

## Dakota College at Bottineau Course Syllabus

**Course Prefix/Number/Title:** HPER - 29773 - Pilates Mat

**Number of credits:** 0.5

**Course Description:** This course provides a foundation for better posture and core strength for functional everyday activity/living. Through proper breathing technique, muscle use, and coordination building, Pilates will help lengthen muscles, enhance flexibility, and bring harmony to both your body and mind! This class will involve 5-10 minutes of lecture/group discussion followed by 40-45 minutes of exercise.

**Pre-/Co-requisites:** A medical release from their doctor if a student has had recent surgery and/or physical therapy. If a student has any physical limitations, exercises will be modified to accommodate their physical needs.

### Course Objectives:

- \* To learn and practice the six Principles of Pilates
- \* To understand and execute beginning to intermediate exercises in a safe and effective manner
- \* To complete Posture Alignment Analysis at the beginning, middle, and end of semester

**Instructor:** Crystal Grenier; NASM-CPT, AFAA, PM, PR, YogaFit, Zumba Fitness

**Office:** None

**Office Hours:** Available upon request to meet

**Phone:** (cp) 701-550-9531 or (hp) 246-3588

**Email:** crystal.grenier@dakotacollege.edu

**Lecture/Lab Schedule:** Thursdays, 11:00 am in the gymnasium (we may move class to racquetball court if space is available).

**Textbook(s):** None

**Materials of Instruction:** Please bring a yoga or pilates mat and a towel (to use for props if needed) with you to each class. Wear comfortable clothing for exercise (no jeans). Please turn off your cell phones during class (no texting or talking). Don't forget your water!

### Course Requirements:

To earn an "A" in class, the student must complete the following criteria:

- \* Participate fully in all classes
- \* Complete a health history form and other course assignments
- \* Miss 0-2 class periods

To earn a "B" in class, complete the above criteria, and can miss 3-4 classes.

To earn a "C" in class, complete the above criteria, and can miss 5-6 classes.

To earn a "D" in class, complete the above criteria, and can miss 7-8 classes. 9 or more classes missed will result in an "F" grade.

### Tentative Course Outline:

- Weeks 1-6: Introduce the 6 pilates principles, beginning mat exercises and breathing.
- Weeks 7-12: Incorporate the 6 pilates principles, intermediate mat exercises and breathing
- Weeks 13-16: Continue to practice the 6 principles, and advance the mat exercises if students show physical ability

**General Education Goals/Objectives:** This course meets General Education Goal 5:

Employs the principles of wellness (Objective 1; Skill 2).

**Relationship to Campus Theme:** Pilates, as an exercise method, strengthens our core, improves our balance and posture, increases coordination and decreases stress. Each exercise incorporates breath awareness, correct form, and effective movement patterns. These movement patterns focus on the abdominal muscles, hip/pelvic floor, low back and spine. By incorporating mini-balls and other props, one can allow individual success as each body is different in his/her bone/muscle structure. Students will experience a safe, low impact workout that will bring balance into their daily lives and take them beyond their normal comfort zone.

**Classroom Policies:** By participating fully (mentally and physically) in each class session, the student will notice significant changes in his/her body. Please refer to the Requirements section stated above which must be adhered to in order to receive your grade. You have to attend and participate in order to receive a grade.

**Academic Integrity:** Please be true to your self and your body. "Pilates is a movement technique as well as a lifelong learning process of training your body with an expectation toward health and wellness."

**Disabilities and Special Needs:** Please inform the instructor within the first week of classes if modifications are needed due to disabilities or special needs.