intro to the Apparatus
  - a. Reformer
  - b. Trapeze Table (1/2 Cadillac)
  - c. Wunda Chair
  - d. Spine Corrector

Total Hours

30

**VII. Textbook:**

None

**VIII. Basis for Student Evaluation:**

|                                      |            |
|--------------------------------------|------------|
| A. Skill demonstration               | 20%        |
| B. Written tests                     | 20%        |
| C. Journal                           | 10%        |
| D. Participation in class activities | <u>50%</u> |
|                                      | 100%       |

**IX. Grading Scale**

|         |     |
|---------|-----|
| 90-100% | = A |
| 80-89%  | = B |
| 70-79%  | = C |
| 60-69%  | = D |
| <60%    | = F |

**X. Academic Honesty Statement**

Students are expected to abide by the University Policy for Academic Honesty  
<http://www6.semo.edu/judaffairs/code.html>

**XI. Students with Disabilities Statement**

If a student has a special need addressed by the Americans With Disabilities Act and requires materials in an alternative format, please notify the instructor at the beginning of the course. Reasonable efforts will be made to accommodate those with special needs.