

MAT PILATES CLASS

COURSE SYLLABUS

Physical Education #1117, B01D
Alumni Gymnasium

B-Term 2009
Monday/Wednesday
8:00 AM — 8:50 AM

INSTRUCTOR: TBD

CONTACT: Gregory Snoddy, Ed.D.
1st Floor Alumni
(508)831- 5800
gsnoddy@wpi.edu

COURSE DESCRIPTION: A deep muscle mix of traditional Pilates exercises. You'll start with a classic Pilates mat routine then will amplify its effectiveness by adding quick pulses, isometric holds, tempo changes and larger movements. The focus is on strengthening and lengthening the body for longer, leaner muscles.

The class will meet in Alumni Gymnasium on Mondays and Wednesdays from 8:00 AM to 8:50 AM, beginning on Wednesday, October 28, and ending on Wednesday, December 16.

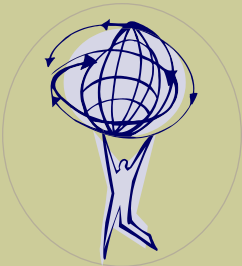
COURSE OBJECTIVES:

1. To develop cardio vascular system.
2. To increase flexibility and endurance.
3. To enhance energy and wellbeing.

COURSE REQUIREMENTS: Class attendance and active participation. Class starts at 8:00AM Participants must wear comfortable clothes, sneakers, and should bring a bottle of water.

ATTENDANCE POLICY: **Attendance and active participation is required. Missed classes will result in a lower grade. There are no make-up classes available. Attendance is taken daily.**

A = 13/14 Attendances and active participation
B = 12/14 Attendances and active participation
C = 11/14 Attendances and active participation
N/R = any less than 11 attendances.



Healthy Alternatives
Alumni Gym, 1st Floor
508-831-5800
508-831-5775
healthyalternatives@wpi.edu



"If you need course adaptations or accommodations because of a disability, or if you have medical information to share with me, please make an appointment with me as soon as possible. If you have not already done so, students with disabilities, who believe that they may need accommodations in this class, are encouraged to contact the Disability Services Office (DSO), as soon as possible to ensure that such accommodations are implemented in a timely fashion. The DSO is located in Daniels Hall, (508) 831-5235."