COURSE DESCRIPTION
Dance 12B will include basic, intermediate, and advanced elements from Pilates, focusing on Mat Work, Ball, Magic Circle, Theraband, Foam Roller, and Reformer exercises. The course will include basic anatomy, Pilates terminology, history, alignment, strength and flexibility exercises.

STUDENT LEARNING OUTCOMES
1. Analyze movement skills for stabilization and mobilization and accurately reproduce through movement of their own body.
2. Demonstrate precise kinesthetic principles for all exercises.
3. Synthesize and demonstrate the principles and philosophy of the Pilates Method.

COURSE REQUIREMENTS
Five (5) hours of independent practice sessions on the Reformer is required of each student. Students must keep track of their independent hours on time cards that are issued to them. Practice sessions may only be scheduled when a Dance Instructor is on the premises. Students are responsible for cleaning and returning equipment to the original position, turning out the lights, and locking the door. All equipment must be returned properly and should never be left unattended.

CLASSROOM ETIQUETTE
Disrespectful interruptions (talking, sitting down, stopping during the session, disrupting the pace of the class, or leaving class without permission) will not be permitted. Students must take classes in their entirety or ask for permission to be excused from the dance studio. All cell phones and pagers must be silenced during class. No perfumes, lotions, or body oils are allowed. No food or chewing gum is allowed in the dance studio, and capped bottled water is the only beverage allowed in the studio. Proper hygiene is highly recommended and appropriate clothing is suggested when traveling to and from the studio.

DRESS CODE
Male and female hair should be neatly pinned and secured away from the face and neck. Fitted tank tops or t-shirts, footless fitted tights, sweatpants, or leggings are required. Crop tops, hats, and shorts cut above the mid-thigh are inappropriate for class. Students MUST wear socks to protect your feet. Warm up clothing must be fitted in order to allow Prof. Peavy and other classmates to examine musculature and skeletal alignment. Please bring a towel to class and remove all jewelry. **To stay properly hydrated, bottled water is mandatory to participate in class**

ATTENDANCE
Students who miss any classes in the first three (3) weeks of classes will be dropped from the course. Students who miss any four (4) consecutive classes at any time in the semester will be dropped from the course. Five (5) points are given per class for attendance and participation. Latecomers are distracting, risk injury, and will have points deducted for being tardy. Participation will not be allowed if a student is more than (10) ten minutes late, and written notes must be submitted at the end of the class session. Students who watch the class due
to illness or injury will not receive full credit for participation. If you are ill, injured, or unable to participate in class for an extended period of time notify Prof. Peavy via email so that you can be advised appropriately. No children, non-enrolled guests, or animals are allowed during the class sessions.

**COURSE DOCUMENTS** All course documents and syllabi can be found on the Theatre, Dance and Film department website at http://www.lbcc.edu/tdf/DanceStaff.cfm in case they are lost, stolen, or destroyed. No late, emailed, or faxed assignments are accepted.

**ELECTRONIC DEVICE POLICY** Students are expected to silence all electronic devices (cell phones, watches, beepers, ipods, palm pilots, PDA’s) and similar devices that disrupt the class or Professor Peavy. (10) Ten push up’s per ring are required by the entire class if a device goes off. Students may be dismissed from class if repeated disruptions occur.

**INCLEMENT WEATHER OR NATURAL DISASTERS** In case of inclement weather (rain, heat, fires, floods, earthquakes, poor air quality) be sure that your LBCC Peoplesoft email address is working properly and check for email instructions from Professor Peavy or the college.

**SCHOOL CLOSURES:**
Monday, February 16, 2015 – President’s Day
Tuesday, March 10, 2015 – Flex Day
Monday, April 6-Saturday, April 11, 2015 – Spring Break
Monday, May 25, 2015 – Memorial Day

**MIDTERM EXAM Due April 1, 2015**
This exam will be given in two (2) parts.
1) A written exam on human anatomy, Pilates history, and Pilates terms/exercises.
2) A demonstration where students are required to identify Pilates principles and the objectives/muscles focus of specific exercises.

**LBCC DANCE CONCERT Due April 29, 2015**
Attendance to the LBCC Dance concert is required for this course. Concert dates are April 24, 25, at 8pm and April 26, at 2pm in the LAC Auditorium. **Turn in your signed ticket stub to receive credit for the assignment.** Students may not substitute another concert for the LBCC concert.

**REFORMER PRACTICE HOURS Due June 10, 2015 at 1:00 p.m.**
Five (5) hours of independent practice on the reformer in Q-110 are required. Hours of practice are to be recorded and totaled on a stamped time card with the time clock in the Q-110 closet. Student Reformer Practice Hour cards are required at the beginning of the class session.

**FINAL EXAM: Due June 10, 2015**
The Final Pilates Exam is cumulative and will be an entirely physical exam where students are required to identify Pilates principles, the objectives and muscle focus of specific exercises, as well as demonstrate the Pilates exercises on the Pilates Mat and Reformer. Missing the final exam will result in a failing grade for the entire exam. There are no make-up exams.
GRADING (All assignments are due at the beginning of class)
Attendance & Participation – 155 pts.
April 1, 2015 – 2-Part Midterm Exam – 75 pts.
April 29, 2015 LBCC Dance Concert Stub – 50 pts.
June 10, 2015 – Five Reformer Practice Hours Card – 50 points
June 10, 2015 – Pilates Final Exam – 70 pts.

GRADING SCALE
400-350 = A
349-299 = B
298-248 = C
247-197 = D
196 - 0 = F

INJURIES / EMERGENCIES
In any physical activity, injury is always a possibility. The Pilates Reformer is a heavy piece of equipment, and care must be taken when students are moving, using, or sitting near the apparatus. A healthy diet, substantial water intake, a positive outlook, and adequate rest will minimize risk. Slow stretching before and after class minimizes soreness and increases flexibility. IN CASE OF INJURY, notify Mrs. Peavy immediately, or call the Student Health Center at (562) 938-4210.

