

# UNIVERSITY OF PITTSBURGH

## Department of Health and Human Development

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**HPA 1177: Yoga and Pilates Instructor: Fall 2024**

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**Faculty:** Sally Sherman, Ph.D. – Associate Professor & Yoga Researcher  
*Advanced certified in both yoga and Pilates*  
**Office:** Oak Hill Research Center, 32 Oak Hill Ct.  
& 108 Trees Hall, Faculty Suites  
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### **COURSE DESCRIPTION:**

This is an introductory course on the teaching of yoga and Pilates. Although this class is not a certification course, it will properly prepare you with the information that you need to create, instruct, and evaluate basic classes in both content areas. Students will learn to generate safe progressions, utilize proper instructional methods, and deliver meaningful instruction in the authentic methods of both genres and display that yoga and Pilates are both a tool for personal health and lifetime fitness.

**CLASS DAY/TIME:** Mondays 8:00-9:50 a.m.  
**CLASS LOCATION:** Dance Studio, Trees Hall  
**CLASS FORMAT:** Class utilizes weekly in-person instruction as well as resources and assignments provided on CANVAS. Students will be utilizing Panopto for final evaluation.

### **COURSE DESIGN:**

The course will include physical activity, group instruction/pedagogy, lecture, and class discussion. In addition, students will be given a weekly “teaching preparation” assignment that they will be required to complete to show engagement and progression in the material.

### **REQUIRED CLASS MATERIALS:**

Students will need to wear appropriate exercise clothing that allows for ease of movement. Students must also bring the following items to each class: department-issued yoga mat, a notebook, and folder for storing documents. Leave all other materials (including cell phones) in the bleachers. You may choose to bring water and a snack (remains in bleachers).

### **GRADING AND REQUIREMENTS:**

#### **1. Assignments & Class Engagement/Attendance**

- Weekly Assignments: Students will be given a weekly assignment at the end of each class. Students are expected to prepare to teach the assigned sequences or poses outside of class and come prepared for the next class. If you miss class, you must send a video to the instructor to show your completion of the assignment and competency in the material (see Student Responsibilities: Attendance).
- Monthly Assignments: Additional assignments will be posted on CANVAS (2 for yoga module, 2 for Pilates module). See the course schedule for due dates and information.

## 2. Final Teaching Evaluation

- Students will be required to instruct a 20-minute class that combines both yoga and Pilates instruction.
- Students will be evaluated by the course instructor based upon a criterion that will be taught over the course of the semester.
- All teaching assignments, lectures, and class activities will help to prepare the students for this final project.

### POINT BREAKDOWN

Teaching Preparation Assignments (Class Engagement & Progression) <i>12 teaching engagements/assignments x 10 points each</i>	120
Pilates Assignment 1	10
Pilates Assignment 2	10
Yoga Assignment 1	10
Yoga Assignment 2	10
Final Teaching Evaluation	40
<b>TOTAL</b>	<b>200</b>

### GRADING

A	180-200 points
B	160-179 points
C	140-159 points
D	120-139 points
F	≤ 119 points

## **COURSE SCHEDULE:**

This schedule is subject to change.

DATE	TOPIC	ASSIGNMENTS & TEACHING PREPARATION WORK
August 26	First Day of Class: Pilates	Intro., Review of Pilates Fundamentals
September 2	Labor Day: No Class	Pilates Assignment 1 Due
September 9	Pilates	Teach Pilates Fundamentals
September 16	Pilates	Teach Footwork Through Roll Over
September 23	Pilates	Teach Stomach Series
September 30	Pilates	Pilates Assignment 2 Due, Teach Spine Stretch Through Saw
October 7	Pilates	Demonstrate Remaining Sequence, Advanced Exercises
October 14	Fall Break: No Class	Yoga Assignment 1 Due
October 21	Yoga	Review of Integration, Awakening
October 28	Yoga	Teach Integration Through Sun Salutation A
November 4	Yoga	Teach Sun Salutation B Through Crescent Lunge Series
November 11	Yoga	Teach Balancing
November 18	Yoga	Yoga Assignment 2 Due, Teach Back Bending
November 25	Thanksgiving Break: No Class	Draft Final Class
December 2	Yoga	Teach Opening Through Deep Rest
December 9	Final Teaching Evaluations	Due December Friday, 13 <sup>th</sup> at 9:00 p.m.

