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PE 109 Pilates/Dance  
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Oxford College of Emory University

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Sustainability starts with awareness. Whether you are new to the term and it's meaning, or whether you have been conscious and involved for some time, it all begins with being aware of yourself, others and the environment in which you find yourself.

At the Center for Healthful Living, the mission statement focuses on promoting healthful living using a multi-dimensional approach to promote sustainable, informed, healthful lifestyles. I hope to begin that process by helping students become aware of who they are physically, a kinesthetic awareness, aware of who they are emotionally and spiritually, aware of how they interact with others, and ultimately, aware of how they interact with the environment in which they live. By developing that awareness, my goal is to help each individual student find his/her own place and connection to the sustainability issues we all face. Perhaps they love the aspects of research and data collection; perhaps it is helping to identify and write policies; or perhaps it is to help communicate the need for awareness as well as finding solutions to problems.

Each semester, students are responsible for writing a S.M.A.R.T. paper addressing his/her own personal fitness and nutritional goals after taking a pre-assessment test. By easily incorporating a third goal of sustainability into the paper, this, hopefully, increases the students' level of awareness and helps them develop his/her own personal connection with becoming whole and in balance.

I currently address the topics of body/kinesthetic awareness and nutritional awareness in all my classes. Added to this will be a series of class time devoted to sustainability awareness; a mini Piedmont Project. Guest speakers will be brought in to enlighten students with different perspectives in a variety of disciplines. Topics will include what sustainability means to them, what are current areas of interest, and to think about one individual goal they can work toward for the semester. Perhaps it will be as simple as to use only reusable water bottles. It might be to become more aware of the materials used to make all the things use for our fitness class such as tennis shoes or yoga mats. There is no one right answer.

My goal is for them to first take a look at themselves. What can they do physically, nutritionally, and environmentally to become connected to whom they are as individuals? Once they have achieved that, it is possible for them to become connected with others and work in groups taking a more global look at the impact they can make for the good of all.

Just as with being physically fit, in order to be sustainably fit, we must become doers of action. Let's begin!

**PE 109 Mat Pilates / Aerobics**  
Oxford College of Emory University  
**Fall 2014**  
**M/W/F 12:00-12:50pm**

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**Office Hours:** M/W 10:30-11:30 **and by appointment**

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***Physical activities for this class include vigorous movement.** Whenever there is a medical condition that would cause you undue risk or prevent your full participation in this class, it is your responsibility to inform me immediately. If you have a chronic condition which limits your potential for fulfilling the requirements for this class, have your physician FAX a letter stating what you cannot do and her/his recommendations for physical activities you can use to achieve the goals of this course.*

**Class Description:** The class is a combination class. **Pilates** is a total body exercise conditioning method that combines flexibility and strength from both Eastern and Western cultures. Pilates develops mind and body uniformity, balance, flexibility and strength and improves posture by focusing on the powerhouse of the body. **Aerobics based dance workouts** are fitness workouts that are primarily cardiovascular in nature and will include step, dance and Zumba type classes.

**Course Objectives and Learning Outcomes:**

1. Perform a before /after assessment to evaluate and become aware of one's own physical fitness, nutritional and sustainability status.
2. Based on the results of the evaluation, establish personal goals (both short and long term) in fitness, nutrition, and sustainability.
3. Create a personal prescription to achieve these goals using the S.M.A.R.T. format.
4. Identify components of healthy nutrition, living in a sustainable environment, and personal healthy fitness habits.
5. Understand the principles of proper biomechanics and fitness principles with particular focus on **Pilates and Aerobics**.
6. **Improve** and **Maintain** personal awareness goals for nutrition, fitness, and sustainability.
7. **Reflect** on your goals with a written analysis of your journey throughout the semester.

**Dress Code:** Appropriate attire for physical activity. T-shirts, shorts, tennis shoes with good support and with socks ☺ for Dance **Aerobics**. You'll be moving so make sure clothing does not restrict you in any way. For the **Pilates**, no shoes are worn during the workout. Yoga type clothing works best and preferably nothing too loose. Use good judgment and ask if you have questions.

- **FILLED WATER BOTTLE - Reusable please!**
- **Mats are provided for Pilates, but you may bring your own if you prefer.**

**Class Participation and Contribution:**

In order to pass this course you must actively participate and contribute during each class meeting. This class is for all levels of fitness. We will start with the very basics of body awareness in Pilates,

introductory poses with options for advanced participants. Encourage and help each other. Each of you will learn at a different rate and have different flexibility concerns. Once you have mastered a skill, help others learn it. Your grade is dependent on both attendance and the quality of your participation during class.

**Come to class and it is expected that you arrive for class on time at 12:00 pm!** Even if you do not feel well enough to participate you can contribute so that your grade will not be penalized. You will take notes and make suggestions that would be helpful to your classmates. **You might even feel much better just giving it a try. Exercise can work miracles!** There will be NO MAKE UPS for written work or skills tests unless you have medical documentation or you make prior arrangements with me regarding an exceptional circumstance.

