

Midland College Syllabus

2021 - 2022

KINE 1106

Pilates

Lecture Hours: 0

Lab Hours: 3

Credit Hours: 1

Instructor Information

Instructor: [Click here to enter text.](#)

Phone: [Click here to enter text.](#)

Office Hours: [Click here to enter text.](#)

Office: [Click here to enter text.](#)

Email: [Click here to enter text.](#)

Notice: Students MUST actively participate by completing an academic assignment required by the instructor by the official census date. Students who do not actively participate in an academically-related activity may be reported as never attended and dropped from the course.

Course Description:

The Skill-Related course offerings are designed to introduce and improve kinesthetic awareness, muscular endurance and strength, flexibility, and mind/body stress reduction through daily practice of precision movement and mental training specific to each course. Students will also receive information pertaining to physical fitness, health, and wellness and how physical activity affects lifetime experience.

Text, References, and Supplies:

No required text.

Student Learning Outcomes:

1. Students will demonstrate satisfactory skill acquisition in specified movement activities.
2. Students will achieve a satisfactory cognitive base including but not limited to history, terminology, basic human anatomy and physiology, and psychological training for specified courses.
3. Students will demonstrate the ability to use critical thinking skills in order to instruct/direct and correct a movement/pattern/technique for any/all aspects of the specified course.

Student Contributions, Responsibilities and Class Policies:

- Students will be expected to comply with the policies outlined in the [Midland College Catalog](#). Instructor policies concerning attendance

and academic behavior are consistent with the policies in the catalog. Regular attendance is required to do well in this class.

- Students are required to be on time and stay the entire length of each class.
- Students are required to dress according to the chosen mode of exercise.
- Students are required to perform a battery of physical fitness tests in order to obtain information pertaining to their physical and intellectual progress throughout the semester.
- Students are required to read the text, produce written assignments, participate in verbal communication, and be prepared for written examinations.
- Students are responsible to inform the instructor about any physical or mental challenges that may affect their academic or physical performance during the semester.
- Students are allowed two Make Up opportunities which will remove point reduction of two absences. Such opportunities will be determined by individual instructors.

Evaluation of Students:

Assessments	Percentage of Grade	Grade Range
Attendance/class participation	80%	90-100 A
Final Exam	20%	89-80 B
		79-70 C
		69-60 D
		59-0 F

Class Schedule is attached

Attendance Policy:

It is the responsibility of the students to know the policies and procedures associated with absences. These policies are set by instructors. Excused absences may include, but are not limited to, illness, severe weather, and death in the family. Instructors will determine whether or not an absence is excused. Please visit the [Midland College Catalog](#)

Withdrawal Policy:

Students who have enrolled in a Texas public institution of higher education as a first-time freshman in fall 2007 or later are permitted to drop no more than six

courses during the entire undergraduate career. This limit includes all transfer work taken at a Texas institution of higher education and to second baccalaureate degrees. This statute was enacted by the State of Texas in spring 2007 (Texas Education Code 51.907). Any course that a student drops after Census Day is counted toward the six-course limit if "(1) the student was able to drop the course without receiving a grade or incurring an academic penalty; (2) the student's transcript indicates or will indicate that the student was enrolled in the course; and (3) the student is not dropping the course in order to withdraw from the institution." Please visit the [Midland College Catalog](#)

Scholastic Dishonesty:

Midland College does not tolerate scholastic dishonesty or academic misconduct in any form. Please read the Student Rights & Responsibilities section in the [Midland College Catalog](#) for more information.

ADA Statement:

Midland College provides services for students with disabilities through Student Services. In order to receive accommodations, students must place documentation on file with the Counselor/Disability Specialist. Students with disabilities should notify Midland College prior to the beginning of each semester.

Student Services will provide each student with a letter outlining any reasonable accommodations. The student must present the letter to the instructor at the beginning of the semester. Please visit [Midland College Disabilities Services](#)

Non-Discrimination Statement

Midland College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following individuals have been designated to handle inquiries regarding the non-discrimination policies:

Tana Baker, Title IX Coordinator/Compliance Officer, 3600 N. Garfield, SSC 242, Midland, TX 79705, (432) 685-4781, tbaker@midland.edu; Natasha Morgan, Director Human Resources/Payroll, 3600 N. Garfield, PAD 104, Midland, TX 79705, (432) 685-4534, nmorgan@midland.edu. For further information on notice of non-discrimination, visit <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> or call **1 (800) 421-3481**.

Spanish

Midland College no discrimina por motivos de raza, color, nacionalidad, sexo, discapacidad, o edad en sus programas o actividades. Las siguientes personas han sido designadas para responder a cualquier pregunta o duda sobre estas políticas no discriminatorias: **Tana Baker, Title IX Coordinator/Compliance Officer, 3600 N. Garfield, SSC 242, Midland, TX 79705, (432) 685-4781, tbaker@midland.edu; Natasha Morgan, Director Human Resources/Payroll,**

3600 N. Garfield, PAD 104, Midland, TX 79705, (432) 685-4534,
nmorgan@midland.edu. Para más información sobre estas políticas no
discriminatorias , visite
<http://wdcrobcop01.ed.gov/CFAPPS/OCR/contactus.cfm> o llame al 1 (800)
421-3481.

Math & Science Division Information:

Division Office: AHSF 124 (432) 685-4561
Division E-Mail: mns@midland.edu

Department Chair: Ms. Sheena Thompson (432) 685-4579
Dean: Dr. Miranda Poage
Secretary: Sarah Anderson
Clerk: Liliana Orcutt

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