

## COURSE OUTLINE INTRODUCTION TO PILATES

### 1. GENERAL

<b>SCHOOL</b>	PHYSICAL EDUCATION, SPORTS SCIENCE AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION & SPORT SCIENCES		
<b>LEVEL OF STUDIES</b>	6		
<b>COURSE CODE</b>	<b>N078</b>	<b>SEMESTER</b>	5 <sup>o</sup> - 7 <sup>o</sup>
<b>COURSE TITLE</b>	Introduction to Pilates		
<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>
		2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	Skill Development		
<b>PREREQUISITES:</b>	No		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek English (Erasmus students)		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	Yes		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/178/">https://eclass.duth.gr/courses/178/</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b> <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
<p>Upon successful completion of the course, participants will be able to:</p> <p>a) To know the philosophy, basic principles, and main goals of the Pilates method.</p> <p>2) To practically apply and guide all the authentic exercises of the Pilates method on the ground (Pilates Mat) for practitioners of different levels (beginner, intermediate, advanced).</p> <p>3) To practically apply, design and guide Pilates-type exercises.</p> <p>4) To practically apply, design and guide Pilates exercises with small equipment (props)</p>	
<b>General Skills</b> <i>Name the desirable general skills upon successful completion of the module</i>	
<i>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</i>	<i>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</i>
<ul style="list-style-type: none"> <li>- Adaptation to new situations</li> <li>- Decision making</li> <li>- Autonomous work</li> <li>- Teamwork</li> <li>- Production of new research ideas</li> <li>Equity and Inclusion</li> <li>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</li> </ul>	

Critical thinking  
Promoting free, creative and inductive reasoning

### 3. COURSE CONTENT

1. The Pilates method: Historical review, philosophy and basic principles of the method.
2. Authentic Pilates: Exercises on the ground I (Mat) (beginner level): pre-pilates exercises and easier exercises of the Pilates method.
3. Authentic Pilates: Practice in Exercises on the ground I (Mat) (beginner level).
4. Authentic Pilates: Exercises on the ground II (Mat) (intermediate level).
5. Authentic Pilates: Practice of Exercises on the ground II (Mat) (intermediate level).
6. Authentic Pilates: Exercises on the ground III (Mat) (advanced level).
7. Authentic Pilates: Practice of Exercises on the Ground III (Mat) (advanced level).
8. Pilates with small equipment: Exercises with the magic circle.
9. Pilates with small equipment: Exercises with the small ball.
10. Pilates with small equipment: Exercises with the big ball.
11. Pilates with little equipment: Exercises with elastic bands, Foam Rollers and Sticks.
12. Teaching techniques of the Pilates method: Combination of traditional and innovative techniques (Pilates with performing arts techniques, mental imagery).
13. Training in online Pilates programs: key points when guiding an online session.

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Face to face	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching Use of ICT in Communication with students	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.</i> <i>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>  <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	39
	Study and practice	48
	Exams	3
	<b>Total</b>	<b>90</b>
<b>STUDENT EVALUATION</b> <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>	Final exam 100%	

### 5. SUGGESTED BIBLIOGRAPHY

1. 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.
2. Isacowitz R. & Clippinger K. (2011). Pilates Anatomy. Human Kinetics: USA.

3. Kennedy-Armbruster, C. & Yoke, Mary, M. (2018). Καθοδήγηση προγραμμάτων ομαδικής άσκησης, Κωνσταντάρας Ιατρικές Εκδόσεις. Lawrence, D. (2014). Pilates Method: An integrative approach to teaching. Bloomsbury Publishing Plc.
4. Μάλλιου, Β. Π. (2023). Uni Pilates - Reformer & Cadillac. Κωνσταντάρας Ιατρικές Εκδόσεις: Αθήνα.
5. Μπενέκα, Α., Μάλλιου, Π., Πάφης, Γ., Μάλλιου, Β., Κούτρα, Χ. 2015. Προγράμματα θεραπευτικής άσκησης με τη μέθοδο «Pilates». [Κεφάλαιο Συγγραμματος]. Στο Μπενέκα, Α., Μάλλιου, Π., Πάφης, Γ., Μάλλιου, Β., Κούτρα, Χ. 2015. Θεραπευτική άσκηση. [ηλεκτρ. βιβλ.] Αθήνα:Σύνδεσμος Ελληνικών Ακαδημαϊκών Βιβλιοθηκών. κεφ 7. Διαθέσιμο στο: <http://hdl.handle.net/11419/368>

## ANNEX OF THE COURSE OUTLINE

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

<b>Teacher (full name):</b>	Aikaterini Daskalaki
<b>Contact details:</b>	<a href="mailto:adaskala@phyed.duth.gr">adaskala@phyed.duth.gr</a>
<b>Supervisors: (1)</b>	YES
<b>Evaluation methods: (2)</b>	Written examination with distance learning methods (100%)
<b>Implementation Instructions: (3)</b>	<p>The examination in the course will be carried out in subgroups of users in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat. The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods.</p> <p>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p> <p>Each student should answer multiple choice questions. Each of the questions is graded from 0.5 to 2.0 points depending on the question category.</p>