Every third time you are late (not in class when I begin calling roll) you will be penalized an absence). If you are late, you must remind me when class is over to change your absence to a late mark. **If you do not do so, you will be considered absent even if you were in class.**

**Course Calendar / Content:**

Wed	Aug 27	Welcome! Course intro/ syllabus review
Fri	Aug 29	Body Awareness - Gym
Mon	Sept 1	Labor Day – No Class
Wed	Sept 3	<b>Fitness pre-assessment for ALL</b>
Fri	Sept 5	<b>Nutritional pre-assessment</b>
Mon	Sept 8	<b>Sustainability pre-assessment</b> (Guest speaker)
<b>Fri</b>	<b>Sept 12</b>	<b>S.M.A.R.T. Writing Assignment Due</b>
<b>Wed</b>	<b>Oct 8</b>	<b>Mid-term Exam</b>
Oct	13 & 14	Fall Break
Mon	Dec. 1	<b>Fitness post-assessment/Retest/Evaluations</b>
Wed	Dec 3	<b>Nutritional post-assessment</b>
Friday	Dec 5	<b>Sustainability post-assessment</b>
<b>Mon</b>	<b>Dec 8</b>	<b>Final Exam – Reflection Writing Assignment Due</b>

**Evaluation:**

<b>Grading Scale:</b>	<b>90% - 100% = A</b>
	<b>80% - 89% = B</b>
	<b>70% - 79% = C</b>
	<b>60% - 69% = D</b>
	<b>&lt; 60% = F</b>

<b>S.M.A.R.T. Writing Assignment</b>	<b>25%</b>
<b>Mid-Term (short answer / multiple choice)</b>	<b>25%</b>
<b>Final Exam</b>	<b>25%</b>
<b>Class Participation</b>	<b>25%</b>
	<b>100%</b>

**Writing Assignments:** Using the information from your initial pre-assessment evaluation, and reading assignments, complete:

- a fitness/nutrition/ sustainability personal prescription using the S.M.A.R.T. FORMAT for your semester goals  
(**Final exam**) is an evaluation/reflection of what worked, what didn't, and your thoughts along your "journey". Be thorough! These are about YOU, so no two will be alike.

**Participation/Effort:** Yes, you must show up, AND you must be actively engaged in the class. **This is 25% of your grade!**

\*\*\* All tests must be taken on the scheduled test day. **LATE ASSIGNMENTS WILL NOT BE ACCEPTED AND TESTS THAT ARE NOT TAKEN ON TEST DAY WILL NOT BE MADE-UP.** If you are going to be absent on assignment due dates or test days, it is your responsibility to make arrangements with me to turn in the assignment or take the test before the day that will be missed, **if I deem such arrangements acceptable.**

Banned Materials: PDAs, cell phones, or any other items that could distract the student, other students, or the instructor must be **turned off** during class. *If you have a need to have a cell phone on, please let me know.*

**Grade Appeal Process:** If you wish to appeal the final grade you receive in this class you are to put your request to me in writing within 5 days of final grade posting. Your request must address the specific reasons as to why I should re-examine your grade. I will not respond to informal e-mail messages or appeals submitted after the 5 day deadline.

### Divisional Attendance Policy

Class Attendance Policy:

- Religious holidays approved by the college may be observed without penalty but your instructor must be informed of your intention to do so in writing and in advance of the holiday.
- You are expected to attend all classes at the scheduled time;** therefore tardiness and absences affect your final grade. **A maximum of three (MWF)/two (TTH) absences are allowed without penalty, upon instructor's consent.** There are **no excused absences** in this class. If you have to miss a class due to unusual circumstances (serious illness/emergencies), you must communicate your reasons to your instructor prior to the absence via email or voice message; if that is impossible, you must communicate with your instructor as soon as you are able. \*\*If you miss three consecutive days it is the instructor's responsibility to report your name to the Office of Academic Services.
- After the allowed absences (3/2), each following absence will result in a 5% reduction of your final grade, e.g.,**  
**MWF: 4 absences = 5% reduction; 5 absences = 10% reduction; 6 absences = 15% reduction; 7 absences = 20% reduction; 8 absences = 25% reduction; 9 absences = automatic final grade of F.**
- You are expected to be on time for class. If you arrive after roll call, you are responsible to confirm your presence with your instructor.
- At the end of the semester, MAKE UP work may be provided at the instructor's discretion. For make up work to be considered, 1) all absences must be valid 2) you must provide acceptable medical documentation or a reasonable explanation regarding an exceptional circumstance must be provided 3) you must schedule an appointment in a timely manner for the purpose of presenting a record of missed classes and your justification for the absences. Your instructor will decide whether make-up opportunities should be granted and will set a deadline for the completion of such work before final grades are due.

Reasonable accommodation for students with disabilities: If you have a disability that may require assistance or accommodation, or you have questions related to any accommodations for testing, note takers, readers, physical activity, etc., please speak with me as soon as possible. Students may also contact the Office of Disability Services (404.727-6016) with questions about such services. It is the student's responsibility to initiate

considerations; all students must self-disclose to ODS and complete the registration process. Students with identified or suspected writing disabilities of any kind should contact the Writing Center located in Language Hall (770. 784-4722).

Reminder: Class activities may include vigorous physical activity. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform me of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404.727-6016).

**HONOR CODE: Article 2.A “A student’s signature on a paper or test submitted for credit shall indicate he or she has neither given nor received unauthorized information on the work, nor has condoned the giving or receiving of unauthorized information by others.” I expect that you will have read the Honor Code and that you will abide by its dictates. Whenever you take a written test or skills test for this class you are under dictates of the Honor Code Any violation of Oxford College’s HONOR CODE will not be tolerated. If you have questions regarding my expectations, do not hesitate to ask. Ignorance will not be an acceptable plea.**

Please see <http://www.college.emory.edu/students/honor.html>