

Name: \_\_\_\_\_

Student# \_\_\_\_\_ Class Day & Time: \_\_\_\_\_

## **Pilates PKIN: A Movement Education Course**

### **2019 WINTER Course Outline ... *You Must Bring these Notes to Every Class!***

**HH/PKIN 0405 Pilates:** (Section M) Tue & Thu 8:30 am - 9:20 am Studio 6

**Instructor:** Evelyn Charters [chartersevelyn@gmail.com](mailto:chartersevelyn@gmail.com)

#### **Course Description and Objectives**

This course offers a practical experience of the Pilates Method created out of the work of Joseph Pilates, originally called "Contrology".

Students will learn how...

- The Mind can be used to Control the Body
- To learn the Key Principles of Alignment, Breathing & Core Control
- To find a Balance between Concentration & Relaxation; Stability & Mobility
- To Articulate the Spine segmentally to develop more Core Control
- To apply the benefits of the Pilates Method to everyday activities as well as sports & recreation

#### **Important Course Dates - 2019 WINTER Term**

Start Date - Thursday January 3rd

End Date - Tuesday April 2nd

Reading Days - February 18th - 22nd

Mid-term Practical - Thursday February 14th

Final Practical Evaluation - Thursday March 28th

Written Theory Test - Tuesday April 2nd

Self-Reflection Written Assignment due on Tuesday April 2nd

#### **Evaluation**

Mid-term Practical Evaluation 15%

Final Practical Evaluation 15%

Written Test 15%

Self-Evaluation Written Assignment 15%

Attendance & Participation 40%

#### **Description of Evaluation Categories**

##### **a) Practical Evaluation: Mid-term - 15% and Final - 15%**

Please use these course notes to record all the exercises we learn during this term. You will be evaluated on your knowledge and ability demonstrating and/or teaching Pilates mat exercises as practiced in class by your instructor with participation from class peers.

##### **b) Theory: Written Test - 15%**

The Test will be written in class and will be based on reading the course notes, handed-outs distributed during the term as well as material covered in class by the instructor. The format will include Multiple Choice, True or False, and Short Answer questions.

**IMPORTANT NOTE: Make-up tests or other accommodations for missing the tests will only be arranged with official documentation (e.g. doctor's note, accident report, funeral certificate, etc.)**

**ALL students are responsible for marking their own attendance, making up missed classes and missing notes if needed.**

**c) Self-Reflection Written Assignment - 15%**

Prepare a written summary on your practical work this term – 2 pages double-spaced, 12 point font. Note changes and progress in your Pilates mat work, areas that you may have struggled with or are still trying to improve. Describe your personal experience. What resonated with you? What was your “aha!” moment?

**d) Attendance/Quality of participation - 40%**

Missing more than 4 classes during the term results in a Failing Mark. Each missed class lowers your attendance mark by 2 points. ***You may make up missed classes ... please speak to your instructor!*** Please Note: Final marks will be converted to a letter grade (A, B, C, D or F).



## Joseph Pilates: Founder of “Contrology”

**Pilates** was born in Germany in 1883. He developed his method over many years from his own personal experience as a child and adolescent. Suffering the effects of an unhealthy childhood, which included asthma, rickets and rheumatic fever, Joseph Pilates was determined to improve. He was inspired by the ancient Greek ideal of ‘Man’ perfected in development of body, mind and spirit. He studied anatomy and trained as a body builder, a wrestler, gymnast, boxer, skier and diver.

Joseph Pilates was living and working in England when World War One broke out. As a German national, he was considered an enemy alien and placed into forced internment. While in a POW camp, he developed exercises for his fellow prisoners that evolved into Pilates Mat Work.

Around 1925 Joseph Pilates emigrated to New York where he continued to train and further develop his work. He was a keen observer and believed that poor health was the product of poor posture and inefficient breathing. He called his work, “**Contrology**”... “the comprehensive integration of body, mind and spirit”.

