



DAN-219 Pilates II

Course Code DAN-219	Course Title Pilates II	ECTS Credits 2
Department Music and Dance	Semester Spring	Prerequisites DAN-209
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 the intermediate principles of the Pilates method of strengthening, aligning, lengthening and balancing the body, as well as injury prevention techniques related to Pilates. Personal modifications and variations of the 36 original exercises will be applied to individual body needs.

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 technique and body awareness.
 3. Apply personal modification and variations of the exercises to support their individual needs as dancers-athletes.

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. Postural analysis:

Understanding the 4 different body types and how to change exercises to compensate

4. Physical execution:

The 36 original exercises and modifications to individual body type needs

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