



*Figure 1: Owens Logo.*

**Course Syllabus  
SEMESTER  
School of Nursing and Health Professions**

|                                               |                   |
|-----------------------------------------------|-------------------|
| <b><i>Course Name:</i></b>                    | Beginning Pilates |
| <b><i>Course &amp; Section Number:</i></b>    | HPE 145-XXX       |
| <b><i>Meeting Day(s) &amp; Time(s):</i></b>   |                   |
| <b><i>Credits:</i></b>                        | 1                 |
| <b><i>Contact Hours:</i></b>                  | 1 lecture hour    |
| <b><i>Text:</i></b>                           | N/A               |
| <b><i>Instructor's Name:*</i></b>             |                   |
| <b><i>Office Hours &amp; Location:</i></b>    |                   |
| <b><i>OCC Phone:</i></b>                      |                   |
| <b><i>OCC Email:**</i></b>                    |                   |
| <b><i>Additional Contact Information:</i></b> |                   |

\*Please call me (name); it is my preferred name. If you have a preferred name, please let me know so that I can use it.

\*\* Please use your Owens email to contact me.

**Catalog Description:**

Core body strengthening program that emphasizes precision of movement and coordination breath, mind, and body. Strengthen and lengthen muscles while increasing flexibility and balance. Mat work focus.

**Prerequisites/Corequisites:**

N/A

**Course Materials:**

N/A

## What You Will Learn in the Course

**Course Objectives:**

Course will...

- Introduce internal musculature anatomy to define and complete Pilates exercises.
- Introduce basic Pilates history and theory of Pilates.
- Provide a basic understanding of how Pilates affects daily life and how to plan a personal practice.
- Provide opportunity to demonstrate and practice a variety of Pilates exercises with appropriate personal modifications.

**Student Learning Outcomes:**

Student will:

| Outcome                                                                                            | Where assessed                      |
|----------------------------------------------------------------------------------------------------|-------------------------------------|
| 1. Understand basic concepts of internal musculature to define and complete movement patterns.     | Practical demonstration, Attendance |
| 2. Learn how to perform movement patterns utilizing Pilates exercises.                             | Practical demonstration, Attendance |
| 3. Create a personal Pilates practice based on limitations, strengths, and contraindications.      | Practical demonstration             |
| 4. Increase range of motion and competence in moving to positively impact all aspects of wellness. | Attendance                          |

**Institutional General Education Competencies**

As a student at Owens Community College, you will take General Education courses as part of your degree program. While specific to the General Education courses, will be reinforced in many of your degree program major courses and may be measured in your capstone course(s) and others as identified.

| Outcome                                                   | Where assessed                      |
|-----------------------------------------------------------|-------------------------------------|
| 1. Communicate Effectively                                | Reinforced: Practical demonstration |
| 2. Act with professional responsibility.                  | Reinforced: Practical demonstration |
| 3. Demonstrate sensitivity to others' beliefs and values. | Reinforced: Practical demonstration |
| 4. Think analytically, critically and creatively.         | N/A                                 |

### **Technology, Lab, and File Requirements:**

The Blackboard Learning System is an online course environment available for all Owens courses, even those that are not web-based. Blackboard Ultra offers students a resource where they can communicate and collaborate with instructors and fellow students outside of the physical classroom. The Health and Exercise Science classes integrate Blackboard into each course and it is essential for all students to become familiar with the system. Check the STUDENT HELP AND RESOURCES tab on the blackboard shell for information on technical support and Software/Hardware requirements for utilizing Blackboard to complete assignments and communicate with peers and faculty.

### **Academic Support:**

**Disability Services Resource Center:** If you have a disability or acquire one, you may be entitled to receive reasonable accommodations intended to assure you an equal opportunity to participate in and benefit from the program. To receive more information or to register for accommodations, please contact the Disability Resource Center at 567-661-7007, email [disability@owens.edu](mailto:disability@owens.edu), visit <https://www.owens.edu/disability/>, or stop by College Hall 124.

**Tutoring Services:** Owens Community College offers academic tutoring and assistance in a variety of subjects including: writing, economics, science, and math. For more information go to: <https://www.owens.edu/successcenters/>.

**Counseling Services:** Counseling Services provides assistance to students experiencing personal, educational, interpersonal/relationship, family, social, or psychological difficulties. If you feel you may benefit from this service, please contact them at [counselingservices@owens.edu](mailto:counselingservices@owens.edu). More information is at <https://www.owens.edu/counseling/>.

