

**Sam Houston State University  
Department of Dance  
Fall, 2016 Semester**

**Course Syllabus  
DANC 3301.01–Pilates Teaching Methods I-82808  
3 hours credit**

**Classroom:** PAC 258  
**Time:** TTH 9:30-10:50 am  
**Instructor:** Betty Nicolay  
**Office:** PAC Dance Office Complex, Suite #150  
**Office hours:** 10 am-12 pm MWF, 11 am-12 pm TTH, & by appointment  
**Phone:** 294-1875 (Dance Office phone)  
**E-mail:** [bjn002@shsu.edu](mailto:bjn002@shsu.edu)  
**Mailbox:** Located in Dance Office Complex, Suite #150

**Course Description: Pilates Teaching Methods I.** The focus of the course is observation of PMA certified teachers in both private individual and class settings. Emphasis will be on teaching methods of professionals in the field and application to personal practice as a preparation for teaching others. Course requirements will include regular class meetings, a minimum of 13 personal practice sessions, a minimum of 15 documented hours of teacher observation, a journal of observations, 10 student teaching hours, and written and practical evaluation. (Prerequisites: DANC 3374 or BIOL 2401, DANC 1201, DANC 2301) Credit: 3

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

1. Identify the purpose of Pilates Mat exercises in the Introductory through the Intermediate levels.
2. Design a class sequence of 15 Mat exercises that includes a variety of body positions, a logical order and the number of repetitions for each exercise.
3. Comment in writing from a Pilates perspective about classes observed including such aspects as the following: a) content and flow, b) sequencing of exercises, c) cueing used by the teacher, d) interesting exercise variations, and e) instructor tone and personality quality.
4. Discuss the qualities that make a successful Pilates teacher.

**Required textbook:**

1. Balanced Body Mat 1 Manual and DVD. (*Fall, 2016 order link:*  
<http://bbu.pilates.com/gamma/registration/instructor-training-materials-Bridge.aspx>)
2. Pilates Anytime **video resource.** (*Order code available from instructor.*)
3. A bradded folder with pockets **or** 1/2" or larger binder with pockets, destined to become your **Pilates notebook.** **Bring it to every class.**

**Optional** very helpful textbooks/resources:

**Trail Guide to the Body 4th Edition** by Andrew Biel, 2010.

**\*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)
3. Foam roller (can be ordered in class)
4. Pencil and/or pen
5. Towel (Optional: 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 3** 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 3.

**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 3.

**Tardies will not be allowed.** The door will be locked when class begins.

**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 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 quizzes, major tests, and a final exam assessing your progress in the areas of technical knowledge, skills, and performance. Quiz grades will be averaged and will count as a major test grade. Major test grades will be averaged together and will account for 25% of the final grade.

**The final exam for this course is scheduled for: 9:30 am-11:30 am Thursday, December 8, 2016.**

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 Pilates history and principles, movement principles and essential anatomy, classical Mat exercises from the Introductory through the Intermediate levels, postural assessment and correcting alignment, Pilates and osteoporosis, Pilates and pregnancy, teaching group Mat classes, and discussion on becoming a teacher.

**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](mailto: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>