

**Sam Houston State University
Department of Dance
Spring, 2017 Semester**

**Course Syllabus
DANC 1201.01–Pilates-Based Conditioning for Dance-23721
2 hours credit**

Classroom: PAC 258
Time: MWF, 9:00-9:50 am
Instructor: Betty Nicolay
Office: PAC Dance Office Complex, Suite #150
Office hours: By appointment
Phone: 294-1875 (Dance Office phone)
E-mail: bjn002@shsu.edu
Mailbox: Located in Dance Office Complex, Suite #150

Course Description: Pilates Matwork. This is an introductory course in Pilates-based body conditioning. Designed by Joseph Pilates in the early 20th Century, Pilates is a movement-based exercise method that stretches, strengthens, and balances the body. Much of its popularity today is due to its regenerative effects on the body-its ability to encompass and connect the mind, body, and spirit with the result of health and wholeness.

Course Objectives: At the conclusion of this course, the student will be able to:

1. Articulate in writing and demonstrate in practice an understanding and application of the basic fundamental principles of Joe Pilates.
2. Define and demonstrate in practice the concept of the “Pilates Breath”.
3. Define and demonstrate in practice the concepts of neutral spine and neutral pelvis.
4. Describe what is meant by the “Powerhouse” and “Core”.
5. Identify body conditioning stretch and strengthening exercises that could be used to improve posture, alignment, and balance.
6. Identify and put into practice postural corrections as the result of a postural assessment.
7. Identify and properly recruit into practice the primary muscles that are used in the Pilates matwork.
8. Select and properly execute exercises in a Pilates mat workout that are appropriate for the student’s body and level of ability, using any necessary modifications.
9. Identify and put into practice proper set-up and sequencing to result in safe and effective movement.
10. Design and execute a complete personalized mat workout of approximately 1 hour in length that addresses the personal goals of the student.

Required textbook:

A bradded folder with pockets **or** 1/2” binder with pockets, destined to become your **Pilates notebook**. **Bring it to every class.**

Optional, but very helpful textbooks/resources:

Return to Life through Contrology by Joseph H. Pilates, 1945.

The Pilates Method of Physical and Mental Conditioning by Philip Friedman & Gail Eisen, 1980.

The Pilates Body by Brooke Siler, 2000.

Required supplies:

1. Pilates or yoga mat
2. Thera-band (set of 3: light, medium, & heavy **or** just one medium)
3. Foam roller (can be ordered in class)
4. Pencil and/or pen
5. Towel (hand or bath length, but not super-sized)

Classroom attire:

Form-fitting, unrestrictive clothing of a modest type. Tights/unitards/leggings must be opaque or must be worn with appropriate undergarments. (We will be practicing inversions.) **No jeans, baggy clothing, socks, or jewelry.** Hair should be worn in a manner that does not interfere with the proper alignment of the body for movement. (Long hair should be worn down or put up in a high ponytail or bun.) Success in this method depends on continual assessment of the body. Monitoring alignment, posture, and correct muscular recruitment is more easily facilitated when clothing and hairstyle do not hide or restrict the body.

Absolutely no cell phone use or use of any electronic device during class!!!

Absolutely no eating or gum chewing allowed in class.

You may bring a water bottle to class with you. Drinking water is encouraged before, during, and after exercise. (No flavored waters, please.)

Attendance Policy:

Due to the participatory nature of the course, **attendance is mandatory.** Attendance will be taken each and every class period. **Each absence in excess of 4** class periods will lower the student's course grade by **5 percentage points.** Absences for official university functions **may** be excused provided that the student requests this accommodation **well in advance and presents official documentation** to the instructor. All other absences count toward the total of **4.**

Absences for the purpose of professional opportunities will be assessed as **1/2 absence each with proper documentation** of the event. All other absences count toward the total of **4.**

Tardies will not be allowed.

3 extra credit points will be awarded for **perfect attendance** and will be added to the semester average. **2 extra credit points** will be awarded for **only 1 absence** for the semester.

In **infrequent** cases of minor injury or illness, students may be allowed to observe rather than participate physically. **In such cases the student must request the accommodation before class begins and present observation notes to the instructor at the conclusion of class.**

Students with on-going medical or physical problems must develop a program of recovery in consultation with a physician/physical therapist and with the instructor. If the condition interferes with the student's ability to participate for an extended period he or she will be advised to drop

the course.

The student is responsible for all assignments given on days missed.

Grading Policy:

Daily/Participation grades (75% of semester grade): Evaluation will be based on attendance and active daily participation in class, execution of material presented, completion of assignments, attitude and work ethic, promptness, and dress.

Written and Practical Assessments (25% of semester grade): You will be given several benchmark assessments and a final project/exam assessing your progress in the areas of technical knowledge, skills, and performance. Assessment grades will be averaged and will count as a major test grade. The test average and semester final project/exam grade will be averaged together and will account for 25% of the final grade.

The final exam for this course is scheduled for: 9:30-11:30 am on Wednesday, May 10, 2017.

The following grading scale will be used:

90-100=A Excellent work

80-90= B Good work

70-80= C Average work

60-70= D Poor work

0-60= F Unacceptable work

Class Format:

Class will consist of warm-up exercises, classical and contemporary Pilates mat progressions, and body conditioning stretching and strengthening exercises from other sources and methods of bodywork. Applications to posture and alignment, balance, and movement such as dance will be included as well. Background information on history and principles of Pilates will also be addressed.

Academic Honesty:

The university expects all students to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action.

Classroom Demeanor:

In compliance with the University Code of Conduct, students will refrain from behavior in the classroom that intentionally or unintentionally disrupts the learning process and, thus, impedes the mission of the university. Please turn off or mute your cellular phone and/or pager before class begins. Students are prohibited from eating in class, chewing gum, using tobacco products, making offensive remarks, using inappropriate language, talking among each other at inappropriate times, wearing inappropriate clothing or engaging in any other form of distraction. Inappropriate behavior in the classroom shall result in, minimally, a directive to leave class or being reported to the Dean of Students for disciplinary action in accordance with university policy.

Visitors in the Classroom:

Please make prior arrangements with instructor.

Religious Holidays:

Absences for observation of a religious holiday are excused, given prior notification to the instructor. You will then be allowed to make up any assignments.

Students with Disabilities Policy:

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should register with the Office of Services for Students with Disabilities located in the Lee Drain Annex (telephone 936-294-3512, TDD 936-294-3786, and e-mail disability@shsu.edu). They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. If you have a disability that may affect adversely your work in this class, then I encourage you to register with the SHSU Services for Students with Disabilities and to talk with me about how I can best help you. All disclosures of disabilities will be kept strictly confidential. NOTE: No accommodation can be made until you register with the Services for Students with Disabilities. For a complete listing of the university policy, see:

<http://www.shsu.edu/dept/academic-affairs/documents/aps/students/811006.pdf>