

A102, PILATES I- RESEARCH & APPLICATION

COURSE OUTLINE

RESPONSIBLE OF THE COURSE	
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1. GENERAL

SCHOOL	PHYSICAL EDUCATION & SPORT SCIENCES		
DEPARTMENT	PHYSICAL EDUCATION & SPORT SCIENCES		
LEVEL OF STUDIES	7		
COURSE CODE	A102	SEMESTER	A SEMESTER
COURSE TITLE	PILATES- RESEARCH & APPLICATION		
TEACHING ACTIVITIES <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		TEACHING HOURS PER WEEK	ECTS CREDITS
		3	7,5
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SCIENTIFIC AREA		
PREREQUISITES:			
TEACHING & EXAMINATION LANGUAGE:	GREEK		
COURSE OFFERED TO ERASMUS STUDENTS:			
COURSE URL:	https://eclass.duth.gr/courses/PHYED8102/		

2. LEARNING OUTCOMES

<p>Learning Outcomes <i>Please describe the learning outcomes of the course:</i> <i>Knowledge, skills and abilities acquired after the successful completion of the course.</i></p>
<p>Course objectives include</p> <p>This course is designed to provide students with knowledge, skills, and abilities related to the design, implementation, and guidance of Pilates courses. The knowledge that will be acquired is related to the following:</p> <ol style="list-style-type: none"> Philosophy, basic principles, and main goals of the Pilates method. Functional anatomy of the Pilates method. Learning and practical application of all the authentic exercises of the Pilates method on the Mat for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results. Mat for exercisers of different levels (beginner, intermediate, advanced) with small and big ball. Mat for exercisers of different levels (beginner, intermediate, advanced) with ring Mat for exercisers of different levels (beginner, intermediate, advanced) with rubber bands Learning, practical application and understanding how to design pilates-type exercises in a row Design, implement and guide Pilates-based exercise programs both face-to-face (gym, personal training) and through distance learning (internet) combining traditional and innovative teaching techniques.

Upon successful completion of this course students will be able to:

- a) Understand the philosophy, basic principles, and main goals of the Pilates method.
- b) Understand the Functional anatomy of the Pilates method.
- c) Understand the practical application of all the authentic exercises of the Pilates method on the Mat for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
- d) Apply mat for exercisers of different levels (beginner, intermediate, advanced) with small and big ball.
- e) Apply mat for exercisers of different levels (beginner, intermediate, advanced) with ring
- f) Apply mat for exercisers of different levels (beginner, intermediate, advanced) with rubber bands
- g) Learn, apply and understand how to design pilates-type exercises in a row
- h) Design, implement and guide Pilates-based exercise programs both face-to-face (gym, personal training) and through distance learning (internet) combining traditional and innovative teaching techniques.

General Skills

Name the desirable general skills upon successful completion of the module

Search, analysis and synthesis of data and information,

ICT Use

Adaptation to new situations

Decision making

Autonomous work

Teamwork

Working in an international environment

Working in an interdisciplinary environment

Production of new research ideas

Project design and management

Equity and Inclusion

Respect for the natural environment

Sustainability

Demonstration of social, professional and moral responsibility and sensitivity to gender issues

Critical thinking

Promoting free, creative and inductive reasoning

- Search, analysis and synthesis of data and information, ICT Use
- Adaptation to new situations
- Decision making
- Autonomous work
- Teamwork
- Working in an interdisciplinary environment
- Project design and management
- Equity and Inclusion
- Demonstration of social, professional and moral responsibility and sensitivity to gender issues
- Critical thinking
- Promoting free, creative and inductive reasoning

3. COURSE CONTENT

The course contents include:

1. The Pilates Method: Historical background, philosophy, and basic principles of the method.
2. Philosophy, basic principles, and main goals of the Pilates method.
3. Functional anatomy of the Pilates method.
4. Authentic exercises of the Pilates method on the Mat for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
5. Mat for exercisers of different levels (beginner, intermediate, advanced) with small and big ball.
6. Mat for exercisers of different levels (beginner, intermediate, advanced) with ring
7. Mat for exercisers of different levels (beginner, intermediate, advanced) with rubber bands
8. How to design pilates-type exercises in a row
9. Pilates-based exercise programs both face-to-face (gym, personal training) and through distance learning (internet) combining traditional and innovative teaching techniques

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD

Face to face, Distance learning, etc.

The educational process is carried out either with live lectures by the teachers, or with face to face (synchronous) lectures by the teachers, or with on demand (asynchronous) lectures by the teachers, or

	with laboratory courses, or with the preparation and presentation of assignments by the students, or in any other appropriate way that, in the judgment of the professors, contributes to the best scientific approach to the subject and training of the student.												
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Utilization of new technologies in teaching, laboratory education and communication with students												
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	<table border="1"> <thead> <tr> <th><i>Activity</i></th> <th><i>Workload/semester</i></th> </tr> </thead> <tbody> <tr> <td>Lectures</td> <td>39</td> </tr> <tr> <td>Lab exercises</td> <td>36,5</td> </tr> <tr> <td>Project</td> <td>30</td> </tr> <tr> <td>Home study/references</td> <td>82</td> </tr> <tr> <td>Total</td> <td>187,5</td> </tr> </tbody> </table>	<i>Activity</i>	<i>Workload/semester</i>	Lectures	39	Lab exercises	36,5	Project	30	Home study/references	82	Total	187,5
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	Lectures	39											
	Lab exercises	36,5											
	Project	30											
Home study/references	82												
Total	187,5												
STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i> <i>Please indicate all relevant information about the course assessment and how students are informed</i>	Students will be evaluated: 1. Presentation of research data of the Pilates method 20% 2. Midterm exam 40% 3. Final exam 40%												

5. SUGGESTED BIBLIOGRAPHY

Μάλλιου Βίβιαν, Uni-Pilates, (2023), Κωνσταντάρας Ιατρικές Εκδόσεις

Daskalaki, K., Beneka, A., Malliou, P. (2021). Tips on how to prepare and lead a live-streaming exercise program in one-sided free platforms. ACSM' s Health & Fitness Journal, 25 (4), 25-28.

Friedman Π. & Eisen, G. (1980). The Pilates Method of Physical and Mental Conditioning. Doubleday

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Paraskevi Malliou, Professor
Contact details:	pmalliou@phyed.duth.gr
Supervisors: (1)	YES
Evaluation methods: (2)	Written or oral examination with distance learning methods, via eClass. Identification and monitoring of examinees through Microsoft Teams
Implementation Instructions: (3)	<p>The total examination duration of each group will be 90 minutes. In the first thirty minutes of the examination period, the examinees will be identified through the MS Teams app. For this purpose, there must be a camera, microphone and headphones connected to their terminal device (PC or smartphone). The relevant link will be sent via eClass, exclusively to the institutional accounts of those who have registered for the course and have accepted the terms of distance examination. For identification, students will display their student ID on camera when requested.</p> <p>The main examination will be carried out through the "Exercises" application of eClass. In particular, at the end of the identification process, an exercise entitled "Examination A102" will be activated in the eClass, which will include 40 questions. The time limit for answering the questions will be 60 minutes. During this period, all questions should be answered and finalized. Each of the questions will be graded with 0.25 points.</p> <p>Students should log in to the eClass platform through their institutional account.</p> <p>Also during the exam the camera and microphone of the examinees have to be continuously activated and the MS Teams application should be open.</p>

(1) Please write YES or NO

(2) Noted own the evaluation methods used by the teacher, e.g.

- *written assignment* or/and *exercises*
- written or oral examination with distance learning methods, provided that the integrity and reliability of the examination are ensured.

(3) In the **Implementation Instructions** section, the teacher notes down clear instructions to the students:

- a) in case of **written assignment and / or exercises**: the deadline (e.g. the last week of the semester), the means of submission, the grading system, the grade percentage of the assignment in the final grade and any other necessary information.
- b) in case of **oral examination with distance learning methods**: the instructions for conducting the examination (e.g. in groups of X people), the way of administration of the questions to be answered, the distance learning platforms to be used, the technical means for the implementation of the examination (microphone, camera, word processor, internet connection, communication platform), the hyperlinks for the examination, the duration of the exam, the grading system, the percentage of the oral exam in the final grade, the ways in which the inviolability and reliability of the exam are ensured and any other necessary information.
- c) in case of **written examination with distance learning methods**: the way of administration of the questions to be answered, the way of submitting the answers, the duration of the exam, the grading system, the percentage of the written exam of the exam in the final grade, the ways in which the integrity and reliability of the exam are ensured and any other necessary information.

There should be unattached list with the Student Registration Numbers only of students eligible to participate in the examination.

