

School of Kinesiology
Faculty of Health Sciences
Western University

**KIN 2941R 002 Pilates
Fall 2017**

Instructor: Krista Dolbear

Email: kdrudge@uwo.ca

Classes: Alumni Hall Room 201
Tu/Th 8:30AM-10:30AM

FIMS & Nursing Room 1220
Fr 9:30AM-10:30AM

NOTE: All course information including grades, assignment outlines, deadlines, etc. are available via OWL. Check the website regularly for course announcements.

Calendar Course Description:

This course will explore the different exercises in Pilates as well as the history and the five basic

Recommended Text: None.

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%

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%

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

Group Presentations - 20%

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 - 10%

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

Tentative Schedule 2941S:

Week One:	Monday	January 8, 2018	Class
	Wednesday	January 10, 2018	Class
	Friday	January 12, 2018	Lecture-Basic Principals, What is Pilates & History
Week Two	Monday	January 15, 2018	Class
	Wednesday	January 17, 2018	Class
	Friday	January 19, 2018	Lecture-Starting Positions, Modifications, Benefits & Class Sequences
Week Three	Monday	January 22, 2018	Class

Course/University Policies

1. **Lateness/Absences:** If applicable, assignments are due at the beginning of class on the

currently between Western University and Turnitin.com (<http://www.turnitin.com>)

help.