

UNIVERSITY OF HOUSTON
Introduction to Pilates
MW 9-10am
WT 207

Spring 2014
Dance 4197-1

INSTRUCTOR

Melissa Noble
Phone: 812-369-9969
Email: mlnoble@central.uh.edu

DESCRIPTION:

An introduction to the STOTT PILATES method of pilates. STOTT PILATES® incorporates modern exercise principles, and applies proven and accepted practices in biomechanics, rehabilitation and athletic performance enhancement. After realizing the benefits of the concepts of the original Pilates method, and in collaboration with a team of physical therapists/physiotherapists, sports medicine and exercise professionals, the Merrithews dissected and re-connected this unique form of exercise into a comprehensive, systematic, contemporary approach to the original teachings.

STOTT PILATES exercises are designed to restore the natural curves of the spine and rebalance the muscles around the joints. This involves placing more emphasis on pelvic and scapular stabilization, and integration of all the parts of the body into one. As well, preparatory exercises and modifications allow the technique to be appropriate for many different body types and abilities, making it applicable to sport-specific training and everyday life.

The Five Basic Principles

The following Five Basic Principles form the foundation of the method from which our education and all of our programming is developed. Whether performed on a mat or on specialized equipment, application of the following biomechanical principles will ensure the realization of maximum benefits from Pilates exercises:

Breathing

Pelvic placement

Rib cage placement

Scapular movement and stabilization

Head & cervical spine placement

This course will cover the Essential and Intermediate repertoire of exercises.

OBJECTIVES

- To equip each student with the foundation of the 5 principles.
- To provide each student with information about their physical alignment, strengths and weakness.
- To develop strength and stamina to improve physical performance.
- To provide the opportunity to master the Essential and Intermediate exercises of the STOTT PILATES method.

MATERIALS:

Mat- thick pilates mat or 2 yoga mats

Band- medium weight (In Theraband brand blue or green) other brands have different color codes

CLASS ATTENDANCE

The class is entirely experiential. Therefore, attendance at all class meetings is essential to each student's growth, and a minimal requirement for passing the course. More than two absences from class are considered excessive. Students with 5 absences should not expect to pass the course. Be advised:

Each absence will degrade the student's daily participation points, adversely affecting their final grade.

After the third absence, the student's **grade will drop one full letter.**

After the fourth absence, the student's **grade will drop two full letters.**

After the fifth absence, the student will **automatically fail the course.**

Students with legitimate issues that result in excessive absences should drop affected courses in accordance with the cut-off dates for such actions announced by the College of Liberal Arts and Social Sciences. Students who fail to drop adversely affected courses will NOT be automatically dropped by their instructor; it is the student's responsibility to drop the class.

IF A STUDENT IS ABSENT FROM CLASS, IT IS THE STUDENT'S RESPONSIBILITY TO CHECK ON ANNOUNCEMENTS OR ASSIGNMENTS MADE DURING THE MISSED CLASS SESSION.

To make the best use of time in the class, students must also be punctual. Let it be known:

- Arriving tardy to class (after instruction has begun/during the warm-up) degrades 2/5 of that day's participation points. **Three instances of tardiness will equate to one absence from class.**
- Arriving late to class (after the warm-up/once training has commenced), or leaving early (before training has finished), degrades 3/5 of that day's participation points. **Two instances of lateness (or early departure) will equate to one absence from class.**
- Three instances of inappropriate attire (that affect the student's ability to participate in the physical component of the class) will degrade one full week of the student's participation grade.

IN THIS COURSE THERE IS NO SUCH THING AS AN "EXCUSED" OR "UNEXCUSED" ABSENCE.

Regardless of the cause for the absence, the student has still missed out on the learning experience. Attend class.

CLASSROOM PROTOCOL

-Attendance is taken at the beginning of each class session. Any student who is tardy is responsible for getting himself/herself marked present at the end of class. Students arriving late are responsible for ensuring that they are properly warmed up before engaging in the training.

-All cell phone and electronic devices must be turned off during class sessions. If any electronic sounds are heard (rings, dings, bings) or any texting occurs during class, **THE ENTIRE CLASS DOES 20 PUSH UPS!!**