

York University
Faculty of Health
School of Kinesiology and Health Science

Course Information

Course: PKIN 0405 Pilates

Course webpage: <https://moodle.yorku.ca/moodle/course/view.php?id=87118>

Term: Winter 2017

Pre-requisite or Co-requisite: None

Course Director: Lisa Sandlos

Please e-mail lisas@yorku.ca, allowing 48 hours for a response. If no reply, please resend. Meetings with the course director are by appointment, and can be arranged (usually for the same day as a class meeting) through email.

Time and Location: Tuesdays and Thursdays
Section M 8:30-9:30 a.m.
Section N 9:30-10:30 a.m.

Tait McKenzie - Studio 6 (upstairs)

Organization of the Course:

This course offers an introductory overview of Joseph Pilates' work and trains students in proper execution of Pilates mat exercises at a beginner/intermediate level. Previous experience in Pilates is not necessary. The course is designed to provide students with opportunities to learn the matwork syllabus using multi-modal approaches including sensory, visual, collaborative, kinaesthetic and experiential. Consistent practice both in class and at home is encouraged to support students in potentially achieving noticeable changes in their technique and physicality. Students in this course reflect on their Pilates practice in a variety of ways including written journal entries, discussions with class peers and with the instructor, and through guided visualizations. Basic theoretical underpinnings of the Pilates approach and relevant historical background will be integrated into classroom discussions, further reinforced with a selection of assigned readings, and tested once with an in-class quiz.

Course Objectives

1) Brief statement of purpose

The central purpose of this course is to assist students in developing the ability to correctly perform the entire beginner and parts of the intermediate Pilates mat syllabus. Students of this course will also work towards developing skills for applying Pilates principles to their own everyday movements and to working with their future clients and students in a variety of movement-based, physical training, or therapeutic situations. Finally, students will be invited to learn and appreciate the historical significance of Joseph Pilates' method of exercise and his philosophies of healthy living.

2) Learning Outcomes

1. By the end of the course, students will be expected to have learned all of the beginner and some intermediate Pilates matwork syllabus exercises in sequence and to be able to perform these exercises using appropriate preparations and transitions with little/no prompting from the instructor.
2. Students will have the opportunity to apply fundamental movement principles to their Pilates matwork such as core stability, integration of breathing and spatial reach. They will work to refine their technique over the term and enhance their strength, coordination, flexibility and core control. Appropriate modifications for injury, ability, and pain management are expected from students in order to demonstrate an understanding of the Pilates approach.
3. Students will develop an appreciation for the significance and history of Joseph Pilates' work and an understanding of how the original technique has been adapted in the 21st century.
4. Students will practice observation and coaching/teaching skills by working collaboratively with a partner and in small groups. Through these experiential learning opportunities, students will develop an understanding of applications of the Pilates work to special populations (i.e. athletes, seniors, dancers, etc.) and for the prevention and rehabilitation of injuries (especially of the low back).

Important Dates:

Class Start Date	Thursday Jan. 5
Mid-term Practical Evaluation	Tuesday, Feb. 14
Written Test	Thursday, Feb. 16
Reading Week (NO CLASSES)	Feb. 18-24
Last day to drop this course without receiving a grade	Friday, March 10
Final Practical Evaluation and Self Evaluation Due)	Thursday, March 30
Last Class	Tuesday, April 4

Course Text / Readings

Please note: Additional readings may be assigned or recommended during the course.

Required Reading:

What is Pilates?

Ogle, Marguerite. "What is the Pilates Method of Exercise?" *Very Well*. About.com, 2016.

<http://pilates.about.com/od/whatispilates/a/WhatIsPilates.htm>

Dillman, Erika. *The little Pilates book*. New York, NY: Warner Books, 2001.

<http://www.dailyom.com/library/000/000/000000373.html>

Ogle, Marguerite. "10 Best Benefits of Pilates Exercise." *Very Well*. About.com, 2016.

<https://www.verywell.com/the-many-benefits-of-pilates-exercise-2704865>

Pilates Origins

Menezes, Allan Alameda, "Introduction." *Joseph H. Pilates Techniques of Physical Conditioning*. California: Hunter House Publishing, 2004. pages 1-3.

Available as a pdf file on the course moodle site.

N.a. "Pilates Origins." Sacramento, California: Balanced Body, n.d.

<https://www.pilates.com/BBAPP/V/pilates/index.html>

PLEASE NOTE: CLICK ON THE LINK TO GET TO THE HOME PAGE AND THEN SELECT "PILATES ORIGINS" FROM THE MENU ON THE LEFT SIDE OF THE PAGE.

