

# Course Syllabus: PE 182 M / PE 181N - Yoga Pilates Fusion I / II

*This syllabus introduces you to the goals of the course and how we will be working together this term. Please read it carefully and contact me if you need further clarification.*

## Course Information

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- **Course Title:** Yoga Pilates Fusion I / II
- **Course Number:** PE 182M / PE 181N
- **CRN:** 45599 / 45600
- **Credits:** 1
- **Term:** Fall 2025
- **Class Meeting Time:** Wednesdays at 11am via Zoom
- **Course Prerequisites:** None

## Instructor Information

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- **Instructor:** Kelsey Deacon
- **Email:** [kelsey.deacon@pcc.edu](mailto:kelsey.deacon@pcc.edu)
- **Phone/Voicemail:** 971-722-3655
- **Office Location:** Sylvania HT 215 or Virtual Office
- **Office Hours:** Mondays from 1-2pm via Zoom or by appointment, please email to set up an appointment.
- **School Address:** Portland Community College, 12000 SW 49th Ave., Portland, OR 97219

## Communication Guidelines

Best way to contact me is via email. You can use [kelsey.deacon@pcc.edu](mailto:kelsey.deacon@pcc.edu) or use the Desire2Learn e-mail system which can be accessed from the course navigation. You can use Desire2Learn email to send a private email to your instructor and/or classmates.

## Response from Instructor

I will be checking email daily on weekdays. If you contact me by email and don't give me a proper subject, expect a delay or no response. Email sent on weekdays will be answered within 24 hours. Email sent over the weekend will be answered the following Monday.

## Course Description

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*This course will be taught as a hybrid of Pilates and Yoga, incorporating the flow and strength of hatha yoga with the core stability of Pilates. Appropriate modifications and options will be provided to meet the individual fitness levels of students.*

## PE 182M - Yoga Pilates Fusion I

Introduces the methods and skills of Hatha yoga and mat Pilates. Incorporates exercises for increased flexibility, core strength and stabilization, muscle balance, improved health, relaxation, and reduced stress in daily living. Audit available.

### Learning Outcomes

- Improve flexibility, muscle balance, control, and core strength through Hatha yoga and mat Pilates.
- Apply modifications to asanas and Pilates exercises as needed for proper alignment and safety.
- Develop and maintain a personal yoga and mat Pilates practice.

## PE 181N - Yoga Pilates Fusion II

Expand on the methods and skills of Hatha yoga and mat Pilates. Incorporates intermediate-level exercises for increased flexibility, core strength and stabilization, muscle balance, improved health, relaxation, and reduced stress in daily living. Audit available.

### Learning Outcomes

- Continue to improve flexibility, muscle balance, control, and core strength through Hatha yoga and mat Pilates.
- Apply variations to asanas and Pilates exercises, to maintain a personal yoga and mat Pilates practice.

For more information, please go to the [Course Content and Outcome Guide](#) for this course.

## Instructional Approach

This course offers a flexible learning model in which you will participate in live Zoom classes once a week and then engage in an additional practice at your convenience once a week. Our guided practices will introduce concepts and build on each week.

### Participation Expectations

- Students are required to complete 3 hours of work each week. These 3 hours will include attending the live in-person class or attending via Zoom AND submitting a reflection quiz after viewing the YouTube (recorded) class posted for the week.
- Students are required to check-in to the course at least twice a week. YouTube recordings for each week will be posted via D2L and reflection quizzes will be submitted via D2L under the Quizzes tab.
- ***Students must be present during the first week of the term or they will be dropped from the course. If you can not make the first class, please email the instructor ASAP.***

### Notable Dates

- No Zoom class, Wednesday, Oct 29
- Wednesday, Dec 3rd: our final required live Zoom class
- Optional make-up class on Zoom, Wednesday, Dec 10th for extra credit

# Instructional Materials

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## Equipment

- Required - Yoga Mat
- Optional - Yoga blocks, yoga/Pilates strap, Pilates ball, Pilates ring blanket, pillows and chair. I will go over some other common household items that you might be able to use instead. These are not required, but would allow you to try different variations of some of the Pilates and yoga exercises.

## Software/Hardware/Equipment/Technical skill expectations

- Firefox, Chrome, or Safari browser
- Zoom with video and audio for live class interaction
- The [technical requirements](#) for most online classes include access to a computer with a modern operating system and a [supported web browser](#)

## Graded Assignments

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For more information, please go to the [PCC Grading Guidelines](#).

## Participation

Since a consistent practice of yoga and Pilates is essential to meeting the course outcomes, you are asked to engage in a Yoga/Pilates practice twice a week. One of those practices will be guided by me during our live class and the second will be a pre-recorded YouTube Class. These guided practices will provide instruction on yoga and Pilates principles and exercises to help you gain experience and knowledge to practice yoga/Pilates in a way that is healthy for you and builds core strength and stability.

### Personal Data Card

- Students must submit their [Personal Data Card](#) by the Thursday of Week 1 (11:59pm) to avoid being dropped from the course (5 points).

