

DANC 362
Pilates Mat Training
Section 22524R
Fall 2014
2 units
Day: M/W
Time: 11:00am–12:20pm
Location: PED 207

Instructor: Jackie Kopcsak
Office: STO 334
Office Hours: To be scheduled by email
Contact Info: jkopcsak@usc.edu

Catalog Description

Mat exercises designed to promote healthy movement practices, develop strength, balance, flexibility and coordination.

Full Course Description

This class uses mat exercises designed to promote healthy movement practices, develop strength, balance, flexibility and coordination. Principles of basic anatomy and kinesiology may be integrated with principles of Pilates mat training.

Course Overview

This class teaches safe performance of movement in a progressive approach and offers an opportunity to improve and/or maintain a high-level of fitness through application of conditioning principles. In particular, this class offers a basic understanding of the concepts of alignment, centering, breathing, stabilization, mobilization and balance. Utilizing non-impact, whole-body conditioning mat exercises based on the work of fitness pioneer Joseph Pilates, the work of this class is designed to develop body awareness, improve posture, enhance muscle recruitment and further the art of muscle relaxation. The mat work increases core strength and stabilization, builds muscle tone and a long, lean physique, and improves coordination, balance and flexibility. Mat techniques may be augmented with exercises utilizing exercise balls, therabands, free weights and the body for resistance.

Learning Objectives

In this studio course students will:

- Perform and demonstrate Pilates-based strengthening exercises for major muscle groups

- Develop a self-awareness of skeletal alignment and body mechanics, emphasizing an intelligent use of the body
- Increase strength, coordination, flexibility and range of motion
- Provide and demonstrate key exercises for selected common fitness and/or dance technique goals.

Proper Attire and Supplies for Pilates Mat Class

Students do not need to bring their own mat (unless they wish to do so). Please come dressed in appropriate workout/yoga/dance attire and bring to each class:

- Pair of socks or ballet slippers (advance notice will be given if students should bring athletic shoes)
- Towel
- Journal and pen/pencil

Required Reading

Isacowitz, R. & Clippinger, K. (2011). *Pilates Anatomy*. Champaign, IL: Human Kinetics.

Additional Resources

Though not required, these texts may be of interest:

Isacowitz, R. (2006). *Pilates*. Champaign, IL: Human Kinetics.

Manocchia, P. (2009). *Anatomy of Exercise*. Buffalo, New York: Firefly Books.

Nelson, A. and Kikkonen, J. (2007). *Stretching Anatomy*. Champaign, IL: Human Kinetics.

Olsen, A. & McHose, C. (1998). *BodyStories: A Guide to Experiential Anatomy*. Hanover: University Press of New England.

Pilates, J. and Miller, W. (1998). *A Pilates' Primer: The Millennium Edition*. Presentation Dynamics.

Siler, B. (2000). *The Pilates Body*. New York: Broadway Books.

Description and Assessment of Assignments

Students are expected to be in class every day and keep a written **journal** of exercises, personal achievements/challenges, and understanding of Pilates mat work. Further the student is expected to do the following:

- Be on time for class and prepared to work
- Learn all assigned exercises and variations presented
- Develop a personal system of Pilates mat work with consultation of faculty

Exams

The mid-term and final exam will consist of both a written test (multiple choice, matching, fill-in-the-blank (or anatomical diagram), short answer) and a practicum.

Mid-Term Exam: Wednesday, October 8 – 11:00–12:20pm

Final Exam: Wednesday, December 10 – 11:00am–1:00pm

Grading Breakdown

Letter grade based on the following:

- 40% Lesson progress, preparation and achievement as evidenced by active participation and accomplishment of in-class work observed by teacher
- 20% Journal
- 20% Mid-Term Exam
- 20% Final Exam

