# COURSE DESCRIPTION CARD - SYLLABUS

Course name
Pilates [C_CS>Pil30_Z]

## Course

Field of study
Microelectronics and Digital Communication

Year/Semester
1/1

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
null

Profile of study
general academic

Level of study
first-cycle

Course offered in
Polish

Form of study
full-time

Requirements
elective

## Number of hours

Lecture
0

Laboratory classes
0

Other
0

Tutorials
30

Projects/seminars
0

## Number of credit points

0,00

## Coordinators

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## Lecturers

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## Prerequisites

There are no health contraindications to active participation in classes

## 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

Knowledge:
The student knows the basic muscle groups and acquires knowledge of how to properly perform Pilates exercises

Skills:
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

Social competences:
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:

Completing the course is achieved through active and regular participation in classes. Two absences are possible without the obligation to make up or justify 30 hours per semester.
The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/ her teacher.
It is possible to complete 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

Getting to know the Pilates method:
learning simplified versions of exercises to strengthen the core muscles, strengthening and mobilization of the hip and shoulder girdle
learning more difficult versions of Pilates exercises and strengthening the core muscles by perfecting exercises of this method.
use of additional accessories, such as: "Magic Ring", 1 kg weights, Body Balls, Easy boll application of the principles: center, concentration, control, precision, breathing, fluidity

## Course topics

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

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

Additional:
-

## 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 |