

HESF 230 – 004 Pilates/Core Training
Health and Exercise Studies
Spring 2018

Instructor: Beth Wright Fath
Office: 2020 Carmichael Gym
Email: beth_fath@ncsu.edu
Office hours: By appointment
Course meeting: MW 11:45-12:35pm
Prerequisites: None
Credit Hours: 1
Phone: 919-513-1545

Text: Siler, B. (2000). *The Pilates Body*. New York, NY: Broadway Books. \$18.00 (NCSU Bookstore)

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different HES course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

Course Description: This course will teach the fundamentals of Pilates which are to improve body awareness, increase breathing capacity and improve postural alignment through simultaneous stretching and strengthening movements. The goal of Pilates exercises is to achieve optimal functional fitness. The knowledge and training gained from Pilates will not only benefit an individual in their daily activities, but also improve their performance in any physical activity they choose to participate in.

GEP Course Documentation

I. Objectives for courses in the category of Health and Exercise Studies

Each course in the Health and Exercise Studies category of the General Education Program will provide instruction and guidance that help students to:

1. acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, flexibility and body composition; and
2. apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and
4. gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP/Course and Student Learning Outcomes

By the end of this course, students will be able to:

1. explain the history and identify the benefits of Pilates
2. apply the fundamentals of Pilates - body awareness, alignment, and breathing - to Pilates exercises and every day activities

3. identify the muscles involved in the exercises and ways to improve posture
4. design a fundamental routine that can be performed anywhere
5. demonstrate an improvement in abdominal strength and endurance, upper body strength and endurance, flexibility and balance

Grading:

Written Exam - 35%

Students will be expected to demonstrate their knowledge of the material covered in class and assigned readings by completing two written exams on Moodle. Any technical issues that occur during testing must be documented with a picture or screen shot and verified by Moodle logs or the Help Desk. Possible re-testing from technical issues will follow the make up test policy.

Home Routine Project - 20%

Students will design home Pilates routines to be completed outside of class on a regular basis. Written materials will be used for evaluation.

Practical Skills Testing - 45%

Students will perform a variety of Pilates exercises for evaluation of proper execution. Exercises assessed will include two (2) exercises from the Hundreds/Stomach Series, one Spinal articulation exercise, one Rotation exercise, and one Extension exercise, and one Standing exercise.

Rubric: These are the main points that will be evaluated. Other aspects of the exercises will also be considered and graded. 2 possible points may be earned for each section.

Hundreds/Stomach Series

Hundreds curl	
Belly to spine	
Pelvic alignment	
Correct arm/leg movement	

Stomach Series

Hundreds curl	
Belly to spine	
Pelvic alignment	
Correct arm/leg movement	

Spinal articulation

Spinal articulation	
Belly to spine	
Pelvic alignment	
Movement initiation	

Rotation

Pelvic alignment/stability	
Belly to spine	
Shoulders down	
Rib rotation	

Extension exercise

Arm/leg alignment	
Lengthen spine/abs engaged	
Shoulders down	
Prone Hip extension	

Standing

Balance (1 point)	
Dome alignment/relationship	
Correct arm/leg movement	

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F		

****Moodle will be used for this class at <http://moodle.wolfware.ncsu.edu>. It is important that you log in for quizzes and assignments throughout the semester. Each quiz will be opened during the days posted on your syllabus. Once you log into the exam you will have a set amount of time to take the exam before the time shuts off. If you have any technical issues with your exam or with Moodle you must contact the Help desk for Moodle, *not your instructor*. You will find the contact phone number and email on your Moodle homepage. Remember, that screen shots or pictures of your screen are your best documentation of any issues. You will have ample time to take the exam so do not wait until the last minute.

Late Assignments: Written assignments are due in class or on Moodle as described in the assignments. Late assignments will be accepted for a maximum of ½ credit within one week of the due date. Assignments will not be accepted one week past the due date.

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In the case of an excused absence, the student will provide official documentation and then be allowed to make up any graded work missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor.

See <http://policies.ncsu.edu/regulation/reg-02-20-03>

- The student will be allowed 5 absences (excused or unexcused). Six absences of any kind will result in a failing grade.

