



DAN-209 Pilates I

Course Code DAN-209	Course Title Pilates I	ECTS Credits 2
Department Music and Dance	Semester Fall	Prerequisites None
Type of Course Elective	Field Body Conditioning	Language of Instruction English
Level of Course 1 st Cycle	Year of Study N/A	Lecturer(s) Alexander Michael
Mode of Delivery Face-to-face	Work Placement N/A	Co-requisites None

Objectives of the Course:

The purpose of this course is to introduce students to the basic principles of the Pilates method of strengthening, aligning, lengthening and balancing the body. Special focus will be given to injury prevention techniques related to Pilates.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Practice the original 36 Pilates moves and versions with props.
2. Apply the basic principles of the Pilates method to aid their dance practice and body awareness.

Course Contents:

1. Physiology:
 - a. The skeleton
 - b. The vertebral column
 - c. The muscles
2. Technique principles:
 - a. Breathing
 - b. Pelvic Placement
 - c. Rib cage placement
 - d. Scapular movement and stabilization
 - e. Head and cervical placement
3. Basic Variations of the 36 original Exercises

Learning Activities and Teaching Methods:

Studio, supplemented by introductory lectures and handouts

Assessment Methods:

In class Participation and Performance, Quiz (written), Mid-Term Evaluation (Practical) Final Examination (Practical)
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Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Muirhead, Malcolm	<u>Total Pilates</u>	San Diego, CA: Thunder Bay Press	1994	0306805537