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
Transport	1/2

Area of study (specialization)
Air Transport Safety
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

Profile of study
general academic

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

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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