<i>Absences</i>	<i>Points</i>
0	+2
1-5	0
6	F

For assistance with excused absences, contact the Student Ombuds office <https://ombuds.dasa.ncsu.edu/>

Participation: This is a participation-based class. If you cannot participate in class for any reason, you will be considered absent.

Tardy: Please be on time. Two tardies = one absence. Tardiness only extends into the first 10 minutes of class. If you are more than 10 minutes late, you will be counted absent.

Make ups for missed tests (written or physical) are at the discretion of the instructor. Make ups will be considered with a verifiable, documented issue, provided that the instructor is contacted prior to the next class meeting.

Attendance recording begins the first class meeting.

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- (70%) or better. A grade of U will be reported if the student exceeds 5 absences (excused or unexcused). Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University deadline, which can be found <https://studentservices.ncsu.edu/calendars/academic/>

Requirements for Audit: Students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade. <https://policies.ncsu.edu/regulation/reg-02-20-04>

Incomplete Grades: <https://policies.ncsu.edu/regulation/reg-02-50-03>

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Electronic Hosted Course Components: Students may be required to disclose personally identifiable

information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Proper attire: Students are required to wear a fitted tank top or tshirt, and black, red, grey, or navy leggings, yoga pants, compression shorts, or sweat pants. Bare midriffs and hats are not allowed. Majority of class will be done without shoes and socks. You may want to layer your clothes for relaxation periods.

Points will be deducted for improper attire. NO chewing gum.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: classeval@ncsu.edu

More information about ClassEval: <https://oirp.ncsu.edu/surveys/classeval/for-students>

Emailing the Instructor: In order to receive a response from your instructor, your email should be structured as follows:

- Properly address your instructor
- Identify who you are, the class (including section or day/class time) you are in, and the purpose of your email.
- Please be specific and use complete sentences.

Failure to follow these instructions will result in your email being deleted with no response from the instructor.

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website:
http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, student must register with the Disability Services Office (<http://www.ncsu.edu/dso>) located at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation at http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php.
3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and

federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at <https://policies.ncsu.edu/policy/pol-04-25-05>

Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at <https://oied.ncsu.edu/equity/>

4. Due to the nature of the activities in this class, it may be necessary for the instructor and students to have some amount of physical contact to assist in acquiring the proper form/technique. The student should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages are prohibited.
7. It may be appropriate to inform the instructor within the first week of class if you have any medical issues that would affect your participation throughout the semester in this course.
8. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
9. Please turn off cell phones during class time.

Course Outline: Pilates
(schedule subject to change)

Week	Date	Topic	Readings
1	1/8	Orientation / Safety	Syllabus
	1/10	Fundamentals	
2	1/15	MLK Holiday – NO CLASS	
	1/17	Fundamentals	
3	1/22	Moving Anatomy	Moodle handout
	1/24	Matwork Exercises – Modified Beginner Series	Siler: pp. 35-49
4	1/29	Matwork Exercises – Modified Beginner Series	
	1/31	Pilates Lecture: room 2037	Siler: pp. 1-31 / Moodle
5	2/5	Matwork Exercises – Beginner, start Home Routine Project Part 1	Refer to new exercises pp.50-143 (Siler) as they are introduced in class
	2/7	Matwork Exercises – Beginner	
6	2/12	Matwork Exercises – Beginner	
	2/14	Matwork Exercises	
7	2/19	Matwork Exercises, *Due: Home Routine 1 (Moodle)	
	2/21	Written Test 1 - (Moodle)	
8	2/26	Matwork Exercises - Intermediate	
	2/28	Standing Pilates	
9	3/5 & 7	Spring Break – NO CLASS, Extra Credit Opportunity	
10	3/12	Matwork Exercises – Intermediate, Start Home Project Part 2, bring worksheet to class	
	3/14	Standing Pilates	
11	3/19	Matwork Exercises – Intermediate	
	3/21	Standing Pilates	
12	3/26	Matwork Exercises with the ring/roller, *Due: Home Project 2	
	3/28	Matwork Exercises – Intermediate	
13	4/2	Matwork Exercises with the physioball	
	4/4	Standing Pilates	
14	4/9	Matwork Exercises – Intermediate	
	4/11	Written test 2 (Moodle)	
15	4/16	Matwork Exercises – Advanced	
	4/18	Review for Practical	
16	4/23	Practical Exam	
	4/25	Matwork – Joe’s order	