POSTURE Education: M/W/F 8:00am-8:45am  Room 2509

Instructor: Kara Giannetto  Office: 2709 –54F
Email: giannettokara@fhda.edu  Phone: (650) 949-7285

POSTURE reminders: Wear non-restrictive, preferably fitted, comfortable clothes (no jeans), bare feet or socks. Student must provide personal workout mat. Only on time students registered for this class are permitted to class. This is a self-paced class.

COURSE DESCRIPTION:
Exercises that engage the nervous system, musculature and skeleton relevant to the study of posture, flexibility and relaxation. Practice of stress reduction techniques including bikram yoga asanas, Pilates mat exercises, body awareness exercises and relaxation techniques.

COURSE OBJECTIVES:
Upon completion of the course, the student will be able to
1. describe various procedures for assessing posture
2. analyze correct and incorrect body alignment in one’s own posture and the posture of others
3. integrate body awareness with elements of correct body alignment to develop their posture
4. select and perform exercises for posture improvement
5. demonstrate different techniques for the release of tension
6. identify relaxation procedures and benefits of participating in a daily program that reduces muscular and mental tension and prevents certain pathological conditions
7. appreciate the evolution of various forms of stress, posture and relaxation and how it may reflect cultural values

METHOD OF INSTRUCTION/ACTIVITIES:
1. Mini-lecture, participation and discussion.
2. Demonstration of exercises and complimentary breathing pattern.
3. Teacher/student adjustments and evaluations.

QUARTER OVERVIEW:
1. Safety, self-pacing and self-modifications.
2. Definitions and terms related to Stress, Posture Improvement, Relaxation techniques
3. The main portion of class focuses Pilates fundamentals and mat exercises, Bikram Yoga series and practicing balance exercises with props. You will learn to “release tension and move with freedom” and learn exercises that promote physical/mental/emotional balance.

STUDENT REQUIREMENTS/GRADING:
1. Regular, on-time attendance and participation. Do not attend class if you are 10+minutes late.
2. Safely and mindfully perform exercises and rest in between as instructed.
3. You may make-up 3 classes by arrangement or complete up to three assignments from folder in library at reserve desk under name of Instructor Giannetto.
4. Create a posture practice with up to three (3) other classmates. Perform/instruct class on one of last two days of class.
5. Grading: attitude, effort, improvement, etiquette and participation. 0-3 absences =A. Every three additional absences will result in your grade dropping one letter grade. Students may request Credit/No-Credit from Admissions and Records office.

LAST CLASS MEETING and FINAL: Monday, June 21st. No class May 31st.
PILATES reminders: Wear non-restrictive, preferably fitted, comfortable clothes (no jeans), bare feet or socks. Student must provide personal padded workout mat. This is a self-paced class. Only students registered for this class and on time are permitted to attend class.

COURSE DESCRIPTION:
Stretching and strengthening exercises on the “mat” to strengthen and tone muscles, improve posture, flexibility and balance for a more streamlined shape. Balance exercises will be practiced.

COURSE OBJECTIVES:
Upon completion of the course, the student will:
1. Understand the principles and fundamentals of Pilates mat work
2. Develop exercises appropriate for individual fitness level
3. Demonstrate Pilates exercises safely and appropriately
4. Increase kinesthetic awareness; increase strength/flexibility/ and improve balance

METHOD OF INSTRUCTION/ACTIVITIES:
1. Mini-lecture, demonstration, participation and discussion.
2. Demonstration of exercise and complimentary breathing pattern.
3. Recommended book: The Pilates Body, Brooke Siler
4. Teacher/student adjustments and evaluations.

QUARTER OVERVIEW:
1. Safety and self-modifications.
2. Functions of Pilates (8) principles: relaxation, centering, alignment, breathing, flowing movements, coordination, concentration, and stamina.
3. Practice/participate in warm-up and cool-down including stretching, mild exercises and breathing; main portion of class focuses on mastering the beginner series of mat exercises up to intermediate level. Although the majority of the class will adhere to “pure-Pilates” there will be some theme and variation of the exercises as needed.

STUDENT REQUIREMENTS/GRADING:
1. Regular, on-time attendance and participation. If you are 10+minutes late do not enter class.
2. Safely and mindfully perform exercises and rest in between as instructed.
3. You may make-up three classes by arrangement or read and review an article for up to two absences from reserve folder in library and follow directions for short written review.
4. Create a mini-pilates workout with up to three (3) other classmates in class and perform/instruct class during the last two days of class. (Applies to all students.)
5. Grading: attitude, effort, improvement, etiquette and safe participation. 0-3 absences =A. Every three additional absences will result in your grade dropping one letter grade. Credit/No-Credit available through Admissions & Records prior to fourth week of quarter.

