

DANC 1609/PILATES

Pilates Matwork/Theory and Practice

Instructor: Cathy Jackson

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PILATES MATWORK

Course Objectives:

Improved flexibility, strength, joint mobility, coordination, breathing and balance.

Concentration on flowing and lengthening outwards from a strong core.

Proper body alignment and posture.

Understanding and application of Joseph Pilates' work.

Improved concentration, awareness and focus.

Course Procedures:

Material will be presented by demonstration and description.

Fundamental principles of anatomy and alignment are introduced as a basis for correct execution of exercises.

Basic fundamentals of movement awareness will be covered and applied to the Pilates exercises, as well as the crucial connection of the mind/body.

Students will be responsible for learning and applying this material.

Course Syllabus:

Joseph Pilates, History and his teachings

Basic anatomy and physiology

Neutral spine

Core and Scapular Stabilization

Grounding and Lengthening

Mind/Body Connection

Centering

Fluid Movement

Precision and Control

The course syllabus is a general plan for the course; deviations announced to the class by instructor may be necessary.

Requirements:

Students must provide their own yoga mats and any needed props and bring to each class.

Bare feet, leggings and/or yoga pants, leotard or fitted shirt.

Lecture and/or discussion at beginning of each class, thus promptness is most important.

Regular attendance and participation in class is required as well as proper equipment and attire. Excessive tardiness will count as an absence.

After two absences, grade is an automatic U (no credit).

Completion of any given assignments.

There will be no assignments on any reading day, and no final exam.

All academic work must meet the standards contained in "A Culture of Honesty". Each student is responsible to inform themselves about those standards before performing any academic work.