Semester/Year: Spring 2016

Lecture Hours: Lab Hours: 2 Credit Hours: 1

Class Time: 5:30pm – 6:20pm Days: Tuesday/Thursday Room: LH Gym

Instructor’s Name: Patty Kempf

Instructor's Contact Office Phone: Email:
Information: Phone 307-262-7462 pkempf@caspercollege.edu

Office Hours:

Course Description:
A fitness class performed on a mat using the classical method developed by Joseph Pilates.

Statement of Prerequisites:
None

Goal:
The goal of the class is to perform the complete balanced sequence of the mat order exercises. Classical Mat Pilates is an exercise that improves the student’s overall health and well being.

Outcomes:
The corrective work performed in this class yields many benefits, including increased lung capacity, improved circulation, core strength, flexibility, and coordination. Posture, balance, bone density and joint health also improve. Athletic performance is also enhanced by doing the mat exercises.

Course Objectives:
To learn and perform a complete balanced sequence of the mat order of exercises using the six Pilates principles: Control, Centering, Concentration, Breath, Precision, and Flow of Movement.

Methodology:
Classical Mat Pilates exercises start standing up, then lowering yourself in a controlled manner to the mat on the floor. Fundamental exercises are introduced during the warm up, introductory exercises will be introduced. In time, the complete series will be performed on the mat.

Evaluation Criteria:
Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work. Your feedback is valuable as the instructor uses course evaluations in determining course methodology.

Required Text, Readings, and Materials:
Apparel: Comfortable workout clothes are required to be worn in class. Water bottles are also recommended to keep the student well hydrated throughout the class.

Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade: April 14, 2016.
Roll call will be taken each day before class begins. Students are expected to arrive on time and stay for the duration of the class to be counted present. Arriving late and/or leaving early is not acceptable. A late arrival or early departure occurring more than twice will result in a full grade drop. Students missing more than three classes, regardless of reasons, will not receive a passing grade. Also, all personal electronic devices must be turned OFF upon entering class and remain OFF for the duration of the class.

**Student Rights and Responsibilities:** Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

**Chain of Command:** If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Interim Vice President for Academic Affairs.

**Academic Dishonesty:** (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

**Official Means of Communication:** Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly. This is also, where you will find course evaluation links during course evaluation periods.

**ADA Accommodations Policy:** If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college’s Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

**Calendar or schedule indicating course content:**
Every class for the entire semester in this course will be a physical workout performed on a mat.

- WEEK OF 01/18/16 INTRODUCTION AND DISCUSSION OF MAT PILATES
- WEEK OF 01/25/16 INTRO TO FUNDAMENTALS
- WEEK OF 02/01/16 PRACTICE INTRODUCTORY EXERCISES
- WEEK OF 02/08/16 PRACTICE INTRODUCTORY EXERCISES
- WEEK OF 02/15/16 PRACTICE ADD-INS WITH INTRODUCTORY EXERCISES
- WEEK OF 02/22/16 PRACTICE ADD-INS WITH INTRODUCTORY EXERCISES
- WEEK OF 02/29/16 PRACTICE ADDITIONAL ADD-INS WITH INTRODUCTORY EXERCISES
- WEEK OF 03/01/16 PRACTICE ADDITIONAL ADD-INS WITH INTRODUCTORY EXERCISES
- WEEK OF 03/08/16 PRACTICE ADDITIONAL ADD-INS WITH INTRODUCTORY EXERCISES
- WEEK OF 03/21/16 PRACTICE FULL MAT ORDER OF EXERCISES
- WEEK OF 03/28/16 PRACTICE FULL MAT ORDER OF EXERCISES
- WEEK OF 04/04/16 PRACTICE FULL MAT ORDER OF EXERCISES
- WEEK OF 04/11/16 PRACTICE FULL MAT ORDER OF EXERCISES
- WEEK OF 04/18/16 PRACTICE FULL MAT ORDER OF EXERCISES
- WEEK OF 04/25/16 PRACTICE FULL MAT ORDER OF EXERCISES
- WEEK OF 05/02/16 PRACTICE FULL MAT ORDER OF EXERCISES
WEEK OF 05/09/16 PRACTICE FULL MAT ORDER OF EXERCISES