LAST CLASS MEETING and FINAL: Monday, June 21st. No class May 31st.
POSTURE – PILATES – YOGA - STRETCH Resources

BOOKS

1. Pilates’ Return to Life Through Contrology
   a. Pilates, Joseph; Miller, John William
2. The Complete Guide to Joseph H. Pilates’ Technique of Physical Conditioning
   a. Menezes, Allan
3. The Pilates Method of Body Conditioning
   a. Gallagher, Sean P.; Kryzanowska, Romana
4. The Pilates Powerhouse
   a. Winsor, Mari
5. The Pilates Body (Recommended)
   a. Siler, Brooke

WEBSITES:

www.reformationstudio.com  www.bikramyoga.com

www.centerofbalance.com

www.balancecenter.com

www.pilates-studio.com

www.jaiuttal.com

www.bayarea.citysearch.com
(type in “the best yoga studio in the bay area” many have pilates in addition to yoga)

www.the-method.com

www.balancedbody.com

www.stottpilates.com

www.pilatesmethodalliance.org

LOCAL YOGA & PILATES Retail Store:

East-West Bookstore in Mountain View on Castro Street (650-988-9800)

Mats can be purchased at most drug stores, Target, Wal-Mart, Ross, TJ Max, Barnes & Noble, Border’s Books, Whole Foods etc. You cannot attend class without a mat.
Intermediate Pilates: M/W/F 9:00-9:45am room 2509  
Instructor: Kara Giannetto  
Office: 2709 –54F  
Email: giannettokara@fhda.edu  
Phone: (650) 949-7285

PILATES reminders: Wear non-restrictive, preferably fitted, comfortable clothes (no jeans), bare feet or socks. Student must provide personal workout mat. Only on time students registered for this class are permitted to class. This is a self-paced class.

COURSE DESCRIPTION:  
Intermediate stretching and strengthening exercises on the “mat” and standing to strengthen and tone muscles, improve posture, flexibility and balance for a more streamlined shape. This class is based on The Method Pilates “advanced fundamentals” and “standing exercises – functional fitness”. Exercises are mostly standing and require knowledge, experience and proficiency with the Basic Mat exercises.

COURSE OBJECTIVES:  
Upon completion of the course, the student will:
1. Understand and apply the “8” principles of Pilates mat work to intermediate level  
2. Develop exercises appropriate for individual fitness level  
3. Demonstrate Pilates exercises safely and appropriately  
4. Increase kinesthetic awareness; increase strength/flexibility/ and improve balance  
5. Value Pilates advanced fundamental exercises as foundation for Standing exercises

METHOD OF INSTRUCTION/ACTIVITIES:  
1. Mini-lecture, demonstration, participation and discussion.  
2. Demonstration of exercises and complimentary breathing pattern.  
3. Teacher/student adjustments and evaluations.

QUARTER OVERVIEW:  
1. Safety and self-modifications.  
2. Functions of Pilates (8) principles: relaxation, centering, alignment, breathing, flowing movements, coordination, concentration, and stamina.  
3. The main portion of class focuses on advanced fundamentals and the standing exercises. A few advanced mat exercises will be introduced. Although the majority of the class will adhere to “pure-Pilates” there will be some theme and variation of the exercises as needed.

STUDENT REQUIREMENTS/GRADING:  
1. Regular, on-time attendance and participation. Do not attend class if you are 10+minutes late.  
2. Safely and mindfully perform exercises and rest in between as instructed.  
3. You may make-up 3 classes by arrangement or complete up to three assignments from folder in library at reserve desk under name of Instructor Giannetto.  
4. Create a mini-Intermediate Pilates routine with up to three (3) other classmates in class and perform/instruct class during the last two days of class. (Applies to all students.)  
5. Grading: attitude, effort, improvement, etiquette and participation. 0-3 absences =A. Every three additional absences will result in your grade dropping one letter grade. Students may request Credit/No-Credit from Admissions and Records office by 4th week.