**Campus and Community Connections:** The Center for Campus and Community Connections (College Hall 123) is a walk-in office created to provide retention support through resource stability initiatives and community connections. Go here for more information: <https://www.owens.edu/connection/> or contact [connections@owens.edu](mailto:connections@owens.edu)

**Owens Library:** The Owens Library offers two locations (Toledo and Findlay) as well as online resources. For more information visit <https://www.owens.edu/library/>.

\*\*\*Students can find more information on campus resources, student support, student life, and security at this [link](#).\*\*\*

### **General Information:**

#### **Student Code of Conduct:**

All students are expected to follow Owens Community College's [Student Code of Conduct](#), which includes academic honesty, encompassing plagiarism. See the [Board Policy](#) for more information.

#### **Anti-Discrimination and Harassment & Title IX/Sexual Misconduct:**

All students, faculty, and staff are expected to follow Owens Community College's [Anti-Discrimination and Harassment Policy](#) and the College's [Title IX Policy](#)/Sexual Misconduct

Procedures and Guidelines. The College strictly prohibits and will not tolerate harassment, discrimination, intimidation, or hostile/offensive working or learning environments.

[Anti-Discrimination and Harassment](#)

[Anti-Discrimination and Harassment Procedures](#)

[Title IX/Sexual Misconduct Procedures](#)

**Religious Accommodations:** A student seeking an accommodation for an absence permitted under Ohio's Testing Your Faith Act must provide the instructor with a written email notice with the specific dates for an absence, and must do so not later than fourteen (14) days after the first day of instruction. Alternative accommodations are not retroactive, and no academic penalty will be imposed for an absence under the policy\*. The request for an alternative accommodation will be kept confidential. Students with questions about a religious accommodation under Ohio's Testing your Faith Act may contact the College's Office of Academic Affairs: [provost@owens.edu](mailto:provost@owens.edu). The policy may be found on the Owens website: [3358:11-2-63 Accommodation](#) for a Student Absence for the Observance of Religious Beliefs and Practices Policy

### **Document Collection:**

Throughout the semester, your instructors may ask for a variety of assignments including tests and/or quizzes for student learning of general education or program assessment. Please save all your class materials until the end of the semester.

**Classroom Admittance:** OCC classes shall only be attended by the officially registered OCC students or prospective students, instructor of record, guest lecturer, or substitute. Visitors are not permitted to be in the classroom and should not be invited to attend or participate in the class. See <https://studentprivacy.ed.gov/ferpa> regulations for more information.

### **Use of AI:**

#### **Most Restrictive**

**Use of AI Tools:** This course requires you to complete various assignments that assess your understanding or application of the course content. You are expected to do your own work and cite any sources you use properly. You are not allowed to use any artificial intelligence (AI) tools, such as chatbots, text generators, paraphrasers, summarizers, or solvers, to complete any part of your assignments. Any attempt to use these tools will be considered academic misconduct and will be dealt with according to the university's academic integrity policy. Students are expected to complete all work independently and without the assistance of AI-generated content. If you have any questions about what constitutes acceptable use of AI tools, please consult with the instructor *before* submitting your work.

## **Student Responsibilities & Instructor Expectations**

### **Instructor Expectations:**

*Attendance/Class Time:* I will be respectful of your time and begin and end class on time. If class needs to be canceled for any reason, I will notify students as soon as possible by email announcement.

*Answering emails:* I will do my best to respond to your emails within 12 hours on weekdays and within 24 hours on weekends. Please only use your Owens email to contact me.

*Announcements:* I will post any updates and/or reminders on the Blackboard Announcement page, as well as send it out to your Owens email account.

*Student Hours:* These posted times (see above under office hours) are designated for me to be available to meet with and assist you, outside of normal class time, with any concerns/questions you may have regarding this course or program.

*Facilitating successful completion of the course:* I welcome questions, concerns and experiences relevant to the topic and course. If I feel there is a need, I will reach out to the student or class as a whole to address that need. I will make referrals to other campus resources as needed. I am aware that life is happening and this class is not the only thing you have going on.

### **Student Responsibilities:**

*Attendance/Participation:* Attendance is required for this course and makes up half of your grade. No more than one excused absence will be given. Professor discretion will be used for extenuating circumstances. Participation in physical activity is expected in this course. Your attendance grade is calculated based on both being present in class and participating in class. Students who arrive more than 10 minutes late will not be given full attendance points for the class. Students more than 15 minutes late will not receive any points for that day.

