

Western University

School of Kinesiology

KIN 2941S 007 – Pilates

January 9, 2017-February 17, 2017

Instructor: Krista Dolbear

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<u>Class Hours and Location:</u> Mondays 2:30-4:30	Rec. Centre Studio 1
Wednesdays 2:30-4:30	Rec. Centre Studio 1
Fridays 2:30-3:30	TH Rm 3102

Course Description:

In this course we will explore the different exercises in the Pilates as well as the history and the 5 Basic Principles of Stott Pilates. Students will be required to participate each class in at least an hour of Pilates practice. We will focus on exercises in the Pilates method at the essential and intermediate level. We will look at how to build exercises as well as how to modify the exercises where needed. Students will have an understanding how the body moves throughout the exercise and how we apply the 5 basic principles to all the movements.

Course Objectives:

- Develop a knowledge of the history of Pilates
- Develop a good knowledge of the 5 basic Pilates principles and how they apply to the exercises.
- Gain a understanding of the Pilates exercises and various modifications of each
- Experience the practice of Pilates
- Increased Body awareness
- Learning different postures and how to use Pilates for various types of postures

Items to Bring to Class:

- Pilates or Yoga Mat
- Water Bottle
- Comfortable clothing that you can easily move in

Required Course Material:

All Required course material will be posted on OWL.

Evaluation:

Practice and Participation - 40%

Date: Ongoing

Active participation in each class is mandatory. A student who cannot physically participate in a given class due to a moderate health or injury problem is expected to attend class. If a student is unwell, or needs to take a break during the practice time please stay in the room and come into a comfortable position on your mat. All students are asked to practice within their own limits to ensure safety and avoid injury. If a student is not ready or does not want to practice a particular exercise it is well within their rights to refuse.

- If unable to attend class or exam for medical, compassionate, academic or varsity reasons, applicable documentation must be provided immediately to the Kinesiology Undergraduate Office
- There is no make-up for missed classes

Written Exam - 30%

Date: February 3, 2017

A written exam will be completed in the week five of the course.

Group Presentations - 15%

Date: Jan 30, Feb 1, Feb 6, Feb 8

Each member of the group will lead one component of a condensed 25 minute class. This will include Warm Up, Supine, Prone, Side Lying, Other position of choice. Each component will be approximately 5 minutes in length. Individual marks will be given for each member of the group

Quiz - 15%

Date: February 27, 2017

A quiz will be given on Posture Analysis in week four of the course.

Lateness:

Students are required to be dressed in appropriate attire by the start of the class time. Lateness qualifies for invalid excuses when the teaching has begun. At three “lates”, the student will lose one per cent of their final grade, and subsequently 1 per cent for every late thereafter

Code of Conduct:

In this class there will be respect for each students personal practice and no judgement of others in this space.

No student is expected to adopt the practice of Pilates, but they are requested to listen to the history and theories of Pilates.

Tentative Schedule:

Week One:	Monday	January 2, 2017	Class
	Wednesday	January 4, 2017	Class
	Friday	January 6, 2017	Lecture-Basic Principals, What is Pilates & History
Week Two	Monday	January 9, 2017	Class
	Wednesday	January 11, 2017	Class
	Friday	January 13, 2017	Lecture-Starting Positions, Modifications, Benefits & Class Sequences
Week Three	Monday	January 16, 2017	Class
	Wednesday	January 18, 2017	Class
	Friday	January 20, 2017	Lecture - Posture Analysis
Week Four	Monday	January 23, 2017	Class & Group Practice
	Wednesday	January 25, 2017	Class & Group Practice
	Friday	January 27, 2017	QUIZ/EXAM REVIEW
Week Five	Monday	January 30, 2017	Class-Group Presentations
	Wednesday	February 1, 2017	Class-Group Presentations
	Friday	February 3, 2017	FINAL EXAM
Week Six	Monday	February 6, 2017	Class-Group Presentations
	Wednesday	February 8, 2017	Class-Group Presentations
	Friday	February 10, 2017	NO CLASS

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate

circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. **Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counselling Office* of the student's Faculty/School of registration not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.

3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar). All required papers might be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the

purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. **Formatting** (*as recommended by the course instructor*): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the **Examination Conflict policy**, “A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor.” **This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

7. **Classroom Behaviour:** Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

8. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow.

For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>