

HPE: Pilates Syllabus

Fall Trimester 2008
Augsburg College

Instructor: Stacy Schmitt
E-mail: schmitts@augsborg.edu

Course Description: HPE: Pilates serves as an introduction into mind/body group fitness focusing on the Pilates modality. The technique of Pilates taught in this class is adapted from STOTT Pilates (www.stottpilates.com). Each class will consist of introductory Pilates theory, usually lasting 30-40 minutes, 60 minutes of Pilates technique practice, and 10 minutes of flexibility stretching. The remainder of the class will be used to work on the final group project.

Course Objectives:

- Understand the benefits of Pilates in daily fitness routine
- Acquire knowledge of the five principles used in Pilates
- Be able to progressively practice Pilates in class
- Feel comfortable performing exercise in group fitness

Required Class Material:

- One pilates/yoga rolled mat (can be purchased at any sporting goods store; prices range from \$10-30).
- No text book required

Class Schedule: Wednesdays, 6-8 PM

- September 10
- September 17
- September 24
- October 1
- October 8

Grading: This class is graded pass/fail. Passing grade is 119 points or greater. A breakdown of the point structure is below.

Class Attendance	Quizzes (9/17 and 10/1)	Final Group Presentation
25 points per class	10 points per quiz	25 points
125 points maximum	20 points maximum	25 points maximum
<u>170 points total</u>		

The instructor reserves the right to revise this syllabus at anytime.