

Florida Atlantic University
College of Education
Department of Exercise Science and Health Promotion
Summer 2009

Course: PEM 1127 - Pilates Exercise
Instructor: TBA
Office: Gymnasium – Rm. 152
Phone: (561) 297-3752
Office Hours: By appointment
E-mail:
Class: **Term 2:** MTWR 2:15-3:20 PM, MTWR 3:30-4:35 PM, **Term 3:** MTWR 1:00-2:05 PM

Required Text & Materials: Functional Fitness, Larkin Barnett, Florida Academic Press, Inc., ISBN:1-890357-17-0
Pilates Mat

Course Description: A comprehensive course designed to instruct students in the exercise techniques and philosophy of Joseph H. Pilates.

Course Objectives: After successful completion of this course students will be able to:

1. Demonstrate knowledge of Pilates exercise and philosophy.
2. Demonstrate knowledge of anatomy and physiology of Pilates exercises.
3. Demonstrate knowledge of programming and exercise design for special populations using mat exercises.

Dress: Wear comfortable clothing to work out in. The gym is cold: you may want to dress in layers. No gum chewing is allowed. Inappropriate dress or behavior will result in a deduction of participation points and a written assignment will be given to complete at the end of class time.

Course Evaluation:

1. **Participation, attendance & discussion (100 points).** Because this class is considered a lab class by the University, attendance is **Mandatory**. Two tardies or two early departures equals one absence. You must bring your mat and wear appropriate clothing for exercise. Penalty for missing a class is as follows:
 - 1st & 2nd absence- No Point Deduction
 - 3rd, 4th, & 5th absence- 5% deduction (EX. 3rd Absence Max Grade will be 95%)
 - 6th absence- 10% deduction (Max Grade will be 75%)
 - 7th Absence- (Max grade will be 65%-Failure will result)Any absence notes should be turned in by the next class meeting you attend. Documentation must be turned in a week before the last class meeting.
2. **Papers (50 points).** Paper 1 – (10 points) Pre-evaluation report. A 1-2 page typed double spaced, report on your fitness goals or maintenance needs for the semester. Be specific. Papers will have 5 points deducted if turned in late.
Paper 2 – (40 points) Three page paper on Pilates (i.e. Fitness trends, Review a class in a health club). Must use 3 references from books, magazine articles, internet sources, or peer reviewed journals. Points will be deducted for grammatical errors. No late papers will be accepted. Absolutely no papers are to be e-mailed, they will not be accepted.

3. Exams (50 points each). Multiple choice, short answer, and essay questions covering topics discussed in class. **No make-up exams will be given.**

- In accordance with university policy, all cell phones and beepers must be turned off during class time.
- In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.
- Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

Grading Scale:

A = 94-100%	B- = 80-83.99%	D+ = 67-69.99%
A- = 90-93.99%	C+ = 77-79.99%	D = 64-66.99%
B+ = 87-89.99%	C = 74-76.99%	D- = 60-63.99%
B = 84-86.99%	C- = 70-73.99%	F = 0-59.99%

Course Schedule (tentative)-Summer (2) 2009

5/11	Introduction - Review of syllabus
5/12	Joseph Pilates, Mind-body, principles of movement
5/13	Visual imagery p 46-51, Ch. 4 3-dimensional breathing
5/14	Ch. 9 p.52-62, p. 131-141 Breathing
5/18	142-146, practice breathing p.150-156 - Paper 1 Due
5/19	practice stretching p.150-158
5/20	p.159-165
5/21	practice basic mat work routine
5/25	Memorial Day – no class
5/26	Review
5/27	Midterm
5/28	p.166-171
6/1	practice all mat work
6/2	basic routine and p.99-105
6/3	basic routine p.106-114
6/4	basic routine p.116-118

- 6/8 basic routine p.119-121– **Paper 2 Due**
- 6/9 sports mat program p.173-180
- 6/10 sports mat program p.190-201
- 6/11 sports mat program p.202-212

- 6/15 sports mat program p.213-219
- 6/16 all sports mat program work
- 6/17 Review**
- 6/18 Final**

Course Schedule (tentative)-Summer (3) 2009

- 6/22 Introduction - Review of syllabus
- 6/23 Joseph Pilates, Mind-body, principles of movement
- 6/24 Visual imagery p 46-51, Ch. 4 3-dimensional breathing
- 6/25 Ch. 9 p.52-62, p. 131-141 Breathing
- 6/29** 142-146, practice breathing p.150-156 - **Paper 1 Due**
- 6/30 practice stretching p.150-158
- 7/1 p.159-165
- 7/2 practice basic mat work routine
- 7/6 practice basic mat work routine
- 7/7 **Review**
- 7/8 **Midterm**
- 7/9 p.166-171
- 7/13 practice all mat work
- 7/14 basic routine and p.99-105
- 7/15 basic routine p.106-114
- 7/16 basic routine p.116-118
- 7/20 basic routine p.119-121– **Paper 2 Due**
- 7/21 sports mat program p.173-180
- 7/22 sports mat program p.190-201
- 7/23 sports mat program p.202-212
- 7/27 sports mat program p.213-219
- 7/28 all sports mat program work
- 7/29 all sports mat program work
- 7/30 all sports mat program work, **Review**
- 8/3 **Final**

**DEPARTMENT OF EXERCISE SCIENCE & HEALTH PROMOTION
PEM 1127 – Pilates**

1. I have received the course syllabus: <http://www.fau.edu/divdept/exsci/syllabi.htm>.

2. I understand I **must** attend class (properly dressed for exercise), be on time, and participate in class.

5. I understand the absences (each student allowed 2 per semester; 3 or more count against my grade), grading procedures, and point distribution.

4. I understand I **cannot** make up absences by doubling-up, or attending other Pilates classes.

3. I understand if I miss class, I am responsible for the material missed and for obtaining the notes and/or other assignments.

7. I understand assignments must be turned in at the beginning of class and **I will not receive any points if the assignment is emailed to the instructor.**

8. I understand all assignments due need to make it to class even if I do not attend.

9. I understand my personal guests or children are **not** allowed during class.

9. I understand pagers, cellular phones, and other electronic devices are **not** to be used during class.

10. I understand I must maintain and use an active FAU email account during this course.

14. I understand all references used to write my paper must be fully referenced. APA style Guidelines must be followed. Several examples are below, or you can go to www.apa.org. A comprehensive list is available in the 5th edition of APA's Publication Manual, available in the FAU bookstore or library.

Citation:

Online periodical:

Author, A. A. (2000). Title of work. Retrieved month day, year, from source

Online document:

Author, A. A., Author, B. B., & Author. C. (2000). Title of article. Title of Periodical, xx, xxxxxx. Retrieved month day, year, from source.

Book

Mitchell, T. R., & Larson, J. R., Jr. (1987). *People in organizations: An introduction to organizational behavior* (3rd ed.). New York: McGraw-Hill.

13. I understand the concept of plagiarism and will adhere to academic honesty. I understand plagiarism or cheating on any assignment or exam will result in a failing grade on the assignment or exam or possibly even the course. Appropriate university guidelines will be followed for disciplinary action. See FAU catalog for specifics.

16. I had any questions regarding the syllabus answered prior to signing this form.

I have read the course syllabus for PEM 1127 – Pilates, and agree to abide by the above.

Printed Name

Signature

Social Security Number

Date