



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Concepts of The Pilates Method

2122-2-I0201D062

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#### 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**

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