

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	Aldeal 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 usa)
13	Teaching techniques and skills	Reformer 1 techniques (Knee stretch, louch, 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 Group
23	Assesment	
TERM LEARNING ACTIVITIES		NUMBE R
Midterm Exam		1
Quiz		0
Home work-project		0
Final Exam		1
Total		2
Contribution of Term (Year) Learning Activities to Success Grade		40.00
Contribution of Final Exam to Success Grade		60.00
Total		100.00
Measurement and Evaluation Techniques Used in the Course		Classic exam, practice exam
24	ECTS / WORK LOAD TABLE	

Activites	Number	Duration (hour)	Total Work Load (hour)
Theoretical	14	1.00	14.00
Practicals/Labs	14	2.00	28.00
Self study and preperation	14	4.00	56.00
Homeworks	0	0.00	0.00
Projects	10	1.00	10.00
Field Studies	0	0.00	0.00
Midterm exams	1	1.00	1.00
Others	10	4.00	40.00
Final Exams	1	1.00	1.00
Total Work Load			151.00
Total work load/ 30 hr			5.00
ECTS Credit of the Course			5.00

25	CONTRIBUTION OF LEARNING OUTCOMES TO PROGRAMME QUALIFICATIONS															
	PQ1	PQ2	PQ3	PQ4	PQ5	PQ6	PQ7	PQ8	PQ9	PQ10	PQ11	PQ12	PQ13	PQ14	PQ15	PQ16
ÖK1	2	3	1	2	1	1	2	1	2	1	1	1	1	2	1	1
ÖK2	1	1	1	1	4	2	3	1	1	1	1	1	1	1	1	0
ÖK3	1	2	2	1	1	1	2	2	2	1	2	1	1	1	1	1
ÖK4	4	1	3	1	1	1	1	1	1	1	1	1	1	1	1	1
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			