

PILATES

1	Course Title:	PILATES
2	Course Code:	AEB0023
3	Type of Course:	Optional
4	Level of Course:	First Cycle
5	Year of Study:	1
6	Semester:	2
7	ECTS Credits Allocated:	5.00
8	Theoretical (hour/week):	1.00
9	Practice (hour/week):	2.00
10	Laboratory (hour/week):	0
11	Prerequisites:	NONE
12	Language:	Turkish
13	Mode of Delivery:	Face to face
14	Course Coordinator:	Öğr.Gör. AYŞEGÜL DOĞAN
15	Course Lecturers:	Ayşegül Doğan
16	Contact information of the Course Coordinator:	05303267817/ayseguld@uludag.edu.tr
17	Website:	uludag.edu.tr
18	Objective of the Course:	Teaching the history, principles and level 1 techniques of Pilates and reformer.
19	Contribution of the Course to Professional Development:	It is aimed that physical education teacher candidates and students studying in the coaching department will learn the basic techniques related to the course.
20	Learning Outcomes:	
	1	Understands the aims and principles of Pilates and reformer 1 techniques.
	2	Understands the importance of breathing correctly.
	3	Understands correct posture alignments
	4	Understands spine posture disorders.
	5	Understands the evaluation of posture analysis.
	6	Understands the definition and content of Pilates and reformer 1 exercises.
	7	Gains the skill of applying techniques.
	8	Gains awareness about her body.
	9	Understands working muscles during the application of techniques.
	10	Understands the basics of pilates mat and reformer exercises.
21	Course Content:	
	Course Content:	
Week	Theoretical	Practice
1	History of Pilates	Preplates preparation
2	Pilates 3 main principles (Whole body health, whole body unity, breathing)	Mat 1 application, purpose and precautions. Level 1 techniques (Hundred, roll up, leg circle, roleing like a ball
3	contrology	Mat 1 techniques (Single leg stretcht, double leg stretcht, single straight leg stretcht, double leg stretcht, criss cross)

4	Pilates movement principles	Mat 1 techniques (supine stretch, saw, swan)
5	Breath, respiratory muscles	Mat 1 techniques (Single leg kick, double leg kick, side kick)
6	natural position of the spine	Mat 1 techniques (Seal, push up)
7	Ideal posture and posture disorders	Reformer anatomy
8	Spine anatomy, functions	Reformer 1 application movement purpose and measures.
9	Deep core, stabilization	Reformer 1 techniques (Footwork, supine arm work, Hundred)
10	Deep core, dental core anatomy	Reformer 1 techniques (Feet in straps, long box swan)
11	Pilates instructor learning objectives	Reformer 1 techniques (Long box pulling straps, elephant)
12	Pilates instructor standards	Reformer 1 techniques (Long stretch, short box use)
13	Teaching techniques and skills	Reformer 1 techniques (Knee stretch, lunge, side stretch)
14	Tailoring an exercise and basic principles	1 on 1 practical coaching

22	Textbooks, References and/or Other Materials:	1-Turkey Gymnastics federasyonu1. step pilates training booklet 2- International Pilates Federation instructor certificate program training manual 3- Handbook for Pilates Instructors - Gül Baltacı, Aydan Aytar 4- Pilates compatible body control. Patrice Lemond.Alfa publishing. 5- Pilates Your Choice - Pilates And Exercise For Adults Pilates 10 Minutes A Day-Collective Dimension Publishing
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Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	1.00	14.00
Midterm Exam	1	40.00	
Practicals/Labs	14	2.00	28.00
Self study and preparation	14	4.00	56.00
Homeworks	0	0.00	0.00
Final Exam	1	60.00	
Projects	10	1.00	10.00
Total	39	100.00	
Field Studies	0	0.00	0.00
Contribution of Term (Year) Learning Activities to Success Grade	1	1.00	1.00
Others	10	4.00	40.00
Final Exams	1	1.00	1.00
Total	100.00		
Total Work Load			151.00
Measurement and Evaluation Techniques Used in the Course	Classic exam, practice exam		5.00
ECTS Credit of the Course			5.00

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ÖK5	5	1	2	1	1	1	1	1	1	1	1	1	1	1	1	1
ÖK6	4	1	1	1	1	3	1	1	1	1	1	1	1	1	1	1
ÖK7	2	2	2	4	1	1	1	1	1	2	1	1	1	1	1	1
ÖK8	3	4	1	1	1	2	1	1	1	2	1	1	1	1	1	1
ÖK9	5	3	1	2	1	1	2	1	1	2	1	1	1	1	1	1
ÖK10	4	4	3	1	1	2	2	1	1	1	1	1	1	1	1	1
LO: Learning Objectives PQ: Program Qualifications																
Contribution Level:	1 very low			2 low			3 Medium			4 High			5 Very High			