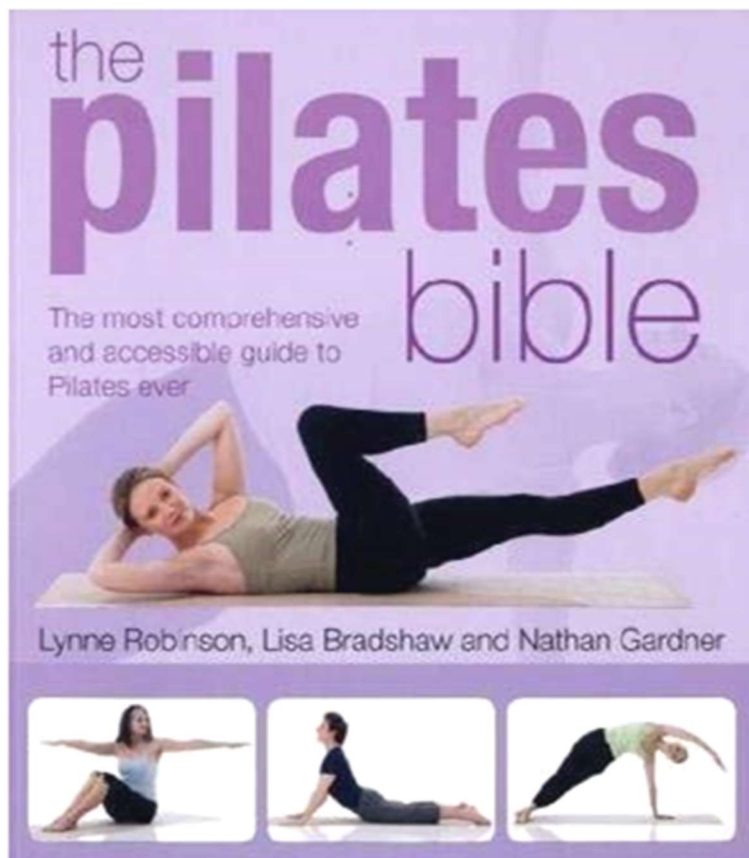
From 1925 until 1965, men and women, especially professional dancers in New York worked with Pilates to rehabilitate injuries and keep their bodies strong & flexible. Joe Pilates trained students who not only applied his work to their own lives, but became teachers of his Contrology method themselves. Some of these teachers continued to teach the work exactly as Pilates taught it. This approach is called “classical style” Pilates.

Other teachers continued to develop and refine his work with updated research in anatomy and exercise sciences. Joseph Pilates passed away in 1967. He had maintained a fit physique throughout his life and in remarkable physical condition well into his 80’s.

Watch this animated film on YouTube called A History of Pilates for a good understanding of his life and the enduring legacy of his work ... <https://youtu.be/vWkxhtfw0A8>

Some archival videos showing Joseph Pilates demonstrating his athleticism and several pieces of the equipment he invented and still being used today ... <https://youtu.be/nQnLYoUHbps>

Joseph Pilates Mat Class at Jacob’s Pillow in the early 1940’s <https://youtu.be/-UmWdNs-Aqk>



## The Pilates Bible: The Most Comprehensive and Accessible Guide to Pilates Ever

by [Lynne Robinson](#) (Author), [Lisa Bradshaw](#) (Author), [Nathan Gardner](#) (Author)

Lynne Robinson, Lisa Bradshaw and Nathan Gardner demonstrate why this hugely popular exercise method has gone from cult status to an essential part of our modern lifestyle. 'The Pilates Bible' will be the most authoritative and comprehensive book on Pilates matwork ever written. Drawing on the latest medical research, the authors have updated and refreshed the old favourites as well as introduced many new

exercises and variations. All can be performed with little or no equipment and 'The Pilates Bible' allows you to progress safely at your own pace through Beginners, Intermediate and Advanced. There are also special sections on Pilates for new mothers and children, and people suffering from problems such as osteoarthritis, back pain and knee injuries as well as Pilates at the gym and the workplace, and for the performing arts and sport. This is truly the one-stop guidebook for Pilates novices and those hoping to consolidate what they already know.

### About the Authors

Lynne Robinson is the founder of the Body Control Pilates method, which is taught internationally, and has produced a number of highly successful books and DVDs. Lisa Bradshaw and Nathan Gardner are both teacher trainers for Body Control Pilates in the UK

**This book is the course manual for the Restorative Pilates Level 1 and 2 programs. The course will guide you through the book's curriculum and teach you how to make the material come alive for you and your clients or students! After successfully completing Pilates and/or Restorative Pilates PKIN courses you will be eligible for a Certification Course in Restorative Pilates. Contact Program Director Evelyn Charters for further details: [chartersevelyn@gmail.com](mailto:chartersevelyn@gmail.com)**

**The Pilates Bible** is available @ the York University Bookstore  
OR on-line @ [www.amazon.com](http://www.amazon.com) and [www.amazon.ca](http://www.amazon.ca)

## Posture Matters! ... Why?



**Non-verbal communication with others ...**  
and with yourself!

**Mental and Emotional Health...**  
are strongly linked to posture!

**Change the way you sit and stand and you will change how you feel!**



### **The Power Pose!**

Body language affects how others see us, but research is showing that it also changes how we see ourselves. Social psychologist **Amy Cuddy** shows how "power posing" -- standing in a posture of confidence, even when we don't feel confident -- can affect testosterone and cortisol levels in the brain, and might even have an impact on our chances for success.

**Watch the video on Ted Talks:**

<http://www.youtube.com/watch?v=Ks-Mh1QhMc&list=PL56CDAB06243C461A>

### **The Fuzz Speech ... movement massages are wonderfully therapeutic!**

By Gil Hedley on YouTube - some fascinating and important information about fascia

<https://youtu.be/FtSP-tkSug>

## **What is Mindful Movement?**

“Mindful Movement” describes movement that is sensed and shaped from within, rather than from an external source. Mindful movement education and therapy is the process of awakening **Kinesthetic Awareness** of the body during movement and in space. “Mindful Movement” involves an inner experience of the body, deepening the understanding of the motion.

