

UNIVERSITY OF PHYSICAL EDUCATION IN KRAKOW

Pilates

1. Course title: **Pilates**
2. Type of the course: **theoretical and practical classes (exercises) (given mark)**
3. Form of evaluation: **course attendance and evaluation of basic pilates exercises - description in English and demonstration**
4. Semester: II (summer)
5. Recommended amount of hours: **20**
6. Syllabus:

Introduction to Pilates method. The purpose of the course is to familiarize students with Pilates exercises, how to plan a class and introducing 15 basic exercises with their modifications. Pilates exercises prevent back pain and improve joint mobility. Pilates exercises strengthen deep muscles of the back, abdomen and pelvic floor, which stabilize the spine and hip rim. They are aimed to improve breathing skills and flexibility of muscles, posture, greatening body awareness and balancing muscle tone.
7. Learning outcomes:

Knowledge: Student can explain what Pilates is, is able to name 15 basic exercises.
Skills: Student can describe and demonstrate basic Pilates exercises
8. Studies: BA or MA (I or II)
9. The unit implements the subject: **Department of Recreology and Biological Regeneration**
10. Instructor: **dr Anna Tyka**
11. Teaching conditions: group - max 24 students
12. Recommended credit points: **4**
13. Online classes possibility - all, if necessary.