



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Concetti del Metodo Pilates

2223-2-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

attendance of the second year of physiotherapy

### **Teaching form**

Frontal lesson.

### **Textbook and teaching resource**

handouts and slides

### **Semester**

second semester

### **Assessment method**

classroom attendance, no grade assignment

### **Office hours**

by appointment

### **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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