### Attendance

- **Participate in Live Class via in-person or Zoom: 5 points per live class**
  - Attend and participate in weekly live class
- **Weekly Reflection Quizzes: 5 points per reflection quiz**
  - View the YouTube (recorded) class posted for the assigned week and submit a Reflection Quiz. These quizzes, which are not really quizzes, but a way to reflect/journal after completing the recorded class. The YouTube classes and reflection quizzes can be found on D2L under the Content page for the assigned week.

- To summarize, each week you will complete the following:
  - Attend Live Class: Participate in the weekly live class via in-person or in Zoom class (5 points per class)
  - View the assigned YouTube (recorded) class
  - Complete the weekly Reflection Quiz (5 points per quiz)

### Final Reflection Paper

- There will be a Final Reflection Paper to be completed at the end of the term. Assignment directions will be released closer to the due dates.

## Late Work & Make-up Policy

Make-ups for class participation will not be accepted since the intention of the course is to develop a consistent, regular Yoga/Pilates practice. However, to offer some flexibility, your first two absences from regular Zoom class meetings will not be counted against you. In the gradebook, these will be scored as 4.9/5 points. Why 4.9? It makes it easy for you and me to see if you have used both your “free” days. After your first two absences, all other absences will be scored 0/5. There will be an optional bonus class at the end of the term during final exam week. This class will be worth five additional points.

Additionally, along with attendance, assignments (Final Reflection Paper) are to be submitted by the due dates. If you find yourself behind or missing class, reach out to me about alternatives. I want you to succeed in class and I understand that students encounter unexpected challenges. Communicate with me early about experienced challenges and we can work together to ensure your success in class.

## Grading Criteria

Activities	Number	Points each	Total
Personal Data Card	1	5	5
Attendance: LIVE Zoom Class	10	5	50
Reflection Quiz for Weekly Recorded Class	10	5	50
Final Reflection Paper	1	10	10
Total	-	-	115

## Grading Scale

Letter Grade	Grading Scale by Points	Grading Scale by Percentage
A	103 - 115+	90 - 100%

B	92 - 102	80 - 89%
C	80 - 91	70 - 79%
D	69 - 79	60 - 69%
F	< 68	< 59%

## Resources

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### Campus Resources

PCC offers a variety of resources to help you succeed in your classes and to enhance your college experience (e.g., jobs on campus, child care, student clubs, tutoring, writing centers, Multicultural Centers, Women's Resource Centers, Veterans Resource Centers, Queer Resource Centers, Dreamers Resource Center, emergency loans, food pantries, advising, counseling). You can access information about college resources and activities at <https://www.pcc.edu/student-life/>.

### Resources for Online Students

On the Distance Education website you will find a collection of [resources for online students](#) that includes links to success tips for online student, and a college success guide full of self help resources to help you succeed.

### Student Services Information

You can find information about the following student services via their respective websites.

- [Academic Advising](#)
- [Assessments and Testing](#)
- [Bookstores](#)
- [Career Services](#)
- [Counseling](#)
- [Disability Services](#)
- [Financial Aid Resources](#)
- [Library](#)
- [Online Tutoring](#)
- [Registration](#)
- [Schedule of Classes](#)
- [Technical Support](#)

## Computer and Technical Support

If you are having trouble getting your D2L course to work the way it should, don't forget about the [Student Help Desk](#). Hours for this service are listed on the website.

If you are near the Sylvania campus you can stop by the Student Help Desk in ST 2, but students can also call 971-722-8222 (Outside the Portland Area: 1-866-922-1010 ext. 8222) or email [shd@pcc.edu](mailto:shd@pcc.edu). Student Help Desk employees also answer questions posted to the discussions in the Online Student Resource Center.

## PCC Libraries

Each PCC campus has a library where students can access a variety of books (including some class textbooks on reserve), journals, videos, and other resources both through PCC's own collection and through loans from other colleges. The libraries also loan laptop computers, graphing calculators, and other technology. The libraries have computers, printers, and scanners for students to use and offer quiet and collaborative areas for studying, including study rooms that students can reserve. Librarians are available to help students with research – in person or by chat, email, text, or phone. Visit [www.pcc.edu/library/](http://www.pcc.edu/library/).

## Food and Housing Insecurity

If you face challenges affording food or housing, this will naturally affect your classwork. PCC wants you to be successful and offers some resources that may help: Emergency Funds ([www.pcc.edu/enroll/paying-for-college/emergency-funds.html](http://www.pcc.edu/enroll/paying-for-college/emergency-funds.html)) and food pantries ([www.pcc.edu/student-leadership/services/free-resources/](http://www.pcc.edu/student-leadership/services/free-resources/)). You can also contact a campus Student Conduct and Retention Coordinator at [conductandcare@pcc.edu](mailto:conductandcare@pcc.edu).

## Special Accommodations

PCC is committed to supporting all students. If you plan to use academic accommodations for this course, please contact your instructor as soon as possible to discuss your needs. Accommodations are not retroactive; they begin when the instructor receives the “Approved Academic Accommodations” letter from you (submitted in person for courses on campus; via email for Distance Learning courses). To request academic accommodations for a disability, please contact a disability services counselor on any PCC campus. Office locations, phone numbers, and additional information may be located on the [Disability Services website](#).

