

College of Southern Idaho  
Pilates PHYE 199  
1 credit hour

## **“PHYSICAL FITNESS IS THE FIRST REQUISITE OF HAPPINESS”**

**Semester/year:** spring 2007  
**Instructor:** LaLanne Delis  
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**Location:** Harmony  
**Yoga Studio 136 W.**  
**13<sup>th</sup> ave. Burley, ID**

**Course Description:** Pilates is an organized exercise class which improves core strength. Each class includes toning, streamlining, and realigning of the body without the bulked-up results of more conventional workouts. No machines, but consistency with simple sequences and breath will guide students to see a difference in a whole new body.

This matwork teaches you that the body is the finest and only tool necessary for achieving balanced, physical fitness.

**Pre-Requisites:** None; all students welcome. But not recommended for Pregnancy.

**Disabilities:** Any students with a documented disability may be eligible for related accommodations. To determine eligibility and secure services, students should contact the coordinator of Disability Services at their first opportunity after registration for class. Student Disability Services is located on the second floor of the Taylor Building on the Twin Falls Campus. 208.732.6260(voice) or 208.734.9929(TTY), or e-mail.

**Equipment Needed:** Loose, comfortable clothing, mats will be provided.

### **Course Outcomes and Assessments:**

1. Each student will learn an easy-to-follow program of sequenced, Pilates exercises that can be done anywhere.

Assessment- strengthen and tone core muscles, from basic to advanced exercises

2. Step-by-step instructions will be given through a complete circuit of mat exercises.

Assessment-improvement in posture, flexibility, and balance.

3. Each class will provide detailed and descriptive instructions with specific interests addressed for the student

Assessment-creates a more streamline shape and unites body and mind.

4. Attendance will be priority to determine student's grade.

Assessment-grade scale as follows.....28-32 classes.....A

27-23 classes.....B

22-18 classes.....C

Less than 18 classes FAIL.

### **Policies and considerations:**

1. No gum
2. Turn all cell phones off
3. No shoes or socks-be barefoot
4. No Jeans
5. Respect other student's quiet space.
6. DO NOT INTERRUPT CLASS IF MORE THAN 10 MINUTES LATE!

**Online Course Evaluations:** Each student must complete an online class evaluation form at the end of the semester. Students will access the evaluation at <http://evaluation.csi.edu>. The name and password is the same as for network e-mail and Blackboard