



Course syllabus

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

Course Objectives:

The main objectives of the course are to:

- 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.
- Students will be introduced to ideas regarding 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 Content:

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 performance and participation, Quiz, Mid-Term Examination, Practical Final Examination

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
The Pilates Bible: The most comprehensive and accessible guide to Pilates ever	Robinson, Lynne. Bradshaw, Lisa	Kyle Books; 1st edition	2019	0857836706
Pilates' Return to Life Through Contrology	Joseph Hubertus Pilates, William John Miller, Judd Robbins, Lin Van Heuit-Robbins	Presentation Dynamics Inc, 21st ed. edition	2012	1928564909, 9781928564904