

School of Kinesiology  
Faculty of Health Sciences  
Western University

**KIN 2941S 007 Pilates  
Winter 2018**

**Instructor:** Krista Dolbear  
**Classes:** Thames Hall - Gym  
Mon/Wed 2:30PM-4:30PM



**Lateness:**

Students are required to be dressed in appropriate attire by the start of the class time. Lateness 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 s 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 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
	Wednesday	January 24, 2018	Class
	Friday	January 26, 2018	Lecture - Posture Analysis
Week Four	Monday	January 29, 2018	Class & Group Practice
	Wednesday	January 31, 2018	Class & Group Practice
	Friday	February 2, 2018	QUIZ/EXAM REVIEW
Week Five	Monday	February 5, 2018	Class-Group Presentations
	Wednesday	February 7, 2018	Class-Group Presentations
	Friday	February 9, 2018	FINAL EXAM
Week Six	Monday	February 12, 2018	Class-Group Presentations
	Wednesday	February 14, 2018	Class-Group Presentations
	Friday	February 16, 2018	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 instructor. 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:** 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 **not to** the instructor, with a request for relief specifying the nature of the accommodation being requested. In the event of a medical request, the documentation should be obtained at the time of the initial consultation with the physician or walk-

**ALL** such accommodation requests must be submitted into the appropriate Academic Counselling office of file, and will be held in confidence.

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.

**15% of course grades will be posted by the last day to drop a course.**

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](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 may 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