Course Number, Title, and Credit Hours:  Spt & Rec 296, Pilates, 1 credit

Special Course fee:  None

Location:  Kenwood United Methodist Church, North Room-2nd floor
           2319 E. Kenwood Blvd.
           Across the street from the Student Union.
           Parking is not available in church lot.

Section Number, Day/Time:  Lec 151, MW 1:00pm-2:20pm (09/04/13-10/23/13)

Instructor:  Jan Singer

Email and/or Phone Number:  lifeadventure204@earthlink.net  262-241-9881

Additional Contact:  If you are unable to reach the instructor, contact the Sport & Rec Office at 414-227-3123 or email chs-outreach@uwm.edu

Description of course objectives:  The Pilates Method is a movement system focused on improving flexibility, strength and balance for the total body without building bulk and provide core stability. The Pilates Method of body conditioning promotes physical harmony and balance for people of all ages and physical conditions while providing a refreshing and energizing workout. The Pilates Method can also be integrated into rehabilitative exercise and physical therapy programs designed to speed recovery of soft tissue injuries and post-operative conditions. In addition, this method can be used safely by pregnant women to learn proper breathing, body alignment, improve concentration, and recover body shape and tone postpartum.

The basis of this Pilates course is Ron Fletcher Work.  Ron Fletcher, who died at 90 December 6, 2011, was one of the few elders who moved Joseph and Clara Pilates’ work forward.  He danced with Martha Graham during the time he worked with the Pilates.  Much of his work, which he practiced daily, is in the vertical.

Pre-requisite:  None.

Required Equipment:  “Stretch-Out Strap” ($13) can be purchased from Jan (teacher) or bring a 46”-48” towel (please measure).  No mats.
**Tips for successful participation in class:**
No or very light weight training morning of class
No smoking for 2 hours before class
Drink plenty of water; limited food prior to class
Wear clothing you can move in; pants: ankle length or shorter; NO hoodies, hats, socks

**Arrive on time,** turn all cell phones OFF upon arrival to the classroom, do NOT chew gum during class; be courteous upon entering the space of class already in progress

**Grading Policies:**

I. Participation = 50%
   Points/class = 3.5 points [14 classes=50 points - 3.5/absence]

II. Breathing correctly = 10%

III. Leading Class Exercise = 20%
   - know how to explain the movement while moving
   - watch yourself with your inner eye
   - guide the breathing pattern
   - watch to correct your class

IV. Journals = 20% [10 points/journal]
   
   A. Journal Writing: Computer generated reflection, [font size 12, times new roman, black ink]. This is 1st person writing of what is going on inside of your body; this is not a critique or judgment piece. Use “I/my” statements in your journals, not “you/your” or “we” statements. Please proof read for meaning, spelling, grammar - even though these are journals, you are a college student, so present yourself as educated in writing skills.

   B. ½ page per class whether you are present or not

   296-151: journal #1 due 9/30; journal #2 due 10/23
   - incorporate the Pilates principles from handout in your journaling
   - reflect what you are experiencing in your body
   - how is your body changing?
   - what are you noticing about other people’s posture, movement?
   - what are other’s noticing about your changing body?

**Grading Scale:**

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<th>Grade</th>
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<tr>
<td>A</td>
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<td>D-</td>
<td>70.00</td>
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<td>F</td>
<td>Less than 70.00</td>
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</tbody>
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Schedule:

9/4  History of Pilates; Principles of Contrology; Intro to Fletcher Pilates; Fletcher Techniques; Pre-test
9/9  Percussive Breathing; Standing and Centering; Towelwork
9/11 Getting to know your body; What is exercise and where does it happen?
9/16 Partnering in Pilates
9/18 How your body works: enhancement through Pilate
9/23 Review of movements; Mid-term
9/25 Substitute Pilates teacher
9/30 Journal #1 due for classes: Sep. 4, 9, 11, 16, 18, 23, 25; Student lead movement
10/2 Student lead movement
10/7 Becoming “multi-lingual” in Pilates: Different types of Pilates and Breathing Styles; Student lead movement
10/9 Pilates for/in everyday life
10/14 What has your body taught you? What have you noticed about bodies around you?
10/16 Live the Principles of Contrology through movement Pilates for/in everyday life
10/21 How your body works: enhancement through Pilates
10/23 Journal #2 due for classes: Sept. 30, Oct 2, 7, 9, 14, 16, 21. Review of movements; Final

The above schedule may change due to time constraints.

