

College of the Redwoods



Course Information

Semester & Year: Spring 2026

Course ID & Section #: PE-18 E0154

Instructor's name: Bree Northern

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

Location: PE 116C

Number of proctored exams: 0

Course units: 1



Instructor Contact Information

Office location: PE100D

Office hours: T/TH 1-2pm



Phone number: (707)498-1190

Email address: breesia-northern@redwoods.edu





Required Material

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

Identify muscles targeted for beginning Pilates exercises and the physiological benefits associated with these exercises

- Perform fundamental beginning Pilates exercises with proper form and proper breathing.
- ○



Course Calendar

Week	Monday/Tuesday	Wednesday/Thursday



Date	Topic	What's Due

Course Calendar



Evaluation & 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 / Co-requisites / Recommended Preparation

None



Educational Accessibility & Support





The 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) 

[\(https://www.redwoods.edu/services/sass/light.php\)](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 \(SASS\)](https://www.redwoods.edu/services/sass/index.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

