

JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Introduction to Pilates

Course Abbreviation and Number: PHE 1640

Credit Hour: 1

Course Type: Lecture/Lab

Course Description: Students will learn about a total body conditioning exercise method which combines flexibility and strength. The purpose of Pilates is to develop mind and body uniformity; provide balance, flexibility, and strength; improve posture; and strengthen the abdomen, lower back, and buttocks.

No requisites.

Student Learning Outcomes:

Students who demonstrate understanding can:

1. Discuss the history of Pilates.
 2. Describe the six principles of Pilates.
 3. Describe eight benefits resulting from Pilates exercise.
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Topics Covered:

- History of Pilates and founder Joseph H. Pilate
 - The six principles of Pilates
 - Terms used in Pilates exercise
 - Benefits of Pilates
 - Anatomy of the “power house” and muscle actions
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Information for Students

- Expectations of Students
 - [Civility Statement](#)
 - [Student Responsibility Statement](#)
 - [Academic Integrity Statement](#)
 - [Accessibility Services](#)
Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
 - [Get Help: JCC & Community Resources](#)
 - [Emergency Closing Procedures](#)
 - Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0
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 - Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.
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Effective Date: Fall 2022