



PE 18 Pilates Mat

Course Information

Semester and Year: Fall 2025

Course ID and Section number: PE 18 E9538

Instructor's name: Bree Northern

Day and time of required meetings: T/TH 11:40-1:05

Location: PE 116C

Course units: 1

Instructor Contact Information

Office location: PE 100D

Office hours: T/TH 1-2pm

Phone number: 707-476-4245

Email address: breesia-northern@redwoods.edu

You can message me through canvas as well

Required Materials:

Mat

Catalog Description

This course is an introduction to Pilates mat which focuses on breathing, posture, balance, strength, endurance and flexibility. The Pilates exercises are performed on a mat and promote overall physical and mental well-being.

Course Student Learning Outcomes

- Perform fundamental beginning Pilates exercises with proper form and proper breathing
- Identify muscles targeted for beginning Pilates exercises and the physiological benefits associated with these exercises

Evaluation and Grading Policy

290-310 total points. You will have a weekly journal that you must fill out that is worth 10 points. You will lose one point each day that your weekly journal is late. For your final, you will lead the class through a 25-minute Pilates workout. This is worth 50 points and you must submit the final journal for it to receive credit. If you miss more than four classes throughout the semester, I will dock 5 points off your final grade each day you miss after four.

Prerequisites/corequisites/ recommended preparation

None

Educational Accessibility and Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

Klamath-Trinity campus

- Phone: 707-476-4280