*Practical Demonstration:* This is a blended practical exam where you will create a personalized workout and then present your favorite workout in class. 10 points awarded for completion of the written assignment of planning the workout and 10 points awarded for the in-class presentation. You must be present and on time the day of the final to receive the points for the in-class presentation.

*Dress Code:* Clothing should be form fitting yet comfortable. Clothing that is too binding will prohibit movement, as will clothing that is too baggy. If you have any questions be sure to ask the instructor. Suggested attire:

- Yoga pants, capris or shorts
- Form fitting tank top, t-shirt or long sleeved shirt
- Bare feet or non-slip socks. No shoes allowed! I also ask that you leave your shoes by the door when entering the studio to protect the flooring.
- Minimal jewelry. Large pieces can be distracting to others and may prohibit movement.

*Check Email/Blackboard Shell:* Any announcements and updates will be sent to your email and/or posted on the Blackboard shell. Students are encouraged to check their email *at least* once daily and to log into their Blackboard shell several times a week to remind themselves of upcoming assignments, etc.

*Phones:* I have found phones to be a distraction in class. Please silence your phone and keep it out of sight. However, there may be circumstances that you may need to have your phone available for personal reasons. If this is necessary, please be discreet and leave the classroom.

*Contacting the instructor:* Email is the best way to reach me. Please include your course number and section in the subject line. There is also a short power point on the Blackboard shell regarding polite, professional email communication.

*Asking for help/clarification:* I expect questions and that's okay. **Unless I am told otherwise, I will assume that every student understands everything said in class, on the Blackboard shell and through emails.** Sometimes the best thing you can say is "I am not following this concept" or "I have no idea where to begin with this assignment." All classes, and courses in this program, will build on and further develop the information we discuss. Please don't hesitate to reach out as soon as you have questions or need clarification.

### **Classroom Environment:**

#### **Respectful Class Communication:**

Our classroom is safe place. Faculty and students show respect for each other in class, discussion boards and all communication.

Use proper netiquette at all times on discussion boards. This will be addressed in the Discussion Board Rubric and Instructions, found on the syllabus/information tab.

#### **Philosophy:**

I support an inclusive learning environment where diversity and individual differences are understood, respected, appreciated, and recognized as a source of strength. Students in this class are encouraged to speak up and participate during discussions. Because the class will represent a diversity of individual beliefs, backgrounds and experiences, every member of this class will show respect for every other member of this class while we demonstrate diligence in understanding how other peoples' perspectives, behaviors and worldviews may be different from their own.

### **How Grades are Determined and Major Assignments**

| <b>Evaluation Measure</b><br>The grade points for the areas of work are as follows. | <b>Student Learning Outcomes Assessed</b> | <b>Value</b>       |
|-------------------------------------------------------------------------------------|-------------------------------------------|--------------------|
| Practical Demonstration                                                             | 1, 2, 3                                   | 20 points          |
| Attendance                                                                          | 1, 2, 4                                   | 16 x 5 = 80 points |
| Total                                                                               |                                           | 100 points         |

### **Grading Procedure:**

Grades will be calculated on the following scale:

70 points or above = Pass

Less than 70 points - Fail

**This course is graded Pass/Fail. You must earn the minimum amount of points and meet the attendance requirement to pass. Three (3) absences results in automatic failure.** Please

contact the instructor for extenuating circumstances. An absence is considered being 10 minutes or more late.

### **Tentative Class Assignments**

| <b>Dates</b> | <b>SLO</b> | <b>Topic</b>                            |
|--------------|------------|-----------------------------------------|
| Week 1       | 1, 2, 4    | Basic Principles/Foundational Exercises |
| Week 2       | 1, 2, 4    | Fundamental Exercises/Using Equipment   |
| Week 3       | 1, 2, 4    | Intermediate Exercises/Using Equipment  |
| Week 4       | 4          | Pilates Flow                            |
| Week 5       | 1, 2, 4    | Advanced Exercises/Using equipment      |
| Week 6       | 4          | Pilates Flow                            |
| Week 7       | 4          | Pilates Practice                        |
| Week 8       | 1, 2, 3    | Practical Demonstration                 |

Disclaimer: “The instructor reserves the right to amend this syllabus as deemed necessary and will communicate such amendment to the students in the course.”