Western University

School of Kinesiology

KIN 2941S 007 Pilates

January 9, 2017-February 17, 2017

Instructor: Krista Dolbear

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Class Hours and Location: Mondays 2:30-4:30 Rec. Centre Studio 1

Wednesdays 2:30-4:30 Rec. Centre Studio 1

Fridays 2:30-3:30 TH Rm 3102

Course Description:

In this course we will explore the different exercises in the Pilates as well as the history and the 5 Basic Principles of Stott Pilates. Students will be required to participate each class in at least an hour of Pilates practice. We will focus on exercises in the Pilates method at the essential and intermediate level.

Evaluation:

Practice and Participation - 40%

Active participation in each class is mandatory. A student who cannot physically participate in a given class due to a moderate health or injury problem is expected to attend class. If a student is unwell, or needs to take a break during the practice time please stay in the room and come into a comfortable position on your mat. All students are asked to practice within their own limits to ensure safety and avoid injury. if a student is not ready or does not want to practice a particular exercise it is well within their rights to refuse.

o If unable to attend class or exam for medical, compassionate, academic or varsity reasons, applicable documentation must be provided immediately to the Kinesiology Undergraduate Offic dua53r.m[va) 0 (te O)-5(ff)6(ic)-70 0 m-CAdua53r

Date: Ongoing

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STUDENT CODE OF CONDUCT

http://www.uwo.ca/univsec/board/code.pdf

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow. For more information, visit

ENGLISH PROFICENCY FOR THE ASSIGNMENT OF GRADES

Visit the website http://www.uwo.ca/univsec/handbook/exam/english.pdf

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre --