



Course Syllabus: Spring 2026
US 397.01E: Pilates: Core Curriculum & Us
March 16th – May 8th

INSTRUCTOR INFORMATION

Instructor: Lauren Rhodes, M.S., RYT-500

Office Hours: Office hours will be conducted virtually by appointment.

Email Address: Lauren.Rhodes@etamu.edu

Location: Nursing & Health Sciences Building 164

Course Time: Tuesdays 3:30 p.m. – 4:45 p.m.

Preferred Form of Communication: Email

Communication Response Time: Under normal circumstances, response time will be within 24 hours.

COURSE INFORMATION

Mats & Equipment:

Exercise mats (yoga mats) will be provided for participants during each class session. Students are also welcome to bring their own mat if they prefer.

For those using community mats, disinfectant wipes will be available. Participants may wipe mats prior to practice if desired and are expected to wipe down community mats after use to help maintain a clean and sanitary environment for all class members.

Participants are encouraged to bring a **water bottle** to stay hydrated throughout class. A **small towel** is optional but recommended for comfort during floor-based exercises.

Supplementary Text:

Isacowitz, R., & Clippinger, K. (2019). *Pilates anatomy* (2nd ed.). Human Kinetics Publishers.

Siler, B. (2000). *The Pilates body: The ultimate at-home guide to strengthening, lengthening, and toning your body—without machines.*

Course Description:

This course is a foundational movement course designed to develop core strength, stability, posture, and body awareness through essential Pilates principles and exercises. Emphasis is placed on proper breathing mechanics, controlled movement, alignment, and mindful engagement of the deep stabilizing muscles that support functional movement and injury prevention.

This class incorporates low-impact, progressive core and Pilates-based exercises suitable for a range of fitness levels, with modifications provided to ensure accessibility and appropriate challenge. The goal of the course is to enhance overall physical well-being, support stress management, and promote sustainable movement practices that translate to everyday life.

Student Learning Outcomes: By the end of this course, the students will be able to:

- 1. Foundational Exercise Performance**

Perform foundational Pilates exercises with proper alignment and control, demonstrating safe technique and body awareness during basic mat-based movements.

- 2. Core Engagement in Daily Life**

Engage and activate core muscles effectively to support the spine during exercise and apply this awareness to everyday activities such as sitting, standing, lifting, and desk work.

- 3. Breath Control & Movement**

Use intentional breathing patterns to support movement efficiency, improve muscular endurance, and promote relaxation and stress reduction.

- 4. Posture & Alignment Awareness**

Demonstrate improved posture and movement mechanics, showing increased awareness of body alignment in both static positions and dynamic movement.

- 5. Exercise Modification & Progression**

Select appropriate exercise modifications or progressions based on individual ability, mobility, or comfort level to ensure safe and effective participation.

6. Practical Benefits of Pilates

Describe the practical benefits of Pilates training, including improvements in balance, stability, physical comfort, and overall well-being.

7. Independent Application

Incorporate foundational Pilates principles into a personal wellness routine, identifying exercises that can be practiced safely outside of class.

COURSE REQUIREMENTS

Instructional Methods/Activities/Assessments

Expectations include full preparation, attendance, and active engagement in all class activities and with all course materials.

GRADING

Course Grades: The overall grade in the class will be assigned as either S (Satisfactory) = 60% - 100%, or U (Unsatisfactory) = 0% - 59%. Attendance is the sole basis for course credit. The class meets 8 times, and each session is worth 12.5% of the final course grade.

TECHNOLOGY REQUIREMENTS

LMS: All course sections offered by East Texas A&M University have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are the technical requirements.

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Access and Navigation:

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@etamu.edu.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course-Specific Policies and Procedures

Attendance: Attendance, preparation, and full participation are expected and required in this class.

Grades of Incomplete: A grade of Incomplete (X) will not be given in this class.

University-Specific Policies and Procedures

Student Conduct:

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.etamu.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

ETAMU Attendance:

The overall grade in the class will be assigned as either S (Satisfactory) = 60% - 100%, or U (Unsatisfactory) = 0% - 59%. Attendance is the sole basis for course credit. The class meets 8 times, and each session is worth 12.5% of the final course grade.

For more information about the attendance policy please visit the [Attendance Procedure 13.99.99.R0.01](#).

<http://www.etamu.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity:

Students at East Texas A&M University are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

This syllabus is tentative and subject to change.

<http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

AI Use Policy:

East Texas A&M University acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course. Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism). Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed. In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

Students with Disabilities-- ADA Statement:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services:

East Texas A&M University
Velma K. Waters Library Rm 162
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148

Email: studentdisabilityservices@etamu.edu

Website: [Office of Student Disability Resources and Services](http://www.etamu.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/)

<http://www.etamu.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice:

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement:

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and East Texas A&M University Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer. Web URL:

<http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

East Texas A&M University Supports Students' Mental Health:

The Counseling Center at East Texas A&M University, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit www.etamu.edu/counsel

COURSE OUTLINE *(All class assignments are scheduled tentatively at this time. They may be changed, but advance notice will be given in class.)*

Dates	Topic	Class Activities
3/17	Introduction to Pilates & Core Foundations	• Pilates principles & breathing mechanics • Neutral spine & basic core activation • Functional benefits of core strength
3/24	Posture & Alignment	• Spinal alignment & shoulder positioning • Postural muscle engagement • Workplace ergonomics & sitting awareness
3/31	Deep Core Activation	• Deep abdominal & pelvic stabilization • Lumbar support techniques • Core strength for injury prevention
4/7	Flexibility & Mobility	• Guided stretching & mobility work • Hip & thoracic spine movement • Flexibility vs. mobility concepts
4/14	Balance & Stability	• Coordination & proprioception • Functional balance applications
4/21	Strength & Muscular Endurance	• Progressive core strengthening • Plank & integrated body exercises • Muscular endurance benefits
4/28	Mind-Body Connection & Stress Relief	• Breath-to-movement sequencing • Mindful, low-impact flow • Stress reduction through exercise
5/5	Integration & Application	• Full-body Pilates flow • Review of core principles • Independent practice strategies