LAST CLASS MEETING and FINAL: Monday, June 21st. No class May 31st.
STRETCHING/reminders: wear non-restrictive comfortable clothing (no jeans!) and socks or bare feet. This is not a “yoga” class, however as yoga is the source of most physical exercises, stretches and relaxation techniques, therefore some of the stretches will be familiar to yoga students. There will be an active warm-up using push-ups, sit-ups and balance exercises. Only on time students registered for this class are permitted to class.

COURSE DESCRIPTION: A stretching program for the development of joint flexibility and muscle suppleness.

COURSE OBJECTIVES: Upon completion of the course, the student will:
1. Gain knowledge of kinesiological principles to safely and effectively improve flexibility.
2. Understand their range of motion limits/abilities and appreciate their ability to learn, change and grow through a weekly stretching program.
3. Demonstrate ability to perform safe, static or rhythmic stretches within the scale of “un-comfortable but no-pain”. Also known as “developmental stretch”.

METHOD OF INSTRUCTION/ACTIVITIES:
1. Mini-lecture, participation and discussion.
2. Demonstration of stretches and complimentary breathing pattern.
3. Teacher/student adjustments and evaluations.

QUARTER OVERVIEW:
1. Safety and self-modifications.
2. Functions of “easy” stretch and “developmental” stretch.
3. Practice/participate in warm-up and stretching routine to develop and increase flexibility.

STUDENT REQUIREMENTS/GRADING:
1. Regular, on-time attendance and participation. If you are 10+minutes late do not enter class.
2. Safely and mindfully engage and disengage in all class activities.
3. Develop and pursue a stretching practice compatible with your individual needs.
4. You may make-up 3 classes by arrangement or read and review an article for up to three absences from reserve folder in library and follow directions for short written review.
5. Create a mini-stretch routine with up to three (3) other classmates in class and perform/instruct class during the last two days of class. (Applies to all students.)
6. Grading: attitude, effort, improvement, etiquette and participation. 0-3 absences = A. Every three additional absences will result in your grade dropping one letter grade. Students may request Credit/No-credit from Admissions and Records office.

LAST CLASS MEETING and FINAL: Monday, June 21st. No class May 31st.
FOOTHILL COLLEGE

Beginning & Intermediate Tennis

Monday/Wednesday/Friday 12:00-12:45pm  Lower Courts

Instructor:  Kara Giannetto  Office: 2709 –54F
Email: giannetto@fhda.edu  Phone: (650) 949-7285

TENNIS Reminders:  Meet at the lower courts.  Rain cancels class.  All footwear must be NON-MARKING closed toed soles with non-raised heels.  Please wear shorts or pants WITH pockets.  Any time a ball goes over the net, retrieve it immediately.  Every class will begin with a group warm-up.  No gum chewing.  Abusive language and/or behavior will result in immediate dismissal from class.

COURSE DESCRIPTION:
Beginning:  Designed for the student with little or no tennis experience.  Fundamentals of footwork, forehand, backhand, practice rally, serve-return, volleys and overhead.  Tennis rules and basic court etiquette and strategies for singles and doubles play will be discussed and practiced.
Intermediate:  For the competitive player.  Play includes drills, footwork, strategies, rules, game play.

COURSE OBJECTIVES:
Upon completion of the course, the student will:
1.Understand, value and recognize the game of tennis as a lifelong recreational or spectator sport.
2.Understand tennis terminology, rules, strategies, and etiquette of singles and doubles play.
3.Identify and demonstrate fundamental tennis skills including forehand, backhand, volley and serve-return.

METHOD OF INSTRUCTION/ACTIVITIES:
   a. Demonstration, discussion, skill progression using shadow practice, ball handling activities, handouts and book review.
   b. Discussion of rules, safety, game play and fitness programs for tennis.
   c. Performance and written examination.

QUARTER OVERVIEW:
1. Safety, equipment overview, group vs. individual instruction, expectations.
3. Applicable biomechanical principles.  (KCP kinetic chain principle)
4. Strategies for singles and doubles play.
5. Rules, scoring, terminology and etiquette for singles and doubles play.

STUDENT REQUIREMENTS/GRADING:
1. Regular, on-time attendance and participation.  Call me if you will miss or be late.
2. If you arrive after the warm-up you will not be permitted to attend class.
3. You may make-up three classes by arrangement. Contact instructor or follow extra-credit assignment.
4. Grading: attitude, effort, improvement and participation.  0-3 absences = A.  Every three (3) additional absences will result in your grade dropping one letter grade.

LAST CLASS MEETING and FINAL: Monday, June 21st.  No class May 31st.