



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Pilates							
Course Code		REKB258		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	96 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course		To teach the use of Pilates exercises in healthy and patient group							
Course Content		History of Pilates, introduction of Pilates exercises and stages and determination of usage areas							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Demonstration, Individual Study					
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	Turkish Gymnastics Federation Pilates Educaiton Booklet
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Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction to pilates and history
2	Theoretical	Basic definitions and concepts related to Pilates
3	Theoretical	Pilates philosophy, aims and benefits, posture
4	Practice	Hundred, roll up, roll over with legs spread elements
5	Practice	One leg circle, rolling back, one leg stretch elements
6	Practice	Spine stretch, rocker with open legs, cork-screw, saw elements
7	Practice	Swan, bicycle, kick, teaser, seal, push up elements
8	Intermediate Exam	Mid-term
9	Practice	Repetition of Mat 1
10	Practice	Swiss ball elements
11	Practice	Exercises with pilates band
12	Theoretical	Pilates language
13	Practice	Repetition of elements
14	Theoretical	Review of the topic
15	Final Exam	Final exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	1	2	42
Lecture - Practice	14	1	2	42
Assignment	2	3	3	12
Total Workload (Hours)				96
[Total Workload (Hours) / 25*] = ECTS				4

*25 hour workload is accepted as 1 ECTS

Learning Outcomes

1	To have knowledge about pilates
2	To learn basic pilates movements, and movement with apparatus
3	Recognizing plates tools
4	know the names of the muscles used in plates exercise



5	breathing exercises at plates
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Programme Outcomes (*Recreation*)

1	Students have comprehensive and systematic information about concepts, principles, theories, facts in disciplines related to Recreation in Recreation field and use and interpret these information in workplace
2	By specialising in certain studies of profession related to Recreation, students carry out planning and control functions in the field.
3	By using the knowledge about Recreation, students fulfil responsibilities in league with other occupational groups
4	Students carry out the recommendation and coordination functions, and plan activities related to Recreation
5	Students behave in accordance with the codes of ethics and laws and regulations related to right and liability of Recreation field.
6	Students analyse by using the known techniques related to Recreation
7	Students fulfil scientific information responsibility related to Recreation and research
8	Students develop positive behaviour and attitude towards healthy life-long sport
9	Students set an example as a model to society and colleagues with their professional identity related to Recreation field
10	Students must communicate written or verbal in some foreign languages

