WAYNE STATE UNIVERSITY
COLLEGE OF EDUCATION

DIVISION: Kinesiology, Health and Sport Studies (KHS)

PROGRAM AREA: Lifestyle Fitness Activities (LFA)

WEB SITE: www.kinesiology.wayne.edu (click Lifestyle Fitness Activities)

COURSE: LFA 1210, PILATES MATWORK

COURSE CREDIT: 2 hours

TERM/YEAR: 

COURSE LOCATION: Matthaei Building

TIME/DAY: 

INSTRUCTOR:

E-MAIL ADDRESS:

OFFICE HOURS: By Appointment

WSU TELEPHONE: (313) 577-4249 (KHS Secretary)

INSTRUCTOR’S PHONE:

COURSE DESCRIPTION: Total body exercise program using a series of floor exercises to increase strength, flexibility, stamina and concentration. Exercises are selected based on core strengths and stabilization methods.

COURSE OUTCOMES: Upon completion of this course, students will be able to:

1. Demonstrate an understanding of the philosophy and methods applied to Pilates exercises.

2. Demonstrate an understanding of the concepts of strength and stabilization of Pilates/Mind body basic movements

3. Apply the learned concepts to all matwork fundamental exercises.

4. Demonstrate an understanding of and incorporate the fundamental exercises as a prerequisite to the basic exercises.

5. Perform basic exercises and movement progression as they apply to class, as well as individual development.
6. Demonstrate an understanding of “mindful” movement as it applies to exercise.

**TEXT:**

**EQUIPMENT:**
Students will be required to purchase a Pilates/Yoga mat (light in weight and easy to carry) and bring it to each class. These mats cost approximately $15.00 at Target stores.

**REFERENCES:**
Handouts and articles will be distributed for student’s information throughout the semester.

**ASSIGNMENTS:**

**QUIZZES** – There will be two, 15-point quizzes given during the semester.

**EVALUATION:**
Students’ final grades will be determined according to the following criteria:

1. **Two quizzes** – 15 points each, **30 points Maximum**. If you miss the quiz, a make-up quiz will be provided.

2. **Attendance and Participation – MOST important!**
   *Note:* One of the reasons for this strict attendance policy reflects the fact that classes of this type are largely participatory -- the outcomes are essentially equivalent to the process. Given the nature of the subject, successful completion of activity courses of this kind require regular attendance and full participation. Regular attendance and participation is necessary in order to improve core fitness. **Goal is 138 POINTS [30 (quizzes) +108 (27 of 28 classes attended)].**

   a. **Four** points will be earned for each class the student attends and participates.

   1. **Three** points will be earned for each class the student is late OR LEAVES EARLY and participates.

   2. **Two** points will be earned for each class the student attends but does NOT participate.

   3. **Zero** points will be earned when the student is absent from class.

This attendance point system accounts for 27 of the 28 Fall semester class periods. You will be allowed one absence without a penalty. This point system begins on the first day of class, regardless of when a student registers for the class.
GRADING:

<table>
<thead>
<tr>
<th>Points (percentage)</th>
<th>Grade</th>
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<tbody>
<tr>
<td>130-138 (94-100%)</td>
<td>A</td>
</tr>
<tr>
<td>125-129 (91-93%)</td>
<td>A-</td>
</tr>
<tr>
<td>121-124 (88-90%)</td>
<td>B+</td>
</tr>
<tr>
<td>116-120 (84-87%)</td>
<td>B</td>
</tr>
<tr>
<td>112-115 (81-83%)</td>
<td>B-</td>
</tr>
<tr>
<td>107-111 (78-80%)</td>
<td>C+</td>
</tr>
<tr>
<td>102-106 (74-77%)</td>
<td>C</td>
</tr>
<tr>
<td>98-101 (71-73%)</td>
<td>C-</td>
</tr>
<tr>
<td>94-97 (68-70%)</td>
<td>D+</td>
</tr>
<tr>
<td>88-93 (64-67%)</td>
<td>D</td>
</tr>
<tr>
<td>84-87 (61-63%)</td>
<td>D-</td>
</tr>
<tr>
<td>&lt;84</td>
<td>F</td>
</tr>
</tbody>
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ACADEMIC DISHONESTY/PLAGIARISM:

The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct http://doso.wayne.edu/assets/student-code-of-conduct-brochure.pdf). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University’s Undergraduate Bulletin (http://bulletins.wayne.edu/ubk-output/index.html) and Graduate Catalog (http://www.bulletins.wayne.edu/gbk-output/index.html) under the heading “Student Ethics.” These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student’s responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

WITHDRAWAL POLICY:

It is the student’s responsibility to request withdrawal from class. After the fifth week students may make their request on Pipeline, and their instructor will need to approve it.