## **STUDENT RESPONSIBILITIES:**

### **1. ATTENDANCE:**

Grades are based **primarily on attendance, participation, and teaching**. The following actions on your part will demonstrate attendance and participation:

- Regular attendance is mandatory.
  - Absences are excused under the following circumstances:
    - Medical Emergency or Sickness – Must have a note from medical doctor documenting visit.
    - Mandatory Academic Event – Must have a note from advisor/professor documenting attendance.
    - Personal or Family Emergency – Communication with instructor is required prior to missing class. Discuss plan for making up classes immediately upon return.
    - A “G” grade will not be an option for students who fall behind in the course for non-emergency reasons.
  - **If the absence is excused, you will be instructed to make up the material by recording a video in Panopto of you completing the week’s teaching assignment and sending it to the instructor by class on the following week to make up the absence.**
  - Following 2 late events, each subsequent late episode will be counted as an absence. “Late” is defined as entering the instruction area 5 minutes after class has started.

## 2. NETIQUETTE:

Course with online components require the same level of professionalism, respect, and courtesy that you would show your instructor and classmates in a face-to-face setting. To that end, please observe the following standards in this class:

- Electronic communication: You should avoid casual language and abbreviations commonly used in texting, which are not appropriate for any class communication or email correspondence. Care should be taken to use correct grammar and punctuation.
- Out of respect for your classmates never take photos or video during class.
- Read course announcements and respond to email correspondence immediately.

## POLICIES

### Academic Integrity

Students in this course will be expected to comply with the [University of Pittsburgh's Policy on Academic Integrity](#). Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators. To learn more about Academic Integrity, visit the [Academic Integrity Guide](#) for an overview of the topic. For hands-on practice, complete the [Academic Integrity Modules](#).

### Disability Services

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and [Disability Resources and Services](#) (DRS), 140 William Pitt Union, (412) 648-7890, [drsrecep@pitt.edu](mailto:drsrecep@pitt.edu), (412) 228-5347 for P3 ASL users, as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.

### Accessibility

The Canvas LMS platform was built using the most modern HTML and CSS technologies, and is committed to W3C's Web Accessibility Initiative and [Section 508](#) guidelines. Specific details regarding individual [feature compliance](#) are documented and updated regularly.

### Restroom and Locker Room Use

Students are welcome to use any restroom or locker room that corresponds to their gender identity. Additionally, there is a single-occupancy restroom/locker room in Trees Hall on the main floor. Please advise us immediately if you need guidance, support or if you find any of the facilities to be locked. Visit the following link to see all the single-occupancy facilities available on campus. <https://www.studentaffairs.pitt.edu/shs/lgbtqia/restrooms/>

### Copyright Notice

These materials may be protected by copyright. United States copyright law, 17 USC section 101, et seq., in addition to university policy and procedures, prohibit unauthorized duplication or retransmission of course materials. See [Library of Congress Copyright Office](#) and the [University Copyright Policy](#).

### Equity, Diversity, and Inclusion

The University of Pittsburgh does not tolerate any form of discrimination, harassment, or retaliation based on disability, race, color, religion, national origin, ancestry, genetic information, marital status, familial status, sex, age, sexual orientation, veteran status or gender identity or other factors as stated in the University's Title IX policy. The University is committed to taking prompt action to end a hostile environment that interferes with the University's mission. For more information about policies, procedures, and practices, visit the [Civil Rights & Title IX Compliance web page](#). I ask that everyone in the class strive to help ensure that other members of this class can learn in a supportive and respectful environment. If there are instances of the aforementioned issues, please contact the Title IX Coordinator, by calling 412-648-7860, or e-mailing [titleixcoordinator@pitt.edu](mailto:titleixcoordinator@pitt.edu). Reports can also be [filed online](#). You may also choose to report this to a faculty/staff member; they are required to communicate this to the University's Office of Diversity and Inclusion. If you wish to maintain complete confidentiality, you may also contact the University Counseling Center (412-648-7930).

