



Pilates – MAT-WORK

30 frontal hours (5 ECTs)

Instructor: Ido Tal-Mor

A. Aims:

1. Familiarity with the Pilates technique and its classical repertoire on a practical level and theoretical basis.
2. Development of body awareness, focusing on aspects of stabilization, movement, movement isolation and breathing.
3. Improving movement skills with an emphasis on physical control - effort and relaxation at the same time.
4. Acquisition of a collection of exercises, which accounts for the basis for Pilates technique.
5. Providing tools for integrating the technique in the context of daily life and in the field of physical education in the work of teachers with students in school and with other populations.
6. Focus on the close connection between the body and the mind, as expressed in the technique.

B. Curriculum

Week	Lesson Topic	Lesson details
1	Introduction to Pilates	Beginner level mat lesson; What is Pilates? The history of Pilates; The 3 guidelines; Getting to know one another.
2	The principles of breathing and preparation exercises	Beginner level mat lesson; Breathing principles; Preparation exercises for the beginner practitioner and opening lesson; Exercises: the hundred, roll up, one leg circles; Focus on adapting exercises to levels, execution, adapting exercises for different populations.
3	The power house principle	Beginner level mat lesson; The power house principle; Exercises: rolling like a ball, abdominal series, spine stretch forward.
4	The spine articulation principle	Intermediate level mat lesson; The difference between levels; The spine articulation principle; Articulation in planes of motion;

		Pelvic movement; Exercises: open leg rocker, corkscrew, saw, swan.
5	The elongation principle	Intermediate level mat lesson: Elongation by means of image/touch; posture guidance; Movement isolation. Exercises: single leg kick, double leg kick, neck pull, scissors, shoulder bridge.
6	The principle of opposition	Intermediate level mat lesson: Movement vs. stability guidance strategies; Movement isolation and coordination; Exercises: spine twist, jack knife, side kick, teaser.
7	The principle of isolation/stabilization	Intermediate level mat lesson: Posture and stability in the context of the stabilization principle in Pilates in different directions; Exercises: hip twist, swimming, serratus push up, leg pull front support, leg pull back support
8	Accessories	Repertoire with accessories – a small and magical ball.
9	Integrating functional movement patterns with the world of Pilates	Advanced level: How to combine a classic repertoire with the world of functional movement.
10	Accessories	Advanced level: work with weights and elastic bands.
11	Pilates is for the population	Advanced level: What is suitable for whom? How to make Pilates specific to the target audience; Exercises: kneeling side kick, mermaid, side bend, boomerang, seal.
12	Pilates and Rhythm	Advanced level: Tempo changes, flow and transitions between exercises; Repertoire completion; Exercises: crab, rocking, control balance, push up.
13	Pilates and Me	Advanced level: How to integrate Pilates into our content world. What can be derived from it as a student/novice teaching/practitioner, etc. Review
14	Practical exam	Assessment test
15	Theoretical exam	Final exam

C. Methods:

1. Practical course, theoretical material is integrated within curriculum.
2. A continuous link is made between the study of anatomy and the Pilates method

D. Student Obligations:

1. Active participation in lessons.
2. Suitable attire for movement
3. Passing exams: two practical exams and a theoretical exam

E. Grade Composition

1. Active participation in classes 10%.
2. Theoretical exam 25%
3. Practical exams 65%.

F. Sources

1. Calais-Germain, Blandine. (1993). Anatomy of Movement. Seattle: Eastland Press.
2. Isacowitz, Rael. (2006). Pilates. U.S.A: Human Kinetics.
3. Pilates, Joseph H. (1945). Return to life through contrology. Reprinted 2003. Miami: P.M.A.
4. Pilates, Joseph H. (1934). Your Health. Reprinted 1998. Incline Village, NV: Presentation Dynamics.