Ogle, Marguerite. "Joseph Pilates: Founder of the Pilates Method of Exercise." *Very Well*. About.com, 2016.

<http://pilates.about.com/od/historyofpilates/a/JPilates.htm>

Principles of Pilates

Clippinger, Karen and Rael Isacowitz. "Understand the Principles of Pilates." *Pilates Anatomy*. Champaign, IL: Human Kinetics, 2011.

Available as a pdf file on the course moodle site.

Other Recommended Reading, available at Scott Library (Optional):

Gallagher, Sean. *The Pilates method of body conditioning: introduction to the core exercises*. Philadelphia, PA: Bain BridgeBooks, 1999.

Herdman, A. and Anna Selby. *Pilates' body conditioning: A program based on the techniques of Joseph Pilates*. Hauppauge, NY: Barron's Educational, 2000.

Menezes, Allan. *The complete guide to Joseph H. Pilates' techniques of physical conditioning: applying the principles of body control*. Alameda, CA: Hunter House, 2000.

Stewart, Kellina. *Pilates for beginners*. New York, NY: Harper Resource, 2001.

Evaluation:

Practical:

Mid-term Practical Evaluation (Feb. 14)	15%
Final Practical Evaluation (March 30)	15%
Self-Evaluation Assignment (March 30)	10%

Participation & Attendance: 40%

Theory:

Written Test (Feb. 16)	20%
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Please Note: Students will receive written feedback on the Mid-term Practical Evaluation and on the Written Test. The Final Practical Evaluation takes place and the Self-Evaluation Assignment is handed in on March 30th. To receive feedback on either of these final assignments, students may e-mail the course director requesting their assessment and comments on their work. If students wish to have written self-evaluation assignments returned with the instructor's written comments throughout, they are asked to attach a self-addressed, stamped envelope with the submission of this assignment on March 30th.

Description of Evaluation Categories:

a) **Practical** -Evaluation of students' knowledge, ability and progress in performing Pilates mat exercises as practiced in classes. Students will be evaluated by the instructor with input from peer observation. There are two individual practical evaluations in class: **Feb. 14 and March 30.** 15%x2

b) **Theory –Written Test** **Date: Feb. 16** 20%
The Test will be written in class and will be based on reading handed-outs/online links distributed during the term as well as material covered in class by the instructor. The format will include Multiple choice, True or False, Mix and Match, and Short Answer questions.

Please Note: Make-up tests or other accommodations for missing the test can only be arranged with official documentation (e.g. doctor's note, accident report, funeral certificate, etc.). Please notify the instructor ASAP if you foresee that you may miss the written test.

c) **Self-Evaluation Assignment** **Due Date: March 30** 10%

- Please prepare a brief written reflection on your work this term –length is 2 pages, double-spaced, 12 point font.
- Please write your name and student number in the left corner of the first page and centre the title of your essay. Do not submit a separate title page (saves trees!).
- Within the statement, please note changes and progress in your Pilates mat work, and areas you are still trying to improve.
- Please proofread your essay for readability, coherence, grammar and spelling. Have someone else proofread as well. Marks will be deducted for poorly written essays.

- Please submit a hard-copy of your written assignment. E-mail submissions can only be accepted in exceptional circumstances.
- 2 marks out of 10 will be deducted per day late.
- If you wish to have your graded assignment returned to you with the instructor's comments, please provide a self-addressed, stamped envelope.

Important Note: Do not e-mail your assignment. Only hard copy, paper submissions will be accepted.

d) **Attendance/Quality of participation.** 40%
Practicum (PKIN) Participation Requirement

PKIN Participation Requirement

To receive credit for a practicum (PKIN) course a student must attend and actively participate in a minimum of 80 percent of classes for the course. When full participation is not possible, accommodation agreements may be reached with the practicum instructor (e.g. complete classes missed in the next term, individual testing etc.) only if official documentation is provided.

The following absences are allowed:

24 hour course, 2 hours week/12 weeks: students allowed a maximum of 4 absences.

In addition:

- Each student will be allowed a total of 2 late arrivals or early departures without penalty, beyond which deductions from the Attendance/Participation grade will commence (2 per late arrival/early departure).
- The Attendance/Participation grade is assigned on the basis both of showing up to class and in terms of the quality of participation. Quality of participation is evaluated by the instructor based on concentration and a willingness to try new approaches and apply individualized corrections or those that are given to the whole class. Students who sit out, who use their cell phones during class, who repeatedly conduct conversations with their peers about topics other than Pilates, or who fall asleep are not participating fully in the class and this will be reflected in their grades. Students are strongly advised to mute their cell phones upon arrival at the studio.

Please Note: Final marks will be converted to a letter grade.

