

PE 109 Mat Pilates / Aerobics
Oxford College of Emory University
Fall 2017



M/W/F 12:00-12:50pm

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Office Hours: By appointment

Physical activities for this class include vigorous movement. If you have a medical condition that prevents you from fully participating in the class, please contact the Office of Accessibility(AOS).

Class Description: The class is a combination class. **Pilates** is a total body exercise conditioning method that combines flexibility and strength from both Eastern and Western cultures. Pilates develops mind and body uniformity, balance, flexibility and strength and improves posture by focusing on the powerhouse of the body. **Aerobics based dance workouts** are fitness workouts that are primarily cardiovascular in nature and will include step, dance and Zumba type classes.

Course Objectives and Learning Outcomes:

1. Perform a before /after assessment to evaluate and become aware of one's own physical fitness, nutritional and sustainability status.
2. Based on the results of the evaluation, establish personal goals (both short and long term) in fitness, nutrition, and sustainability.
3. Create a personal prescription to achieve these goals using the S.M.A.R.T. format.
4. Identify components of healthy nutrition, living in a sustainable environment, and personal healthy fitness habits.
5. Understand the principles of proper biomechanics and fitness principles with particular focus on **Pilates and Aerobics**.
6. **Improve and Maintain** personal awareness goals for nutrition, fitness, and sustainability.
7. **Reflect** on your goals with a written analysis of your journey throughout the semester.

Dress Code: Appropriate attire for physical activity. T-shirts, shorts, tennis shoes with good support and with socks ☺ for Dance **Aerobics**. You'll be moving so make sure clothing does not restrict you in any way. For the **Pilates**, no shoes are worn during the workout. Yoga type clothing works best and preferably nothing too loose. Use good judgment and ask if you have questions.

- **FILLED WATER BOTTLE - Reusable please!**
- **Mats are provided for Pilates, but you may bring your own if you prefer.**

Class Participation and Contribution:

In order to pass this course you must actively participate and contribute during each class meeting. This class is for all levels of fitness. We will start with the very basics of body awareness in Pilates, introductory poses with options for advanced participants. Encourage and help each other. Each of you will learn at a different rate and have different flexibility concerns. Once you have mastered a skill, help others learn it. Your grade is dependent on both attendance and the quality of your participation during class.

Come to class and it is expected that you arrive for class on time at 12:00 pm! Even if you do not feel well enough to participate you can contribute so that your grade will not be penalized. You will take notes and make suggestions that would be helpful to your classmates. **You might even feel much better just giving it a try. Exercise can work miracles!** There will be NO MAKE UPS for written work or skills tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

Every third time you are late (not in class when I begin calling roll) you will be penalized an absence). If you are late, you must remind me when class is over to change your absence to a late mark. **If you do not do so, you will be considered absent even if you were in class.**

Evaluation:

Grading Scale:	90% - 100% = A
	80% - 89% = B
	70% - 79% = C
	60% - 69% = D
	< 60% = F

Pre/Post Assessment	20%
S.M.A.R.T. Goal	20%
Group Dance	20%
Final Exam (Reflection Paper)	20%
Class Participation	20%
	100%

Writing Assignments: Using the information from your initial pre-assessment evaluation, and reading assignments, complete:

- a fitness/nutrition/ sustainability personal prescription using the S.M.A.R.T. FORMAT for your semester goals
(Final exam) is an evaluation/reflection of what worked, what didn't, and your thoughts along your "journey". Be thorough! These are about YOU, so no two will be alike.

Participation/Effort: Yes, you must show up, AND you must be actively engaged in the class. **This is 20% of your grade!**

*** All tests must be taken on the scheduled test day. **LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP.** If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with me to turn in the assignment or take the test before the day that will be missed, **if I deem such arrangements acceptable.**

Banned Materials: PDAs, cell phones, or any other items that could distract the student, other students, or the instructor must be **turned off** during class. *If you have a need to have a cell phone on, please let me know.*

Grade Appeal Process: If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

Divisional Attendance Policy

Class Attendance Policy:

- A. Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.
- B. **You are expected to attend all classes at the scheduled time;** therefore tardiness and absences affect your final grade. **A maximum of three (MWF)/two (TTH) absences are allowed without penalty, upon instructor's consent.** There are no excused absences in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. ****If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.**
- C. **After the allowed absences (3/2), each following absence will result in a 5% reduction of your final grade, e.g.,**
MWF: 4 absences = 5% reduction; 5 absences = 10% reduction; 6 absences = 15% reduction; 7 absences = 20% reduction; 8 absences = 25% reduction; 9 absences = automatic final grade of F.
- D. You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.
- E. At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Reasonable accommodation for students with disabilities: If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of Disability Services (404.727-6016) with questions about such services. It is the student's responsibility to initiate considerations; all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770. 784-4722).

HONOR CODE: Article 2.A "A student's signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others." I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test for this class you are under dictates of the Honor Code Any violation of Oxford College's HONOR CODE will not be tolerated. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea. Please see <http://www.college.emory.edu/students/honor.html>