



Course title	Pilates with Machines				
Course code	TRAN224				
Course type	Lectures and practical application (Elective)				
Level	Diploma				
Year / Semester	2 nd Year / 4 th Semester				
Teacher's name	Louka Kristi				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course purpose and objectives	The purpose of the course is to educate students on the basic skills regarding Pilates and Pilates with machines.				
Learning outcomes	<p>Upon the completion of the course, the students are expected to:</p> <p>Knowledge</p> <ol style="list-style-type: none">1. Describe the basic characteristics of Pilates as a training method.2. Explain the importance of proper breathing, concentration and proper body posture.3. Explain the function of the abdominal muscles for movement and stabilisation <p>Skills</p> <ol style="list-style-type: none">4. Be able to demonstrate, using the correct technique, the basic floor exercise and the basic machine exercise for Pilates.5. Be able to advise and correct the technique of the trainees <p>Competences</p> <ol style="list-style-type: none">6. Design a simple exercise routine for beginners that utilises all the Pilates machines (Reformer, Chair, Barrel, Tower)7. Adapt the exercise programme to the needs of the trainee and his/her health history.				
Prerequisites				Required	
Course content	<ul style="list-style-type: none">• Theory and history of the machines used during a Pilates session• Basic principles of Pilates• Spine, core and body alignment• Exercise log of the Reformer machine.• Exercise log of the Chair Course.• Exercise log of the Barrel Course.				

	<ul style="list-style-type: none"> • Exercise log of the Tower machine • Adaptations of a Pilates course to the machines being used and to the skills, physical condition and health history of the trainee. • Course structure and design
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"> • Moriabadi, Uschi (2006), <i>Pilates: Το βιβλίο των ασκήσεων [Pilates: The book of exercises]</i>, Salto, ISBN: 9602781416 <p>English Bibliography</p> <ul style="list-style-type: none"> • Herman, E. (2007). <i>Pilates Reforme : A manual for pilates instructors and serious pilates students</i>. 2nd Edition. Ellie Herman Books. ISBN: 9780976518105 • Herman, E. (2007). <i>Pilates cadillac : A manual for pilates instructors and serious pilates students</i>. 2nd Edition. Ellie Herman Books. ISBN: 9780976518167
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