



DAN

308

1001

Instructor

Semester

Fall

2016

Email

Days

MoWe

Telephone

Time

8:30am-9:45am

Office Hours

MW 1-3 pm

Location

MPE 505

Office Location

Title

Pilates III

Credits

2

Description

Pilates III is an advanced level of theory and technique both Mat work and on the Apparatus (reformer, chair, Cadillac, and ladder barrel). History of Pilates theory and technique will be studied at an advanced level. Emphasis will be placed on the application of this theory and technique to injury and movement analysis. Also learning the cueing techniques necessary to teach the Pilates method.

Prerequisites:

Dan. 108 and 208/Pilates I & II

Learning Outcomes

1. The students will be able to demonstrate progression III Large Ball Pilates Exercises.

Assessment: A Practical visual exam with the Instructor accompanied with a Rubric evaluation.

2. The students will be able to demonstrate Progression III Classical Pilates exercise.

Assessment: A Practical visual exam with the Instructor accompanied with a Rubric evaluation.

3. The students will be able to demonstrate Progression III Chair, Reformer, and Cadillac Pilates exercises.

Assessment: A Practical visual exam with the Instructor accompanied with a Rubric evaluation.

4. The students will be able to demonstrate Progression III Small Equipment, such as: Magic Circle, Gold Theraband, Disks and Stretch Block, as well as Chair, Cadillac and Reformer exercises. Students will



be able to demonstrate the cueing skills to support proper body alignment.

Required Readings

Reading Assignments

From Pilates III workbook.

Attendance Policy

Schedule Calendar

Weekly Syllabus:

wk. 1 Review to the principals of Pilates

wk. 2-3 Overview of Pilates I and Pilates II work.

wk. 4-7 Learning new Equipment exercises and the
Application to Body Conditioning

wk. 8 Written mid-term on muscles movement analysis and
practical test

wk. 9-12 Application of the equipment and it's use.

wk. 13-14 Application of the equipment and it's use.

wk. 15 Final written project on 6 week protocol and practical test

Due Dates

Grading Rubric
and
Grading Scale

GRADING RUBRIC & GRADING SCALE

ATTENDANCE: (3 pts per day attended ea x 15):	45 pts
PARTICIPATION	5 pts
DANCE CONCERT ATTENDANCE (50 pts ea x 2):	100 pts
ASSESSMENTS 3 (100 pts ea x 3):	300 pts
FINAL WRITTEN ASSIGNMENT:	50 pts
TOTAL:	500 pts

To figure out final grade: add all given points together and multiply by 2 and divide by 10.

Grading Scale:

95 - 100 = A

90 - 94 = A-

87 - 89 = B+



84 - 86 = B
80 - 83 = B-
77 - 79 = C+
74 - 76 = C
70 - 73 = C-
67 - 69 = D+
64 - 66 = D
60 - 63 = D-
00 - 59 = F

Final Exam

Policies

For more information on general classroom procedures, please visit:
<http://provost.unlv.edu/policies>.

Academic Misconduct—Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Student Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution.

An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the *Student Academic Misconduct Policy* (approved December 9, 2005) located at: <https://www.unlv.edu/studentconduct/student-conduct>.

Copyright—The University requires all members of the University Community to familiarize themselves with and to follow copyright and fair use requirements. You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for employee or student violations of fair use laws. Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at: <http://www.unlv.edu/provost/copyright>.

Disability Resource Center (DRC)—The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/>, 702-895- 0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be



available to you. If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to the instructor during office hours so that you may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach the instructor in front of others to discuss your accommodation needs.

Religious Holidays Policy—Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the **instructor within the first 14 calendar days of the course for fall and spring courses (excepting modular courses), or within the first 7 calendar days of the course for summer and modular courses**, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=6&navoid=531>.

Transparency in Learning and Teaching—The University encourages application of the transparency method of constructing assignments for student success. Please see these two links for further information:

Incomplete Grades—The grade of I—Incomplete—can be granted when a student has satisfactorily completed three-fourths of course work for that semester/session but for reason(s) beyond the student's control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. The incomplete work must be made up before the end of the following regular semester for undergraduate courses. Graduate students receiving "I" grades in 500-, 600-, or 700-level courses have up to one calendar year to complete the work, at the discretion of the instructor. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade.

UNLV Writing Center—One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC -3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling [702-895-3908](tel:702-895-3908). The student's Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>.

Rebelmail—By policy, faculty and staff should e-mail students' Rebelmail accounts only. Rebelmail is UNLV's official e-mail system for students. It is



one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students' e-mail prefixes are listed on class rosters. The suffix is always @unlv.nevada.edu. Emailing within WebCampus is acceptable.

Final Examinations—The University requires that final exams given at the end of a course occur at the time and on the day specified in the final exam schedule. See the schedule at: <http://www.unlv.edu/registrar/calendars>.

Any other class specific information—(e.g., absences, make-up exams, status reporting, extra credit policies, plagiarism/cheating consequences, policy on electronic devices, specialized department or college tutoring programs, bringing children to class, policy on recording classroom lectures, etc.)

Have a great semester!