

KSS 1550 - Pilates

Fall 2026 Syllabus, Section 01, CRN 42002,

Credit hours: 1

Instructor

Carla Moser-Flatley

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Public Instructor Information

Instructor Title: Exercise Science Part-time Faculty

Instructor Professional Qualifications: BS Exercise Science

Instructor Office Location: Beeghly Center 307A

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Course Description

1550. Pilates. Instruction in principles of body alignment and posture and participation as it pertains to fundamental Pilates techniques. 1 s.h. In depth study of Pilates Mat program as designed by Joseph Pilates. Class will involve learning and executing Pilates exercises as well as lectures based on a variety of topics including but not limited to Pilates, Wellness, Heart Disease Risk Factors, Nutrition, etc. Students will be tested on materials and have homework assignments.

Course Readings

Group	Title	Author	ISBN
Optional	Pilates	Rael Isacowitz	

Human Kinetic Publishing, Champaign, IL. First or second edition is fine.

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Week of	Proposed Topic	Due/To Prepare for Class
8/24	Syllabus Review/ Basic Pilates class	
8/31	Lecture History Pilates/ Pilates workout	
9/7	Lecture Benefits Exercise/Mat Exercises	
9/14	Lecture Abdominal Muscles/ Workout	
9/21	Workout/ Quiz #1	
9/28	Lecture Pilates Equipment/ Pilates workout	
10/5	Lecture Metabolic-Caloric intake/ workout	
10/12	Midterm Review / Midterm Exam	
10/19	Pilates workouts	
10/26	Nutrition label read/ workout	
11/2	Lecture Flexibility/ Stretching workout Rec Visit due soon!!	
11/9	Workout/ Quiz #2	
11/16	Workout/ Clock circuit/ Rec visit due 1 week!!!	
11/23	Pilates workouts/ TH no class Thanksgiving/All extra credit and Rec due No excpetions	

11/30	Final exam review/ Final Exam
12/7	No class

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.