UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Concepts of The Pilates Method

2021-2-I0201D062

Aims

At the end of the course the student will learn the theoretical basis of the method.

The basic principles of Pilates to rehab and contraindications to treatment.

Contents

The course aims to provide participants with the basic concepts of the Pilates method.

Detailed program

- Pilates Method of treatment

- Analysis of the method

- Use Pilates Rehabilitation

- Principles and Objectives.

Prerequisites

Teaching form

Textbook and teaching resource

Semester

Assessment method

Office hours