

**DEPARTMENT OF HEALTH AND KINESIOLOGY
MISSISSIPPI UNIVERSITY FOR WOMEN**

HKC 130 Pilates

CREDIT: 1 semester hour

CATALOG DESCRIPTION:

Pilates (pronounced Puh-Lah-Tees) is a system of exercise designed to achieve optimal strength and flexibility. The Pilates method of body conditioning is a unique system of stretching and strengthening exercises. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape.

PREREQUISITE: None

TEXTBOOK: None

NATURE OF COURSE CONTENT:

The emphasis in Pilates focuses on developing the deep stabilizing muscles of the torso and strengthening core abdominal and back muscles. The non-impact resistance eliminates stress on joints, realigns muscle imbalances and focuses on maintaining neutral pelvic and spinal alignment. The Pilates exercises will be performed on a mat.

GOALS/OUTCOMES:

The student will be able to:

1. Demonstrate improvement in his/her core stability.
2. Demonstrate improvement in his/her core strength.
3. Demonstrate improvement in his/her body balance.

REQUIREMENTS OF THE COURSE:

Attendance is required. Audit students must attend 70% of the classes.

Students are expected to fully participate during each class. This is a laboratory class and quality of activity is assessed daily. Proper clothing is required in order to workout. Shoes are optional. A workout is defined as exercising your body at your appropriate fitness level to meet your fitness goals.

TOPICS COVERED

1. Core Stability
2. Core Strength
3. Body Balance

METHODS OF EVALUATION:

Active participation counts as 50% of your final grade. A rubric will be used to assess participation.

1. Attendance will count as 50% of your grade.
2. Your grade will be determined by the number of absences, as follows:

0-3 absences = A 4-6 absences = B 7-8 absences = C

9-10 absences = D over 10 absences = F

TEACHING METHODS:

1. Teacher demonstration
2. Handout materials
3. Verbal cues

STUDENTS WITH DISABILITIES:

It is the responsibility of the student who has professionally diagnosed disabilities to notify the instructor so that necessary and appropriate modifications can be made to meet any special learning / physical needs.