



UNIVERSITY OF NICOSIA

ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

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) |
|--|

Recommended Textbooks/Reading:

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