There are three options:
WP - Withdrawal with a passing grade earned to date.
WF - Withdrawal with a failing grade earned to date
WN - Withdrawal never attended or no graded work to date.
MEDICAL WITHDRAWAL:

A student who sustains, during the course of the semester, an injury or illness that prevents him/her from further participation in this class may apply for a "(partial) medical withdrawal" and may receive complete or partial reimbursement of tuition paid for this class. A physician's statement is required. Forms to use to apply for "medical withdrawal" may be obtained from the Registrar, or from www.wayne.edu (type in "forms and instructions" in the search box).

RELIGIOUS OBSERVANCE POLICY:

Because of the extraordinary variety affiliations represented in the university student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is university policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

In the LFA program, each class allows for a certain number of make-up classes. Since attendance and participation are a substantial part of the evaluation, students will have to take this into account with the total number of make-ups allowed for that particular LFA class.

STUDENTS WITH DISABILITIES:

Wayne State University is committed to providing students with disabilities an equal opportunity to benefit from its programs, services, and activities. All printed materials are available in alternative formats. Please request alternative format materials from the instructor of the course. If the limitations imposed by your disability interfere with your ability to fulfill the requirements for the successful completion of this course, you are strongly encouraged to contact Student Disability Services (SDS) in room 5155 Gullen Mall/1600 UGL to request an accommodation. Website: www.studentdisability.wayne.edu

SDS Telephone Numbers: VOICE 313-577-1851 or TDD 313-577-3365.

LFA ADD POLICY:

The university permits students to add (provided the classes are not filled) and drop classes the first week of the semester without instructor or departmental signatures. The KHS division will permit students to enroll in the LFA courses through the second week of the semester with the permission and signature of the instructor as well as completion of the Registrar's form titled Add/Drop Class After Deadline Date. Overrides will be made through the KHS division office, room 2152 Faculty Administrative Bldg (FAB), once the official form has been completed. There will be no students admitted to LFA classes AFTER the second week of the semester!!
CLASS POLICIES:

1. **Clothing**: T-Shirts, shorts, leotards, tights, spandex pants, etc. are recommended. Clothing should not restrict muscle movement. Students must be dressed for class. Street clothes are not allowed for participation.

2. **Cell phones MUST be turned off and out of sight during class; whether you are participating or sitting out!**

3. No eating or chewing gum during class.

4. **Door Check Policy**: For security reasons, students are expected to show their WSU OneCard (and possible back-up identification) upon entering the Matthaei Building.

5. **Make ups**: A maximum of four make-ups will be allowed during the semester. Make up classes must be approved and from the LFA schedule only for: Pilates, Yoga or Zumba™. Optionally, a make-up can be done at the fitness center on campus only (free to students) Pilates or Yoga (if offered). Check the ‘Schedule of Classes’ and campus fitness center for times and locations. **Note: no make-ups allowed during the last week of the semester.** It will be the instructor’s prerogative (either in LFA classes or at The Fitness Center) whether there is enough room or equipment available to allow make-ups on any certain day. **There will be NO make-ups allowed the last week of the semester! These CANNOT be made up in another registered LFA class!**

6. There will be NO grades of "Incomplete" given.

7. Students are required to check Blackboard on a regular basis.

8. The division of Kinesiology, Health and Sport Studies (KHS) informs you that participation in physical activity includes the risk of trauma and/or injury. The division of Kinesiology, Health and Sport Studies is NOT responsible for accident or illness which results from participation in class and requires that no student be allowed to participate in an activity before signing the Statement of Informed Consent and Release of Claims form.

9. **Locker Rental**: Visit Tartar Shop for information.

10. **Eating & gum chewing are prohibited during class!**

11. Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering pertaining to the class. **Have Fun!**

CLASS SCHEDULE:

NOTE: Dates and content are tentative and subject to change