

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT  
SUBJECT CARD**

**Name of subject in Polish:** PILATES  
**Name of subject in English:** PILATES  
**Profile:** academic, practical  
**Level and form of studies:** 1<sup>st</sup> level, full-time  
**Kind of subject:** optional, university-wide  
**Subject code:** SWF000-S03242  
**Group of courses:** NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

**PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES**

1. Absence of medical contradictions to take active part in classes.
2. Appropriate sports clothing.

**SUBJECT OBJECTIVES**

- C1: Acquiring knowledge on Pilates exercises.  
C2: Strengthening the body "center", strengthening back and stomach muscles.  
C3: Shaping the need for physical activity in adult life.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

PEK\_W01: The student knows the basic Pilates exercises and their nomenclature.

PEK\_W02: The student knows the use of exercise equipment such as: roller, rehabilitation ball, ovo ball and gymnastic stick.

**Relating to skills:**

PEK\_U01: The student is able to warm up and perform basic Pilates exercises.

PEK\_U02 : The student is able to control the neutral position of the spine during exercises.

**Relating to social competences:**

PEK\_K01: The student is aware of the need for physical activity for physical and mental health.

PEK\_K02: The student is able to cooperate with another co-practitioner.

## PROGRAMME CONTENT

Classes		Number of hours
Cl. 1	Presenting the conditions for passing the course and the principles of occupational health and safety. Discussion about the principles of Pilates.	2
Cl. 2-3	Learning neutral spine position in starting positions and during Pilates exercises.	4
Cl. 4-5	Learning to activate and control deep torso muscles during exercise.	4
Cl. 6-7	Improving spine control in basic Pilates exercises. Learning to breathe through the side-rib path.	4
Cl. 8	Performing Pilates exercises using a roller.	2
Cl. 9-10	Learning more difficult variants of Pilates exercises.	4
Cl. 11	Performing Pilates exercises using a rehabilitation ball.	2
Cl. 12	Strengthening and mobilization of the shoulder girdle.	2
Cl. 13	Strengthening and mobilization of the hip girdle.	2
Cl. 14	Performing Pilates exercises using a gymnastic stick.	2
Cl. 15	Performing Pilates exercises using an ovo ball.	2
<b>Total hours</b>		<b>30</b>

## TEACHING TOOLS USED

N1. Practical exercises.  
N2. Demonstration.  
N3. Lecture.

## EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT

<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02	Oral answers, demonstration
F2	PEK_U01, U02	Skills demonstration
F3	PEK_K01, K02	Observation
<b>C:</b> Attendance, student activity and attitude during classes and grade point average F1, F2 and F3.		

## PRIMARY AND SECONDARY LITERATURE

### **PRIMARY LITERATURE:**

- [1] B. Janik-Forbes, *Pilates Matwork 1. Open Mind Pilates Kurs*, 2009.
- [2] B. Janik-Forbes, *Pilates Matwork 2. Open Mind Pilates Kurs*, 2009.
- [3] B. Janik-Forbes, *Pilates Matwork 3. Open Mind Pilates Kurs*, 2009.

## SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)

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