ACADEMIC HONESTY
“It is our goal to establish an academic environment in which inquiry is nurtured, individual responsibility is rewarded, and academic dishonesty, cheating and plagiarism are not tolerated. Lack of honesty in the classroom is considered a very serious offense. Any form of cheating on tests, turning in of work which is not one’s own (plagiarism), talking during tests, furnishing false information to instructors, or knowingly misrepresenting one-self to the college is grounds for disciplinary action. The consequences of cheating are severe and may include the possibility of expulsion. Disciplinary action can include the following: warnings, reprimands, probation, suspensions, expulsion, restitution, and loss of financial aid.”

PLEASE NOTE:
It is often necessary for the instructor to place his/her hands on a student in order to better facilitate the learning process and to illustrate proper alignment. Pilates is a full body workout and focuses heavily on core strengthening in the transverse abdominus (lower abs). If a student should have an aversion to this practice please notify Professor Peavy prior to the start of classes.
*This class may be taken for credit/no credit. To receive credit, all exams are required and at least 250 points must be earned. Consistent attendance is mandatory to participate on the Reformer equipment. Go to admissions to fill out the appropriate form before the deadline.

OPTIONAL TEXTBOOKS
Pilates by Rael Isacowitz
Pilates: Body in Motion by Alycea Ungaro
PILATES MAT SEQUENCE

100s  
Roll Up  
Roll Over  
Leg Circles  
Rolling Like a Ball  
Single Leg Stretch  
Double Leg Stretch  
Single Straight Leg Stretch  
Double Straight Leg Stretch  
Criss Cross  
Spine Stretch Forward  
Open Leg Rocker  
Closed Leg Rocker  
Corkscrew  
Saw  
Press Up/Neck Roll  
Full Swan Dive  
Single Leg Kick  
Double Leg Kick  
Neck Pull  
Scissors  
Bicycle  
Shoulder Bridge  
Spine Twist  
Jackknife  
Side Kicks  
Teaser I, II, III  
Teaser w/ Single Leg/Twist  
Hip Circles  
Can Can  
Swimming  
Leg Pull/Leg Pull Front  
Rocking  
Side Kicks Kneeling  
Mermaid  
Snake Twist  
Star  
Boomerang  
Seal  
Control Balance  
Crab  
One Leg Pull  
Push Up
PILATES REFORMER SEQUENCE

BASIC
Footwork
100s
Leg Circles
Frog
Stomach Massage Series
  Round
  Flat
Short Box Series
  Round
  Flat
  Tree
Long Stretch Series
  Elephant
Knee Stretch Series
  Round
  Arched
  Knees Off
Running
Pelvic Lift

INTERMEDIATE
Footwork
100s
Short Spine Massage
Coordination
Long Box Series
  Pulling Straps
  T-Pull
  Backstroke
  Teaser
Short Box Series
  Round
  Flat
  Side to Side
  Tree
  Side Sit Ups
Long Stretch Series
  Long Stretch
  Down Stretch
  Up Stretch
  Elephant
Stomach Massage Series
  Round
  Flat
  Reach
  Twist
Leg Circles
Frog
Knee Stretch Series
  Round
  Arched
  Knees Off
Running
Pelvic Lift
Side Splits

ADVANCED
STUDENT COURSE AGREEMENT
This agreement of understanding should be completed only after thoroughly reading the course syllabus. Please initial each understanding. Sign, date & return this document to Professor Powell prior to the first class session.

1) I understand that if any class sessions in the first 3 weeks of the semester or any 2 consecutive weeks of class during the semester are missed, the instructor will drop me from the course._____
2) I understand that the standards in this course are high and that I am responsible for monitoring my own learning and academic standing throughout the semester._____
3) I understand that proper Pilates technique is expected in this course._____
4) I understand that I am responsible for being prepared in each class session._____
5) I understanding that no handwritten, late work, or emails are accepted in this course._____
6) I understand the basis on which the final grade will be determined. (Attendance, Midterm Exam, Dance Concert Ticket Stub, Reformer Practice Hours, Final Exam scores)_____
7) I understand that the course requires consistent classroom attendance/active participation and that 5 points per class session absence will be deducted from the final course grade._____
8) I understand that all course work must be computer generated (Typed, 12pt., stapled, Times New Roman, double-spaced) and submitted at the beginning of class on the date it is due._____
9) I understand that the attending the LBCC Dance Concert Critique is a required assignment for this course and by not submitting this assignment could result in a full letter grade reduction, in addition to any points lost due to low exam scores or absences._____
10) I understand that there is no extra credit for this course._____
11) I understand that all Midterm and Final Exam grades will be graded based on an online Rubric._____
12) I understand that exams will be administered only on the dates listed on the syllabus._____
13) I understand the point system for the course grade evaluations listed on the syllabus._____
14) I understand that any disrespectful in class outbursts, emails, notes, or voicemails will be immediately forwarded to the Department Chair, Dean, and the Dean of Students._____
15) I understand that any cheating, plagiarism, or course work submitted that is not mine will result in a failing course grade and I will be immediately dropped from the course._____
16) I understand that a copy of the course syllabus and rubric are accessible on the department website at all times at http://tdf.lbcc.edu/ and can be downloaded if the distributed syllabus is lost or destroyed._____
17) I understand that Professor Peavy is available for students by appointment, via telephone (310-995-4900) and via e-mail (jpeavy@lbcc.edu)._____

Print Name: ____________________________________________
Name: (Student Signature): ___________________________ Date: __________
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