student wellness
BRIGHAM YOUNG UNIVERSITY

SWELL 107 • PILATES

Please refer to the welcome page for general information:
https://studentwellness.byu.edu

COURSE CONTENT: Pilates strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and enables a sense of mental control.

LEARNING OUTCOMES

1. Students will improve flexibility, strength, and balance as they are guided through safe and effective Pilates workouts for total body fitness.
2. Students will demonstrate an understanding of basic scientific principles regarding cardiovascular endurance, strength, flexibility, and lean/fat body ratio by passing a written exam.
3. Students will learn general principles of fitness and wellbeing that will encourage lifelong wellness and assist in the active pursuit of their best selves.

CLASS ATTIRE: Student Wellness supports the BYU Honor Code, including the Dress & Grooming Standards. Students must come to class in appropriate, clean, and modest athletic attire. Shirts must cover the shoulders and full torso. Shorts must reach mid-thigh (7" inseam) or longer. Inappropriate logos or sayings will not be tolerated. ***Students not dressed appropriately will not be allowed to participate and will be marked absent.***

HONOR CODE: In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and every instructor's expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

INHERENT RISK: In consideration of my being enrolled in Pilates at BYU, **I ACKNOWLEDGE AND AGREE TO ASSUME THE INHERENT RISKS OF THE ACTIVITIES ASSOCIATED WITH THIS CLASS**. I acknowledge the risks involved in this class may include, but are not limited to: Injuries from martial arts or gymnastic-like movement; abrasions, dislocations, cuts, bruises, blisters, broken bones, strains, sprains, falls, concussions, torn muscles, internal injuries, spinal injuries; injuries caused by other participants, blows to the body, face or head, exhaustion, dehydration, physical or emotional distress; injuries from contact with equipment; injuries occurring from colliding with other participants or objects; bad decision-making; inattention of or actions of other participants; misuse or failure of equipment; damage to clothing and other personal items and other risks, hazards, or accidents, whether foreseen or unforeseeable.

FEES & EQUIPMENT: Not applicable.

QUESTIONS OR CONCERNS: If you have questions or concerns, please visit with your instructor or contact Student Wellness in 112 Richards Building or call 801-422-5638.