

College of the Redwoods



How to Save or Print This Syllabus

If you would like to save a copy of this syllabus or print it out, you can create a PDF of the page that can be saved, or printed.



1. Right click on the syllabus page
2. In the drop down menu that appears, select Print
3. In the Destination drop-down menu, select Save as PDF or select Print

The tabs below will open automatically when the PDF is created or the page is printed, so you do not need to open them manually.



Course Information

Semester & Year: Fall 2026

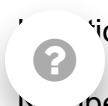
Course ID & Section #number: PE 18 E1430

Instructor's name: Bree Northern

Day/Time of required meetings: T/TH 11:40-12:40

Section: PE116C

Number of proctored exams: 0



Course units: 1



Instructor Contact Information

Office location or Online: PE 100D

Office hours: T/Th 1-2pm

Phone number: (707)498-1190

Email address: breesia-northern@redwoods.edu



Required Material

Yoga 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.





Course Calendar

Week	Monday/Tuesday	Wednesday/Thursday

Course Calendar

Date	Topic	What's Due



Date	Topic	What's Due

Course Calendar



Evaluation & Grading Policy

Total points: 290-310 points



pation: 140 points

Come to class properly dressed and participate in the workouts. Bring a mat. You will lose 5 points each class that you miss.



Weekly Journal: 10 points per journal

Upload a weekly journal about your experiences from class each week.

Teach a class: 50 points

Each student will teach one class at the end of the semester and lead us in a workout. This will be your final project for the class. There are no alternatives for the final.

You will have the chance to make up two classes if missed by going to Healthsport or another gym. I will need proof that you went to be able to give you points. Bring documentation from the gym.



Prerequisites / Co-requisites / Recommended Preparation

None



Educational Accessibility & 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](https://www.redwoods.edu/services/sass/light.php) , [counseling and advising, alternate formats of course materials \(e.g. audio books or E-texts\), 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 \(SASS\) !\[\]\(c13ff8a37cb800c05f822c2513265584_img.jpg\)](https://www.redwoods.edu/services/sass/light.php) [\(<https://www.redwoods.edu/services/sass/index.php>\)](https://www.redwoods.edu/services/sass/index.php).

If you are unsure whether you qualify, please contact SASS for a consultation:
SASS@redwoods.edu (<mailto:SASS@redwoods.edu>).

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280,
- Locations: Student Services building, first floor SS113

Del Norte campus

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

Klamath-Trinity campus

- 707-476-4280

