



### Course syllabus

<b>Course Code</b>	<b>Course Title</b>	<b>ECTS Credits</b>
DANC-219	Pilates I	2
<b>Prerequisites</b>	<b>Department</b>	<b>Semester</b>
DANC-209	Music and Dance	Spring
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Elective	Composition and Performance	English
<b>Level of Course</b>	<b>Lecturer(s)</b>	<b>Year of Study</b>
1 <sup>st</sup> Cycle	Alexander Michael	2 <sup>nd</sup>
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Corequisites</b>
Face to face	N/A	None

#### Course Objectives:

The main objectives of the course are to:

- Introduce students to the intermediate 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.
- Introduce 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 Content:

1. Physiology:
  - The skeleton

- The vertebral column
- The muscles
- 2. Technique principles:
  - Breathing
  - Pelvic Placement
  - Rib cage placement
  - Scapular movement and stabilization
  - Head and cervical placement
- 3. Basic Variations of the 36 original Exercises

**Learning Activities and Teaching Methods:**

Studio

**Assessment Methods:**

In Class Performance and Participation, Quiz, Practical Midterm, 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	9781928564904