

Course title	Alternative Methods of Exercise				
Course code	TRAN223				
Course type	Theoretical and Practical (Elective)				
Level	Diploma				
Year / Semester	2 nd Year / 4 th Semester				
Teacher's name	Louca Kristi				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course purpose and objectives	The purpose of the course is to teach students the basic exercise routine and theory surrounding alternative methods of exercise, mainly Yoga and Pilates, using either body weight or equipment that is used in each method.				
Learning outcomes	<p>Upon the completion of the course, the students are expected to:</p> <p>Knowledge</p> <ol style="list-style-type: none"> Describe the energy centres of the human body and the various breathing techniques. Recognise the basic characteristics of Yoga, power yoga, yogilates and the basic characteristics of the Pilates training method Recognise the importance of correct breathing, concentration and correct posture. Explain how to perform Pilates exercises with equipment (pilates ring, mini ball, swiss ball, foam roller, etc.) Recognise technical errors in the execution of the exercises. <p>Skills</p> <ol style="list-style-type: none"> Be able to perform with Yoga exercises using proper techniques Be able to demonstrate correction techniques <p>Competences</p> <ol style="list-style-type: none"> Be able to design a Yoga and Pilates group fitness programme for adults Be able to adjust a training programme of exercise to the physical condition, the mobility skills and health history of the trainee. 				
Prerequisites				Required	
Course content	<ul style="list-style-type: none"> History and paths of the Yoga method Yoga and body positions (Asanas) Energy centres (Chakra) Basic breathing techniques (Pranayama) Basic groups of Yoga exercises for beginners, technical analysis and practical application 				

	<ul style="list-style-type: none"> • History, principles and benefits of Pilates • Pilates and proper breathing • Anatomy and correct posture • Introductory Pilates Exercises • The application of the Pilates method with equipment (ball, rubber, foam roller, etc.) • Lesson planning and structure for Yoga and Pilates
Teaching methodology	The content of the course is taught through lectures with the help of a computer, video projector, electronic presentations and multimedia and the use of a whiteboard. Active student participation is ensured through guided discussions. The practical part of the course is carried out in an accredited gym centre.
Bibliography	<p>Greek Bibliography</p> <ul style="list-style-type: none"> • Κουθούρης, Κ. et al. (2022). <i>Κινητική Αναψυχή: Θεωρητική προσέγγιση, εφαρμογές, και δραστηριότητες [Physical Recreation: Theoretical approach, applications, and activities]</i>. Kallipos, Open Academic Editions. https://dx.doi.org/10.57713/kallipos-50 • Μπενέκα, Α. et al. (2015). <i>Θεραπευτική άσκηση [Therapeutic exercise]</i>. Kallipos, Open Academic Editions. https://hdl.handle.net/11419/372 • Moriabadi, Uschi (2006), <i>Pilates: Το βιβλίο των ασκήσεων [Pilates: the book of exercise]</i>, Salto, ISBN: 9602781416 <p>English Bibliography</p> <ul style="list-style-type: none"> • Satyananda Saraswati, Swami (2013), <i>Asana Pranayama Mudra Bandha, Bihar School Of Yoga</i>, ISBN: 978-0949551146. • Lawrence, D. (2008). <i>Pilates Method: An integrative approach to teaching (Fitness Professionals)</i>. A & C Black Publishers Ltd. ISBN: 9780713684964 • Iyengar, B.K.S. (2017). <i>Light on yoga : Yoga dipika-The classic guide to yoga by the world's foremost authority (Health)</i>. 53rd Edition. HarperCollins Publisher. ISBN: 9788172235017
Assessment	<ul style="list-style-type: none"> • Attendance and class participation: 10% • Intermediary practical examination: 20% • Final practical examination: 40% • Final written examination: 30%
Language	Greek or English