COURSE DESCRIPTION
This is a one (1) credit hour course. This method of exercise has its origins in the work of the late Joseph H. Pilates. Students are introduced to workouts that focus on working from within the body to the exterior. Goals include fluidity of movement, mental focus leading to improved muscular control, and a healthy body. Results will not be immediate, but with the continuation of this form of exercise the results and benefits will become obvious. Benefits include improved flexibility, strength and balance, better posture, stress reduction, a leaner look to the body, and prevention of bone loss. General fitness and nutrition will also be addressed in this class.

Fitness levels will be assessed and students will take a Mid-Term and Final Exam. The Mid-Term and final exam will be scheduled and you will need to contact the Testing Center to schedule a time for these two (2) exams. Your schedule is online within this course and it is your responsibility to schedule and take these exams. These exams will not be reopened.

OBJECTIVES:
1. Students will improve Muscular Strength and Endurance.
2. Students will improve flexibility.
3. Students will participate in regular Physical Activity.
4. Students will demonstrate an understanding of the Health-Related Fitness Skills.
5. Students will demonstrate an understanding of the FITT Principle.
6. Students will learn individual Fitness Skills.
7. Students will use appropriate Safety Techniques.

ATTENDANCE POLICY
Each student will start with 120 points in attendance and participation. For each class activity not completed, points will be deducted (not to exceed 10 points). For each absence 10 points will be deducted. A student will be considered tardy when he/she misses roll call. Three (3) tardy notations in the attendance log will count as one (1) absence. If a student misses three (3) days in succession, it will be considered excessive, and an excessive absence form will be submitted to the registrar’s office. If a student misses a total six (6) absences not successive, but an accumulation of six (6), he or she will be dropped from this course.

EVALUATION
1. Study Questions I & II 10% 1. Attend class.
2. Mid Term 10% 2. Complete all class workouts (Subjective).
4. Final 20% 4. Complete make-up workouts (if necessary).
5. Fitness 20% 5. Complete all written assignments
7. Fitness testing twice

FITNESS TESTING
This will be done three (3) times during the semester. There are three fitness tests. Each student must complete each test two (2) times. Failure to do so will result in a loss of 20 points from the final grade. There will be no make-ups on fitness testing. If the student improves on the 2nd round of fitness testing, he/she will not be required to do the 3rd round. The 3rd round is required for all tests in which there was no improvement.

ONLINE ASSIGNMENTS
The student must complete all online work within the scheduled time (this includes all weekly exams, forms, mid-term, & final). Each student should print out the weekly assignment sheet and check each item off as completed to prevent missing assignments. If the student fails to complete the assignment by the due date the student will receive a zero for that assignment. The assignments will remain open, but only the grades within the time frame will be recorded.

DRESS AND APPROPRIATE ATTIRE
Classes will be in the Gym. Comfortable yoga or sweat pants are required and any type of shirt that will allow you to move freely, to breathe, and to stay cool. A yoga mat is highly recommended. **Shorts are no longer considered appropriate dress for this class unless mid-length bike shorts are worn under them.**

**LOCKS**
Students are responsible for all personal belongings. If books or a change of clothes are brought to class, these should be locked in a locker. **CBC is not responsible for lost or stolen items.** If you plan on having anything other than keys when you come to class, you must rent a locker for the semester. The locker rental fee is $3.00 per semester. The lockers must be cleared by the end of the fifteenth week (lock combinations will be changed during this time).

**INSURANCE**
CBC does not automatically provide student-accident insurance coverage. For more information concerning personal insurance you should contact the CBC Counseling Office. This type of insurance can be purchased if you decide you want this coverage.

**IMPORTANT INFORMATION**
Please read the following statements carefully. If necessary, please arrange a meeting with me.

1. If you have a documented disability that will impact your work in this class, please contact me to discuss your needs.
2. Plagiarism and any form of academic dishonesty are prohibited and will be sanctioned by CBC.
3. No electronic devices are allowed the Gym during this class unless prior approval has been given! This also applies when you are taking your Mid-Term and Final Exams.
4. Coastal Bend College does not discriminate on the basis of race, creed, color, national origin, gender, age, or disability.