Grading, Assignment Submission, Lateness Penalties and Missed Tests

Grading: The grading scheme for the course conforms to the 9-point grading system used in undergraduate programs at York (e.g., A+ = 9, A = 8, B+ = 7, C+ = 5, etc.).

Assignments and tests will bear either a letter grade designation or a corresponding number grade (e.g. A+ = 90 to 100, A = 80 to 90, B+ = 75 to 79, etc.)

(For a full description of York grading system see the York University Undergraduate Calendar - <http://calendars.registrar.yorku.ca/2010-2011/academic/index.htm>)

Grades and Pass/Fail Option

Students may take a limited number of courses for degree credit on an ungraded (pass/fail) basis. For full information on this option see Alternative Grading Option in the SKAHS section of the Undergraduate Calendar:

Evaluation of a student's competence in a practicum is based on skill execution and skill theory (oral and/or written). The practicum grading scale is A, B, C, F or Pass/Fail option.

Students may take practicum (PKIN) courses on a pass/fail basis provided that they apply to do so within the first two weeks of classes, that they obtain the signature of the course director on the applicable form and that the completed form is submitted to the Kinesiology and Health Science Undergraduate Office.

* If a student opts for the Pass/Fail Option, they will not qualify to be a part of the Kinesiology and Health Science Honour Roll or Tait Mckenzie Honour Society.
Note: Practicum courses and grades are listed on the official transcript but are not calculated in the cumulative grade point average.

See <http://kine.info.yorku.ca/practicum-regulations/> for further information or contact the Undergraduate Office, Bethune, 2nd floor.

Assignment Submission: Proper academic performance depends on students doing their work not only well, but on time. Accordingly, assignments for this course must be received on the due date specified for the assignment. Assignments are to be handed in as stipulated in the Evaluation section of this course outline.

Lateness Penalty: Assignments received later than the due date will be penalized. See the Evaluation section of this course outline for details. Exceptions to the lateness penalty for valid reasons such as illness, compassionate grounds, etc., may be entertained by the Course Instructor but will require supporting documentation (e.g., a doctor's letter).

Missed Tests: Students with a documented reason for missing a course test, such as illness, compassionate grounds, etc., which is confirmed by supporting documentation (e.g., doctor's letter) may request accommodation from the Course Instructor. (e.g., allowed to write a make-up test on a specified date.) Further extensions or accommodation will require students to submit a formal petition to the Faculty.

ADDITIONAL INFORMATION

Class Requirements:

1) Attendance/Participation:

- The course requires from students a willingness to try many new skills and approaches to physical activity. Learning a new technique such as Pilates is a cumulative process. Thus, attendance is extremely important.

2) Dress Code:

- Please come to the studio wearing leggings, form-fitting sweatpants, or Yoga pants; t-shirt, tank top, or leotard. Clothing should be comfortable for a wide range of movement activities, yet not too baggy as the alignment of the body must be visible. No jeans or dress clothes.

- Participants will be expected to wear bare feet or socks.
- Long hair should be tied back.
- Please remove any large jewelry before class begins.

3) What to Bring to Class:

- Please bring a notebook to each class. Students will be asked to take notes on occasion and they may choose to use this notebook as a journal (optional but recommended).
- Students are asked to bring a theraband to each class beginning May 26th. Therabands are usually available for purchase at a reasonable price at Canadian Tire, Chapters/Indigo, and sometimes Walmart.
- Bringing an extra sweater and warm socks is advisable as the room may be cold.
- It is recommended that students bring a clean hand towel to place on their mat when they are working face down.
- Mats will be provided but students may choose to bring their own personal yoga mat if they wish.
- Students may wish to bring a bottle of water to drink between exercises.

4) Classroom Etiquette:

- There is a code of formality in a Pilates class. When you arrive in the studio, you should begin to conduct your own warm-up or work with fellow students to review class material. Personal conversations should take place outside of the studio. Once the class commences, please avoid chatting to fellow students as it is very distracting.
- Please do not chew gum, eat or drink in the studio. (Drinking water from a bottle is allowed.)

IMPORTANT COURSE INFORMATION FOR STUDENTS

All students are expected to familiarize themselves with the following information, available on the Senate Committee on Academic Standards, Curriculum & Pedagogy webpage (see Reports, Initiatives, Documents) -

<http://health.info.yorku.ca/files/2012/10/Academic-Honesty-Presentation-FINAL-COPY-April-18-2013.pdf>

- Senate Policy on Academic Honesty and the Academic Integrity Website
- Ethics Review Process for research involving human participants
- Course requirement accommodation for students with disabilities, including physical, medical, systemic, learning and psychiatric disabilities
- Student Conduct Standards
- Religious Observance Accommodation