## Listening Intervention Team for Equity (LITE)

Listening Intervention Team for Equity (LITE) is a PCC resource for students, faculty, and staff who have experienced inequity or need guidance to navigate challenging dynamics at the college across cultures, races, ethnicities, gender identity or expression, sexual orientations, ability, faiths, and other aspects of identity. The LITE listener will offer compassion, help you process your experiences, share skill-building techniques and problem-solving strategies, and connect you with other existing support resources. To talk to a LITE listener about experiences of inequity you have experienced at PCC, visit [www.pcc.edu/lite](http://www.pcc.edu/lite) and click on “Make an appointment with a LITE listener” or contact a listener directly.

Still didn't find what you're looking for? Check out PCC's index of [resources and services](#).

## PCC Policies and Deadlines

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Student is responsible to add/ drop/ withdraw class. Please review [PCC Registration Policy](#) for more information.

### Add and Drop Deadlines

- Students need to register online via MyPCC. Please review [Online Registration Instructions](#) to find out how.
- For 8-12 week classes, students need to drop by the end of the first week of classes. Students can view course specific deadlines from the MyPCC Home tab, 'View My Drop & Withdraw Dates' link.
- For late add, students must add within two business days of the course drop deadline.

### Payment Deadlines

Payment is due two Mondays before the first day of term. Students who register after the payment deadline must make the same day payment arrangements. You can see your balance or access your bill online in the MyPCC Paying for College tab. Please review [PCC Payment Policy](#) for more information.

### Academic Integrity (rules about cheating, plagiarism, use of AI/ChatGPT or sharing work)

Students are required to complete this course in accordance with the Student Rights and Responsibilities Handbook. Cheating includes any attempt to defraud, deceive, or mislead the instructor in arriving at an honest grade assessment, and may include copying answers from other students or using unauthorized notes during tests. Plagiarism is a particular form of cheating that involves presenting as one's own the ideas or work of another, and may include using other people's ideas without proper attribution and submitting another person's work as one's own. Dishonest activities such as cheating on exams and submitting or copying work done by others will result in disciplinary actions including but not limited to receiving a failing grade. For further information, review the institution's [Academic Integrity Policy](#).

The use of AI, including tools like ChatGPT, is not permitted in the creation or development of any work for this course. All written work should be solely the product of your own efforts. Plagiarism and the use of external sources, including AI-generated content, without proper attribution will result in severe academic consequences. Learning requires your thoughts, creativity, and effort.

### Student Rights and responsibilities Handbook

Students are required to comply with the policies contained in the [Student Rights and Responsibilities Handbook](#). The Handbook includes the Code of Student Conduct and the Academic Integrity Policy.

## Internet Etiquette (or Netiquette)

[Click here for more information about Netiquette.](#)

## Title IX/Non-Discrimination

Portland Community College is committed to creating and fostering a learning and working environment based on open communication and mutual respect. If you believe you have encountered sexual harassment, sexual misconduct, sexual assault, or discrimination based on race, color, religion, age, national origin, veteran status, sex, sexual orientation, gender identity, or disability please contact the Office of Equity and Inclusion at (971) 722-5840 or [equity.inclusion@pcc.edu](mailto:equity.inclusion@pcc.edu).

## Flexibility

The instructor reserves the right to modify course content and/or substitute assignments and learning activities in response to institutional, weather or class situations.

## Mandatory Reporting Requirement

It is always my goal to keep information you share private but I am required by law to report to our Office of Equity and Inclusion all allegations of dating or domestic violence, child abuse or neglect, abuse of vulnerable populations, and/or credible threats of harm to yourself or others. If you wish to make a disclosure that can remain confidential, there are staff at PCC who are deemed confidential. You can find an accurate list here: [www.pcc.edu/about/equity-inclusion/title-ix/documents/brochure.pdf](http://www.pcc.edu/about/equity-inclusion/title-ix/documents/brochure.pdf).

## Sanctuary College

PCC is a sanctuary college. Find out more on our [resources for undocumented students page](#).

## Land Acknowledgment

We would like to acknowledge that the land PCC rests on are the traditional village sites of the Multnomah, Kathlamet, Clackamas, bands of the Chinook, Tualatin Kalapuya, Molalla, and many other Tribes who made their homes along the Columbia River. Multnomah is a band of Chinooks that lived in this area.

We thank the descendants of these Tribes for being the original stewards and protectors of these lands since time immemorial. We also acknowledge that Portland, OR has the 9th largest Urban Native American population in the U.S. with over 380 federally recognized Tribes represented in the Urban Portland Metropolitan area. We also acknowledge the systemic policies of genocide, relocation, and assimilation that still impact many Indigenous/Native American families today.

We are honored by the collective work of many Native Nations, leaders, and families who are demonstrating resilience, resistance, revitalization, healing, and creativity. We are honored to be guests upon these lands. Thank you, and thanks also to our colleagues at the Portland State University Indigenous Nations Studies Program for crafting this acknowledgment.