**“Feeling is Knowing”** ... mindful movement encourages students to develop their kinesthetic intelligence by experiencing a sense of deep awareness and fine-tuning communication between mind and body.

### **The ABC's of Pilates** (*Pilates Bible “PB” p.12-30*)

**A = Alignment:** *The Rule of the Bones* - If the bones are in the correct position, the correct muscles will be working to support the bones. Muscles will be balanced, working more efficiently and effectively, with less strain or pain. *PB p.12-25*

**B = Breathing:** “Above all ... Learn to Breathe correctly” - Joseph Pilates quote. A variety of breathing techniques are available to facilitate and support different actions & movements. *PB p.26-28*

**C = Core Control:** “It is the Mind itself that builds the Body” ... a favourite quote of Joe Pilates from the philosopher Schiller. Joseph Pilates called his work Contrology”. Today, we know his work as “Pilates” and it is often referred to as “Mindful Movement”. *PB p.29-37*

### **A = ALIGNMENT - The Correct Alignment of the 3 Body Weights**

1. HEAD or Skull or Cranium
2. RIBCAGE or Thorax
3. PELVIS or Pelvic Girdle

Explore how Correct “Neutral” Alignment of the 3 Body Weights Affects the Position of the *Entire Spine* in the **Seven Exercise Positions (EP)**

#### **1. Semi Supine/The Relaxation Position**

#### **2. Supine**

### **3. Sitting**

### **4. Standing**

### **5. Four Point Kneeling**

### **6. Prone**

### **7. Side Lying/Semi-Prone**

## **PKIN Pilates Mat Class Exercise List:**

### ***Supine Body Check – Alignment of 3 Body Weights & Spine***

#### **1. Spinal Warm Up**

a) Mountain & Valley/Cat & Dog    EP =

b) Ferris Wheel    EP =

#### **2. Pelvic & Lumbar Mobility & Release**

a) Compass    EP =

- North-South

- East-West

b) Tail Swish    EP =

c) Pelvic Clocks    EP =

#### **3. Head/Neck Mobility & Release Exercises**

a) Head Rolls/Chin Tucks    EP =

b) Loonie Nose Circles & Figure 8's    EP =

#### **4. Relaxation Position - Alignment & Breathing**

a) Scapula Slides    EP =

b) Arm Circles ROM - Short & Long Levers    EP =

c) Arm Scissors – Disassociate Arm    EP =

d) Restorative Belly Breathing    EP =

e) Thoracic Breathing    EP =

f) Ribcage Closure - Lateral Breathing    EP =

g) Spine Curl to Bridge - Lengthen Lumbar Spine    EP =

h) Single Leg Pull to Release Lower Back & Hip Joint    EP =



## 5. Spine Series

a) Rolling Like a Ball    EP =

b) Roll Backs & Roll Ups    EP =

c) Cobra Prep - Child Pose Release    EP =

d) Roll Up to Standing & Roll Down (2-3 times)    EP =

e) Side Bends    EP =

f) Spinal Twists    EP =

g) Roll Down - Walk Out to Plank - Thoracic Breathing    EP =

h) Child Pose - Thoracic Breathing - Add Side Bending    EP =

i) Side Rolls/Knee Rolls    EP =

## **6. CORE Control - Static & Dynamic Stability**

a) Hip Joint Ball & Socket - Mobility Series    EP =

b) Leg Slides - Single - Single to Double - Double    EP =

c) Leg Folds - Single - Single to Double - Double/Chair Position    EP =

d) Oyster    EP =

e) Side Lying Leg Series

f) Curl Ups Supporting Head    EP =

g) Single Leg Stretch    EP =

h) Hundreds    EP =

i) Bow & Arrow    EP =

## **7. Standing Series**

a) Opening Windows/Dumb Waiter - Alignment of Shoulder Girdle

b) Arm Scissors

c) Scapulohumeral Rhythm - Floating Arms - Wings

d) Windmill Arms

## **8. Rest & Restore**

a) Child Pose - Breathing

b) Single Leg Pull Hip Opener - Psoas Release with Raised Pelvis

c) Supine Body Check - Alignment of 3 Body Weights & Spine

**Stay Balanced ... Long & Strong ... Move with Effortless Ease ...**



Contact: [chartersevelyn@gmail.com](mailto:chartersevelyn@gmail.com)

Tue/Thu \_\_\_\_\_ @ \_\_\_\_\_  
Today's Date Time Slot

Year of Studies: \_\_\_\_\_ Term: \_\_\_\_\_ Section: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Student Number: \_\_\_\_\_ Program: \_\_\_\_\_

Non-York Email: \_\_\_\_\_

Please Print CLEARLY

## MY STORY TODAY:

## Physical, Mental & Emotional ... My Body & Mind!

### Activities:

Injuries Past or Present:

Pain, Strain or Areas of Concern:

### Life Stress Factors:

My BLISS or JOY:

### My Short-Term Goals & Long-Term Career Goals: