

## A201 PILATES II

### COURSE OUTLINE

RESPONSIBLE OF THE COURSE

#### 1. GENERAL

<b>SCHOOL</b>	PHYSICAL EDUCATION & SPORT SCIENCES		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION & SPORT SCIENCES		
<b>LEVEL OF STUDIES</b>	7		
<b>COURSE CODE</b>	A201	<b>SEMESTER</b>	B SEMESTER
<b>COURSE TITLE</b>	PILATES II		
<b>TEACHING ACTIVITIES</b> <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>	<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>	
	3	7,5	
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SCIENTIFIC AREA		
<b>PREREQUISITES:</b>			
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	GREEK		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>			
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/PHYED8105/">https://eclass.duth.gr/courses/PHYED8105/</a>		

#### 2. LEARNING OUTCOMES

##### Learning Outcomes

*Please describe the learning outcomes of the course:*

*Knowledge, skills and abilities acquired after the successful completion of the course.*

Course objectives include

This course is designed to provide students with knowledge, skills, and abilities related to the design, implementation, and guidance of Pilates II course. The knowledge that will be acquired is related to the following:

- a) Pilates equipment.
- b) Functional anatomy of the Pilates method on Pilates equipment (Reformer, Cadillac, Spine Corrector, Barrel, Chair).
- c) Learning and practical application of all the authentic exercises of the Pilates method on the Reformer for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
- d) Learning and practical application of all the authentic exercises of the Pilates method on the Cadillac or Tower for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
- e) Learning and practical application of all the authentic exercises of the Pilates method on the Spine Corrector for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
- f) Learning and practical application of all the authentic exercises of the Pilates method on the Pilates chair for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.

- g) Learning and practical application of all the authentic exercises of the Pilates method on the Barrel for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
- h) Learning, practical application and understanding how to design pilates-type exercises in a row on Pilates equipment.

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

- a) Understand the philosophy, basic principles, and main goals of the Pilates method on Pilates equipment.
  - i) Understand the Functional anatomy of the Pilates method on Pilates equipment (Reformer, Cadillac, Spine Corrector, Barrel, Chair).
  - j) Learn and apply of all the authentic and modern exercises of the Pilates method on the Reformer for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
  - k) Learn and apply of all the authentic and modern exercises of the Pilates method on the Cadillac or Tower for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
  - l) Learn and apply of all the authentic and modern exercises of the Pilates method on the Spine Corrector for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
  - m) Learn and apply of all the authentic and modern exercises of the Pilates method on the Pilates chair for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
  - n) Learn and apply of all the authentic and modern exercises of the Pilates method on the Barrel for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
- Understand how to design pilates-type exercises in a row on Pilates equipment.

#### **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. Pilates equipment.
2. Functional anatomy of the Pilates method on Pilates equipment (Reformer, Cadillac, Spine Corrector, Barrel, Chair).
3. Authentic and modern exercises of the Pilates method on the Reformer for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.

4. Authentic and modern exercises of the Pilates method on the Cadillac or Tower for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
5. Authentic and modern exercises of the Pilates method on the Spine Corrector for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
6. Authentic and modern exercises of the Pilates method on the Pilates chair for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
7. Authentic and modern exercises of the Pilates method on the Barrel for exercisers of different levels (beginner, intermediate, advanced) based on recent kinesiological research results.
8. How to design pilates-type exercises in a row on Pilates equipment.

#### 4. LEARNING & TEACHING METHODS - EVALUATION

<p style="text-align: center;"><b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i></p>	<p>– 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.</p>												
<p style="text-align: center;"><b>USE OF INFORMATION &amp; COMMUNICATION S TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i></p>	<p>Utilization of new technologies in teaching, laboratory education and communication with students</p>												
<p style="text-align: center;"><b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail. Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research&amp; analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i></p> <p><i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i></p>	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr style="background-color: #f2f2f2;"> <th style="color: #0056b3;">Activity</th> <th style="color: #0056b3;">Workload/semester</th> </tr> </thead> <tbody> <tr> <td style="color: #0056b3;">Lectures</td> <td style="color: #0056b3;">30</td> </tr> <tr> <td style="color: #0056b3;">Lab exercises</td> <td style="color: #0056b3;">27,5</td> </tr> <tr> <td style="color: #0056b3;">Project</td> <td style="color: #0056b3;">70</td> </tr> <tr> <td style="color: #0056b3;">Home study</td> <td style="color: #0056b3;">60</td> </tr> <tr> <td style="color: #0056b3;"><b>Total</b></td> <td style="color: #0056b3;"><b>187,5</b></td> </tr> </tbody> </table>	Activity	Workload/semester	Lectures	30	Lab exercises	27,5	Project	70	Home study	60	<b>Total</b>	<b>187,5</b>
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Lab exercises	27,5												
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Home study	60												
<b>Total</b>	<b>187,5</b>												
<p style="text-align: center;"><b>STUDENT EVALUATION</b> <i>Description of the evaluation process</i></p> <p><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></p> <p><i>Please indicate all relevant information about the course assessment and how students are informed</i></p>	<p>Courses are evaluated by written or oral examination, assignment, presentation, report (report) or a combination of the above. The exact format of the evaluation is determined by the teacher or teachers in relation to the nature of each course and is announced at the beginning of the semester.</p> <ol style="list-style-type: none"> <li>1. Interim evaluations</li> <li>2. Individual project</li> </ol>												

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|--|---|
|  | <p>3. Written exams including: multiple choice tests, short answer questions and development questions designed to solve problems</p> |
|--|---|

## 5. SUGGESTED BIBLIOGRAPHY

- 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 & Company, Inc., Garden City, New York.
- Gadar, C. M. (2020). *Pilates- Wunda Chair Edition*.
- Gallagher S. P. & Kryzanowska R. (1999). *The Pilates Method of Body Conditioning*. Bainbridge Books: Philadelphia.
- Grootenhuis, R. (2020). Carola Trier: The First Woman ever to open a pilates studio.
- Isacowitz, R. (2006). *Pilates. Human Kinetics: USA***
- Larkam E. (2015). Fascia oriented Pilates Training. In R. Schleip, & A. Baker (Eds.), *Fascia in Sport and Movement* (pp.211-227). Edinburgh: Handspring Publishing.
- Marongiu, G. *Reformer*. Edizioni Centro Studi La Torre.
- Marongiu, G. *Cadillac*. Edizioni Centro Studi La Torre.
- Marongiu, G. *Wunda Chair*. Edizioni Centro Studi La Torre.
- Marongiu G., & Cinelli, E. *Spine Corrector*. Edizioni Centro Studi La Torre.
- Pilates J.H. & Miller, W. J. (1945). *Pilates' Return to Life through Contrology*. Presentation Dynamics. San Miguel, L. (2021). *My enchanted Life – A Memoir*.
- Steel, J. (2020). *Caged Lion: Joseph Pilates and his Legacy*. Echo Point Books and Media. 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.
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- Steel, J. (2020). *Caged Lion: Joseph Pilates and his Legacy*. Echo Point Books and Media.

## ANNEX OF THE COURSE OUTLINE

### Alternative ways of examining a course in emergency situations

<b>Teacher (full name):</b>	Paraskevi Malliou, Professor
<b>Contact details:</b>	pmalliou@phyed.duth.gr
<b>Supervisors: (1)</b>	No
<b>Evaluation methods: (2)</b>	Written or oral examination with distance learning methods, via eClass. Identification and monitoring of examinees through Microsoft Teams
<b>Implementation Instructions: (3)</b>	<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 A201" 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.