

CBM003 ADD/CHANGE FORM

Undergraduate Council  
 New Course  Course Change  
 Core Category: None Effective Fall 2009

or

Graduate/Professional Studies Council  
 New Course  Course Change  
 Effective Fall \_\_\_\_

RECEIVED MAY 30 2008

- Department: Health and Human Performance College: EDUC
- Person Submitting Form: Jessica Wheeler Telephone: 713-743-9852
- Course Information on New/Revised course:
  - Instructional Area / Course Number / Long Course Title:  
PEB / 1111 / Pilates
  - Instructional Area / Course Number / Short Course Title (30 characters max.)  
PEB / 1111 / PILATES
  - SCH: 1.00 Level: FR CIP Code: 31.0501.10 02 Lect Hrs: 0 Lab Hrs: 1
- Justification for adding/changing course: To meet instructional needs of students
- Was the proposed/revised course previously offered as a special topics course?  Yes  No  
 If Yes, please complete:
  - Instructional Area / Course Number / Long Course Title:  
\_\_\_\_ / \_\_\_\_ / \_\_\_\_
  - Content ID: \_\_\_\_\_ Start Date (yyyy3): \_\_\_\_\_
- Authorized Degree Program(s): PEB
  - Does this course affect major/minor requirements in the College/Department?  Yes  No
  - Does this course affect major/minor requirements in other Colleges/Departments?  Yes  No
  - Are special fees attached to this course?  Yes  No
  - Can the course be repeated for credit?  Yes  No
- Grade Option: MU (multiple types) Instruction Type: laboratory ONLY (Note: Lect/Lab info. must match item 3, above.)
- If this form involves a change to an existing course, please obtain the following information from the course inventory: Instructional Area / Course Number / Long Course Title  
 \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 \_\_\_\_\_  
 • Start Date (yyyy3): \_\_\_\_\_ Content I.D.: \_\_\_\_\_
- Proposed Catalog Description: (If there are no prerequisites, type in "none".)  
 Cr: 1. (0-1). Prerequisites: none Description (30 words max.): Course offers hands-on instruction for the system of mind-body exercises developed from the rehabilitation techniques of Joseph Pilates. Course may be repeated for credit.
- Dean's Signature: \_\_\_\_\_ Date: 5/29/08  
 Print/Type Name: Chuck Layne/ Dean Wimpelberg

### PEB 1111: Pilates (\*\*\*\*\*)

Fall 2009

**Class Times:**

**Location:** 223 Melcher  
**Instructor:** Sanja Korman  
**Phone:** 713 / 743-9296

**Office Hours:** M – Th. 12:00 – 1:00  
**Email:** skorman@uh.edu  
**Office:** 105L Garrison

#### COURSE DESCRIPTION

This course is designed to give hands-on instruction for the system of mind-body exercises developed from the rehabilitation techniques of Joseph Pilates. Students will develop a basic understanding and skill level in pilates activities. Principles, techniques, and safe practices of pilates will be taught throughout the course.

#### COURSE OBJECTIVES

- 1) To discuss and practice the following skills and techniques:
  - Fitness components
  - Stretching and warm up exercises
  - Music and rhythm
  - Conditioning and fitness through diversity of movements, activities, and skills: pilates, dance routines, fitness for dancers, aerobic fitness dance routines
  - Fitness testing
- 2) To perform movements, activities, skills and/or routines specific to participants' abilities and to utilize skills learned in each class in order to perform rhythmical sequences / routines in their everyday life
- 3) Students will be able to demonstrate their knowledge of the key elements of a sound pilates/aerobic program and basic human anatomy by designing a group workout. Groups will be formed whereby members must collaborate to effectively lead the class in a pilates workout.

#### ATTENDANCE & PARTICIPATION

Department of Health and Human Performance Absentee Policy: Missing 6 or more academic hours of class is considered excessive. An hour class absence = 1 miss and a 1.5 hour class absence = 1.5 misses. In PEB classes students have the option of receiving an 'S' or a 'U' grade which will not be used in GPA calculation. This will be contracted by the last formal day of class. **You may not receive an 'S' if you miss more than 6 academic hours.**

No attendance make-up is permitted. Late arrival and/or early departure may be counted against the student's attendance

"Attendance" requires that students: Arrive on time. Attendance will be taken at 4:05pm. Bring appropriate clothing (see below). Participate in all class activities.

Students may be excused up to 2 absences only if a note (or other evidence) is provided by the employer, physician, professor, etc. to explain the absence.

#### GRADING

Grading of the course will be based 50% upon attendance, participation and perceived effort and 50% on projects grade.

1. Internet research project: history, movements and activities specific to aerobic dance exercises and fitness; from salsa to hip hop, etc. Detailed explanations in class. Paper due midterm.

Upon completion of the course, students will have the choice of accepting their letter grade (e.g. A, B, C etc.) or choosing to take a "U" (Unsatisfactory) or "S" (Satisfactory) grade for the course. Students failing to meet the attendance and participation requirements, and project requirements,

will receive a "U" grade. The decision for this grade must be contracted by the student with the instructor by the last formal class day.

### General Topic Schedule:

- o Intro, syllabus, Lab 1 in class, Facility tour,
- o Intro to Pilates exercises
- o Read: Energy to Start the Day Part 1
- o Part 1 Discussion Pilates Morning Exercises Read: Part 2
- o Discussion Part 2 Pilates Morning Exercises Read: Part 3
- o Discussion Part 3 Pilates Morning Exercises Read: Light Workouts
- o Minute Light Workout Pilates, Fitness through aerobic dance
- o Minute Light Workout Pilates -Fitness through aerobic dance
- o Minute Light Workout Pilates -Fitness through aerobic dance
- o 30 Minute Moderate Workout Pilates-Fitness through aerobic dance
- o Minute Moderate Workout Pilates-Fitness through aerobic dance
- o 30 Minute Moderate Workout Pilates-Fitness through aerobic dance
- o 30 Minute Moderate Workout Pilates-Fitness through aerobic dance
- o 30 Minute Intense Workout Pilates-Fitness through aerobic dance
- o 30 Minute Intense Workout Pilates-Fitness through aerobic dance
- o 30 Minute Intense Workout Pilates; Pilates with props: ball and elastic band; Fitness through aerobic dance, Lab: Planning and designing a fitness routine
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- o 30 Minute Intense Workout Pilates; Pilates with props: ball and elastic band; Fitness through aerobic dance, Lab: Planning and designing a fitness routine
- o 30 Minute Intense Workout Pilates, Pilates with props: ball and elastic band; Fitness through aerobic dance
- o Groups present their workout routines to the class

### DRESS CODE

Clothing suitable for exercising - movement activities e.g. T-shirt, gym shorts / sweat pants and appropriate footwear.

### SAFETY CONCERNS

*As with any physical activity class, there is an inherent risk of injury associated with participation. The University of Houston does not carry health insurance for students in activity classes. The Department of Health and Human Performance and its instructors are in no way responsible for injuries incurred as a result of participation in its classes.*

### Disabilities Statement

*Whenever possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please contact the Center for Students with Disabilities at 713-743-5400 for more assistance and present the proper paperwork to me as soon as possible*

### Academic Integrity

Students are expected to abide by the university's academic honesty policy in all matters concerning this course. (<http://www.uh.edu/dos/hdbk/acad/achonpol.html>). In particular, plagiarism, "Representing as one's own work the work of another without acknowledging the source," whether intentional or unintentional, will not be tolerated.