### Email Communication

Each student is issued a University e-mail address (username@pitt.edu) upon admittance. This e-mail address may be used by the University for official communication with students. Students are expected to read e-mail sent to this account on a regular basis. Failure to read and react to University communications in a timely manner does not absolve the student from knowing and complying with the content of the communications. The University provides an e-mail forwarding service that allows students to read their e-mail via other service providers (e.g., Hotmail, AOL, Yahoo). Students that choose to forward their e-

mail from their pitt.edu address to another address do so at their own risk. If e-mail is lost as a result of forwarding, it does not absolve the student from responding to official communications sent to their University e-mail address.

### **Gender Inclusive Language Statement**

Language is gender-inclusive and non-sexist when we use words that affirm and respect how people describe, express, and experience their gender. Gender-inclusive/non-sexist language acknowledges people of all genders (for example, first year student versus freshman, chair versus chairman, humankind versus mankind, everyone versus ladies and gentlemen, etc.). It also affirms non-binary gender identifications and recognizes both gender identity and expression. Identities including trans, intersex, and genderqueer reflect personal descriptions, expressions, and experiences. Just as sexist language excludes women's experiences, gendered language excludes the experiences of individuals whose identities may not fit the gender binary, and/or who may not identify with the sex they were assigned at birth. Students, faculty, and staff have the right to control their own identity and to be referred to by the name and pronouns with which they identify. People also have the right to maintain their privacy regarding information they do not wish to share about their identities, including gender identity and pronouns.

### **Religious Observances**

The observance of religious holidays (activities observed by a religious group of which a student is a member) and cultural practices are an important reflection of diversity. As your instructor, I am committed to providing equivalent educational opportunities to students of all belief systems. At the beginning of the semester, you should review the course requirements to identify foreseeable conflicts with assignments, exams, or other required attendance. If at all possible, please contact me (your course coordinator/s) within the first two weeks of the first class meeting to allow time for us to discuss and make fair and reasonable adjustments to the schedule and/or tasks.

### **Statement on Classroom Recording**

To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student's own private use.

### **Statement on Scholarly Discourse**

In this course we will be discussing very complex issues of which all of us have strong feelings and, in most cases, unfounded attitudes. It is essential that we approach this endeavor with our minds open to evidence that may conflict with our presuppositions. Moreover, it is vital that we treat each other's opinions and comments with courtesy even when they diverge and conflict with our own. We must avoid personal attacks and the use of ad hominem arguments to invalidate each other's positions. Instead, we must develop a culture of civil argumentation, wherein all positions have the right to be defended and argued against in intellectually reasoned ways. It is this standard that everyone must accept in order to stay in this class; a standard that applies to all inquiry in the university, but whose observance is especially important in a course whose subject matter is so emotionally charged.

### **Your Well-being Matters**

College/Graduate school can be an exciting and challenging time for students. Taking time to maintain your well-being and seek appropriate support can help you achieve your goals and lead a fulfilling life. It can be helpful to remember that we all benefit from assistance and guidance at times, and there are many resources available to support your well-being while you are at Pitt. You are encouraged to visit [Thrive@Pitt](mailto:Thrive@Pitt) to learn more about well-being and the many campus resources available to help you thrive.

If you or anyone you know experiences overwhelming academic stress, persistent difficult feelings and/or challenging life events, you are strongly encouraged to seek support. In addition to reaching out to friends and loved ones, consider connecting with a faculty member you trust for assistance connecting to helpful resources.

The [University Counseling Center](#) is also here for you. You can call 412-648-7930 at any time to connect with a clinician. If you or someone you know is feeling suicidal, please call the University Counseling Center at any time at 412-648-7930. You can also contact Resolve Crisis Network at 888-796-8226. If the situation is life threatening, call Pitt Police at 412-624-2121 or dial 911.