



Course Syllabus

KINE 1133/2133-Pilates Course

Catalog Description: This course will prepare the student to practice yoga with harmony of the three aspects of body, mind, and spirit, through breath control, yoga postures, and relaxation exercises. You will learn how to use hatha yoga poses to increase flexibility and balance, have more core strength and energy, and feel more relaxed.

Prerequisites: General good physical condition or permission from physician

Semester Credit Hours: 1

Lecture Hours per Week: 0

Lab Hours per Week: 3

Contact hours per Semester: 48

State Approval Code: 36.0108.51 23

Class section meeting time:

Core Components and Related College Student Learning Outcomes

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree. Yes No: If no, skip to Instructional Goals.

Instructional Goals and Purposes:

The purpose of this course is to 1) creating an academic atmosphere in which students may develop their intellects and skills; and 2) provide courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers baccalaureate degrees.

Learning Outcomes:

After studying all materials and resources presented in the course, the student will be able to:

1. Develop an understanding of the importance of regular, lifelong physical activity as part of a healthy lifestyle.
2. Understand how to safely participate in an activity program.
3. Develop good principles in movement and technique to maximize learning and progress.
4. Develop physical skills that also enhance the student's psychological and emotional well-being.

Course Content:

A general description of lecture/discussion topics included in this course is listed in the Learning Objectives section of this syllabus.

Students in all sections of this course will learn the following content:

1. Improve cardiovascular fitness through pilates.
2. Improve muscular flexibility and endurance through various pilates exercises.
3. Understand the importance of physical fitness.
4. Learn various methods for developing physical fitness through pilates.

Methods of Instruction/Course Format/Delivery:

This course is offered in the following methods of instruction: lecture, demonstration, discussion, internet, and television/video presentation.

Major Assignments / Assessments:

The following items will be assigned and assessed during the semester and used to calculate the student's final grade.

Assignments

Attendance/Participation: 100%

Course Grade:

This class is entirely participation/attendance-based. Students are allowed to miss three class periods before they began to drop a letter grade for each additional absence. As such, final grades are determined by the following grading scheme:

A = 3 or fewer absences

B = 4 absences

C = 5 absences

D = 6 absences

F = 7 or more absences

Texts, Materials, and Supplies:

1. **Course Attire:** Students are encouraged to wear comfortable but somewhat "fitted" clothes such as stretch shorts, leggings, sweat pants, and t-shirts. Hair should be secured so as not to interfere with vision in inverted or twisting poses. Yoga is practiced in bare feet.
 2. **Supplies:** Mats and yoga props are provided.
- For current texts and materials, use the following link to access bookstore listings: <http://www.panolacollegestore.com>
 - For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
 - If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Matthews Student Center or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
 - Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
 - Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>