

HPE: Pilates Syllabus

Fall Trimester 2009
Augsburg College

Instructor: Stacy Schmitt
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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 include Pilates theory and principles followed by 60 minutes of Pilates technique practice.

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 9
- September 16
- September 23
- September 30
- October 7

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 (9/23 and 10/07)	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.