

**Advanced Pilates: EXSA 0169**  
**Section 001 MAC 102B**  
**M/W 1:00 – 1:50 pm**  
**UTA Spring 2011**

**Lisa Rose-Michalski, M.S., ERYT**

Phone: (817)272-3288

147 Maverick Activities Center

[lisarose@uta.edu](mailto:lisarose@uta.edu)

website: [wweb.uta.edu/faculty/lisarose](http://wweb.uta.edu/faculty/lisarose)

Office Hours: By appointment. Before and after class times.

**Course Description**

This course is designed to improve muscular strength, endurance, flexibility, posture, balance, and relaxation techniques. Students will be provided with a working knowledge of Advanced Pilates positions, the benefits associated with Pilates, and knowledge of skills needed to pursue independent training as part of their lifetime fitness program.

**Course Objectives**

The student will be able to:

1. improve muscular strength, endurance, flexibility, balance, and overall joint mobility.
2. demonstrate a working knowledge of Advanced Pilates positions and theory as well as discuss the benefits associated with Pilates.
3. summarize, critique, and formulate an Advanced Pilates exercise class.

**Course Evaluation**

Class attendance and participation	300 points
Project	75 points
3 Quizzes, Final Exam	125 points

**Grading Scale**

A = 450-500 points

B = 400-449 points

C = 350-399 points

D = 300-349 points

F = 299 or less

**Required Text:** None. Some information listed on my personal website.

**Required Supplies:** Comfortable workout clothes (shorts, t-shirts, warm-ups, yoga pants, NO JEANS or CUT-OFFS). Note: inappropriate attire will affect the attendance/participation grade. Bring towel, notebook and pen, and yoga mat (optional)  
**Cell Phones are to be turned OFF and kept in purses/backpack at ALL times.**

## Tenative Course Outline

<b>Spring 2011</b>	Reading Topic Lectures found on website
Jan 26	History
Feb 1	Census Date
Feb 2	Principles
Feb 9	Quiz 1
Feb 23	Matwork Exercises
March 2	Key Elements
March 9	Quiz 2
March 14-18	Spring Break
March 23	Advanced Exercises (handout) and B/W Grid
March 30	review project
April 6	Quiz 3
April 20	Exercise Description Project Due
May 4	Comprehensive Final Quiz

**Attendance Policy:**

Three free absences are allowed without penalty. After three free absences, 10 points will be deducted for each additional absence. Any student with seven or more absences will receive an automatic “F” for the class.

Class make up: You may make up missed classes by attending another class taught by this same instructor. Prior approval is necessary. Another option is to complete the make up assignment located on the website. This make up assignment is worth 10 points to replace one absence.

Points are earned for each day of attendance by the student. Being tardy to class and/or leaving early will result in points being deducted at the discretion of the instructor.

Up to 15 minutes = 3 points off

16-25 minutes = 5 points off

26 minutes or more = 10 points off

**Pass/Fail:**

A student must sign up for this by census day. In order to receive a “Pass”, the minimum number of total points for a C must be made.

**Drop Policy:** Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. Contact the Financial Aid Office for more information.

**Americans with Disabilities Act:** The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability) or by calling the Office for Students with Disabilities at (817) 272-3364.

**Academic Integrity:** It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University. According to the UT System Regents' Rule 50101, §2.2, "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts."

**Student Support Services Available:** The University of Texas at Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. These resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals to resources for any reason, students may contact the Maverick Resource Hotline at 817-272-6107 or visit [www.uta.edu/resources](http://www.uta.edu/resources) for more information.

**Electronic Communication Policy:** The University of Texas at Arlington has adopted the University "MavMail" address as the sole official means of communication with students. MavMail is used to remind students of important deadlines, advertise events and activities, and permit the University to conduct official transactions exclusively by electronic means. For example, important information concerning registration, financial aid, payment of bills, and graduation are now sent to students through the MavMail system. All students are assigned a MavMail account. ***Students are responsible for checking their MavMail regularly.*** Information about activating and using MavMail is available at <http://www.uta.edu/oit/email/>. There is no additional charge to students for using this account, and it remains active even after they graduate from UT Arlington.