# POZNAN UNIVERSITY OF TECHNOLOGY

EUROPEAN CREDIT TRANSFER AND ACCUMULATION SYSTEM (ECTS)

# COURSE DESCRIPTION CARD - SYLLABUS

## Course name
Pilates [C_CS>Pil30]

## Course

| | |
|---|---|
| **Field of study** | **Year/Semester** |
| Chemical Technology | 1/1 |
| **Area of study (specialization)** | **Profile of study** |
| Air Transport Safety | general academic |
| Unmanned Aerial Vehicles | |
| Technical Electrochemistry | |
| Composites and Nanomaterials | |
| Air Traffic Organisation | |
| Aircraft Piloting | |
| Aircraft Engines and Airframes | |
| Onboard Systems and Aircraft Propulsion | |
| Organic Technology | |
| Polymer Technology | |
| Heating, Air Conditioning and Air Protection | |
| Water Supply, Water and Soil Protection | |
| null | |
| **Level of study** | **Course offered in** |
| first-cycle | polish |
| **Form of study** | **Requirements** |
| full-time | elective |

## Number of hours

| Lecture | Laboratory classes | Other (e.g. online) |
|---|---|---|
| 0 | 0 | 0 |

| Tutorials | Projects/seminars |
|---|---|
| 30 | 0 |

## Number of credit points
0,00

## Coordinators

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## Lecturers

mgr Stela Chelwing
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## Prerequisites

The student has no health contraindications to actively participate in the course and no health contraindications to participate in physical exercises aimed at strengthening, the center or "center",

stretching the spine, strengthening muscle tone and increasing awareness of one's own body.

## Course objective

The exercises are devoted to: getting acquainted with the Pilates method, learning simplified versions of core strengthening exercises, strengthening and mobilizing the hip and shoulder girdle, learning more difficult versions of Pilates exercises, and strengthening the core muscles by perfecting the exercises of this method. During the classes, additional accessories are used, such as: "Magic Ring", 1 kg weights, Body Balls, Easy boll balls. The Pilates method is guided by the following principles: center, concentration, control, precision, breath, fluidity.

## Course-related learning outcomes

The student knows the basic muscle groups and acquires knowledge of how to properly perform Pilates exercises
Is able to focus his or her attention on breathing in conjunction with the proper sequence of exercises
Knows the exercises that he can safely perform on his own
Is aware of the balanced and harmonious development of his body

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Passing the course takes place through active and regular participation in classes. Absences without the obligation to make up and justify are possible in the absence of a maximum of 2 classes with 30 hours in a semester. The student is obliged to make up for the remaining unjustified absences and short-term sick leave in consultation with his/her teacher. It is possible to make up two classes a week. You can participate in physical education classes no more than once a day. Classes must be made up on a day other than the scheduled classes.

## Programme content

Pilates is a form of conscious movement that improves the functionality of the whole body. Learning proper breathing effectively affects the balancing of the nervous system, proper body systems during exercise guarantee the physiological quality of movement by balancing muscle tension and restoring the lost strength of muscles that are neglected and often overlooked in movement (also in sports). The body gains flexibility, strength, frees itself from pain (especially the spine) and feels filled with good energy

## Teaching methods

Teaching methods: analytical, synthetic, mixed.
Task implementation methods: imitative strict, task strict.

## Bibliography

Abby Ellsworth: PILATES krok po kroku. AKA 2011.
Selby A., Herdman Alan: PILATES kształtowanie ładnej sylwetki. Delta 2001.
https://pilatesology.com

## Breakdown of average student's workload

|  | Hours | ECTS |
|---|---|---|
| Total workload | 30 | 0,00 |
| Classes requiring direct contact with the teacher | 30 | 0,00 |
| Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation) | 0 | 0,00 |