Assignment Policies: One point will be deducted for each day your journal is late, ½ credit will be given to journals less than half a page and/or not written as a reflection of what you are experiencing in your body. Use “I” statements in your journals, not “you/your” or “we” statements. If you miss the class when the journal is due, please email that portion to me prior to the day’s class time. Hard copy journals are to be turned in when due; email journals only if you are not to be in class.

Attendance requirements: Any student who does not participate in classes cannot expect to satisfactorily complete course objectives and therefore should consider dropping the course.

Guidelines for wireless and electronic devices in the classroom: The guidelines are on the College of Health Sciences website under the student tab, the third link from the bottom.
http://www4.uwm.edu/chs/students/current_students/guide_elec_wireless_in_class.cfm

Definition of a credit hour: This is a 1 credit course. Students are expected to invest approximately 6 hours per week in class activities. This includes class participation, lectures and outside assignments.

University Policies
1. **Students with disabilities.** If you will need accommodations to meet any of the requirements of this course please contact me as soon as possible. Verification of disability, class standards, the policy on the use of alternate materials and test accommodations can be found at the following:

   http://www4.uwm.edu/sac/SACltr.pdf

2. **Religious observances.** Policies regarding accommodations for absences due to religious observance are found at the following:

   http://www4.uwm.edu/secu/docs/other/S1.5.htm

3. **Students called to active military duty.** Accommodations for absences due to call-up of reserves to active military duty should be noted.

   http://www4.uwm.edu/academics/military.cfm

4. **Incompletes.** The conditions for awarding an incomplete to graduate and undergraduate students can be found at the following:

   http://www4.uwm.edu/secu/docs/other/S31.pdf

5. **Discriminatory conduct (such as sexual harassment).** Definitions of discrimination, harassment, abuse of power, and the reporting requirements of discriminatory conduct are found at the following:

   https://www4.uwm.edu/secu/docs/other/S47.pdf

6. **Academic misconduct.** Policies for addressing students cheating on exams or plagiarism can be found at the following:

   http://www4.uwm.edu/osl/dean/conduct.cfm and
   http://www4.uwm.edu/acad_aff/policy/academicmisconduct.cfm

7. **Class misconduct:** Disruption of class, harassment, and any behavior considered hazardous to others may be cause for dismissal from class.

8. **Complaint procedures.** Students may direct complaints to the head of the academic unit or department in which the complaint occurs. If the complaint allegedly violates a specific university policy, it may be directed to the head of the department or academic unit in which the complaint occurred or to the appropriate university office responsible for enforcing the policy.

   http://www4.uwm.edu/secu/docs/other/S49.7.htm

9. **Grade appeal procedures.** Procedures for student grade appeal appear at the following:

    http://www4.uwm.edu/secu/docs/other/S28.htm

10. **Final examination policy.** Policies regarding final examinations can be found at the following:

    http://www4.uwm.edu/secu/docs/other/S22.htm

11. **Firearms and dangerous weapons policy.** Policy regarding firearms and dangerous weapons can be found at the following:

    http://www4.uwm.edu/secu/docs/other/S24.5.pdf
**Assumption of Risk:**
Students are notified that this course/activity has inherent hazards, exposures, and risks, some known and some unanticipated, which could result in harm, injury (physical or mental), illness, diseases, death or damages to the student, the student’s property or to other third parties or their property.

By enrolling in and continuing to participate in this course/activity, students are voluntarily agreeing to assume all of the inherent hazards, exposures, and risks associated with this course. Students must accept full responsibility for their own health and well-being by participating in this activity. Students must also accept full responsibility for third parties whose health and well-being are affected by the students’ participation in this course/activity.

Students are also notified that UWM does not provide any accident or health insurance to cover participation in the course/activity, and that students are responsible to provide their own such insurance.

Students will be required to sign a separate Assumption of Risk, Waiver, and Release form for this course/activity.