A+ = 100 points

A = 96–99 points

A- = 91–95 points

B+ = 88–90 points

B = 85–87 points

B- = 81–84 points

C+ = 78–80 points

C = 75–77 points

C- = 71–74 points

D+ = 67–70 points

D- = 61–63 points

F = 60 or below

Additional Policies

Attendance is mandatory as most of our work is done in the studio each session. There will be four excused absences allowed. No doctors' notes are necessary or accepted. No make-up classes are allowed. Tardiness is not tolerated as early warm-ups are critical to preventing injury; the full class time is necessary to complete course training, and tardiness creates a significant disruption to the course work of the other students. Tardiness of 20 minutes or more will constitute an absence. Further, three tardy attendances of less than 20 minutes will also constitute an absence. Because Active Participation as defined herein is so utterly important to this course, each unexcused absence will count for a 3-point deduction of active participation points.

Course Schedule: (Subject to Change)

	Topics/Daily Activities	Readings and Homework	Other Notable Dates
Week 1 Aug 25 Aug 27	Intro/Alignment/ Breath	Chapter 1: Six Key Principles of Pilates Chapter 2: Spine, Core and Body Alignment	
Week 2 Sept 3	Pilates Foundations	Chapter 4: Foundation for a Mat Session	LABOR DAY HOLIDAY Sept 1
Week 3 Sept 8 Sept 10	Abdominal Work	Chapter 5: Abdominal Work for Movement and Stabilization, 69–72.	
Week 4 Sept 15 Sept 17	A Flexible and Functional Spine	Chapter 6: Fine Articulation for a Flexible Spine, 97–101; Chapter 7: Bridging for a Functional Spine, 127–130.	
Week 5 Sept 22 Sept 24	Continued Practice	Journal Due #1 (at least 5 entries) Wednesday, September 24	
Week 6 Sept 29 Oct 1	Additional Exercises for the Core and Back	Chapter 8: Side Exercises for an Effective Core, 149–151; Chapter 9: Extensions for a Strong Back, 175–177.	
Week 7 Oct 6 Oct 8	Review/Test 1	Mid-Term EXAM: Wednesday, October 8	
Week 8 Oct 13 Oct 15	Continued Practice	Revisit Previous Chapters to look at Intermediate-level Exercises	
Week 9 Oct 20 Oct 22	Continued Practice	Revisit Previous Chapters to look at Intermediate-level Exercises	
Week 10 Oct 27 Oct 29	Continued Practice	Journal Due #2 (at least 5 entries) Wednesday, October 29	
Week 11 Nov 3 Nov 5	Continued Practice	Revisit Previous Chapters to look at Intermediate-level Exercises	
Week 12 Nov 10 Nov 12	Continued Practice	Revisit Previous Chapters to look at Intermediate-level Exercises	
Week 13 Nov 17 Nov 19	Continued Practice	Revisit Previous Chapters to look at Intermediate-level Exercises	
Week 14 Nov 24	Continued Practice	Journal Due #3 (at least 5 entries) Monday, November 24	Thanksgiving BREAK: Nov 26–29
Week 15 Dec 1 Dec 3	Practice, Wrap-Up & Review	Review	
FINAL	Final Exam	Wednesday, Dec 10 @ 11am	

Statement for Students with Disabilities

Any student requesting academic accommodations based on a disability is required to register with Disability Services and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP. Please be sure the letter is delivered to me (or to TA) as early in the semester as possible. DSP is located in STU 301 and is open 8:30 a.m.–5:00 p.m., Monday through Friday. Website and contact information for DSP: http://sait.usc.edu/academicssupport/centerprograms/dsp/home_index.html, (213) 740-0776 (Phone), (213) 740-6948 (TDD only), (213) 740-8216 (FAX) ability@usc.edu.

Statement on Academic Integrity

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the expectation that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. SCampus, the Student Guidebook, (www.usc.edu/scampus or <http://scampus.usc.edu>) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

Emergency Preparedness/Course Continuity in a Crisis

In case of a declared emergency if travel to campus is not feasible, USC executive leadership will announce an electronic way for instructors to teach students in their residence halls or homes using a combination of Blackboard, teleconferencing, and other technologies.