

West Los Angeles College
Body Dynamics
Fall 2015
KIN 245, Section 2440

Jamie Hammond
Email: pilateswithJamie@yahoo.com

Course Description: This conditioning class will include aerobics on the ball, pilates, yoga and barre workouts.

Course Objectives:

- *To perform Pilates mat exercises with grace and ease
- *To strengthen abdominal muscles (the core) to support the back
- *To increase flexibility and range of motion in the joints
- *To tone and define muscles, correcting muscular imbalances
- *To correct posture and body alignment
- *To increase aerobic endurance

Attire : The instructor needs to be able to see the student's tummy and low back clearly, so don't overdo it please. Long hair must be fastened securely off the face and neck. No dangling or noisy jewelry. You will also need a pair of athletic shoes that adequately support your feet and legs. We will also remove our shoes for part of the class.

Towels, Food, Water: Please bring your own towel to class. You may bring your own mat if desired. It is best not to eat a heavy meal an hour before class. Please bring your own water.

Grading Policy: Each person will be graded based on his or her individual abilities and progress throughout the course.

EVALUATION:

Attendance/Participation=50%

Journal=25%

Practical Final=25%

Attendance/Active Participation:

Attending class is the most important part of your grade. Your grade for this portion of the class will be as follows:

0-2 absences=A

3-4 absences=B

5-6 C

6-7 D

Making Up a Missed Class: You may make up an absence by attending another activity class and returning a paper SIGNED BY THE INSTRUCTOR.
A limit of 3 classes may be made up.

Journal-the journal has 2 parts: part 1 is a record of your workouts outside of class one per week; part 2 is a record and self evaluation of your fitness goals for the semester
Due:

Extra Credit:

Take another PE class for a whole semester, such as dance, yoga or a sport
Volunteer 12 hours at a nonprofit during the semester