



HANYANG UNIVERSITY

Hanyang International Summer School

Faculty Information	Name	JUNG KYOUNGHWHA					
	E-mail	pilateslab@hanyang.ac.kr					
	Home University	HANYANG UNIVERSITY					
	Department	Sports Science Major, Sports Industry and Science Department					
	Homepage						
Course Information	Class No.	18008	Course Code	DAN1037	Credits	2	
	Course Name	PILATES					
	Lecture Schedule	Tue-Fri/ 13:00~16:00					
	Course Description	This course places a strong emphasis on core muscle activation and re-educating functional body movements. Through Mat Pilates and Pilates with Props, students gain an understanding of movement principles and, ultimately, construct and present Pilates exercises in their discussion sessions.					
	Course Objective	This course teaches the principles of activating core muscles, re-educating functional body movements, and developing personalized exercise programs, emphasizing the consideration of goals and effects when creating effective workout plans					
	Prerequisite	There are no specific prerequisites for this course, but it would be helpful for students to have a basic understanding of exercise theory and some foundational knowledge of Pilates before enrolling. Additionally, students should have an interest in and passion for exercise.					
	Materials/Textbooks	PILATES ALL IN ONE(2020)					
Evaluation	Attendance	30%	Quiz	%			
	Assignment	%	Mid-term Exam	%			
	Presentation	%	Final Exam	30%			
	Group Project	20%	Participation	20%			
	Etc.	Evaluation Item			Ratio		
					%		
Daily Lecture Plan	Week 1	Day 1	Orientation, Core muscle activation, Pilates with Props.				
		Day 2	Core muscle activation, Shoulder Stability.				
		Day 3	Core muscle activation, Spinal Stability.				
		Day 4	Core muscle activation, Pelvic Stability.				



	Week 2	Day 1	Core muscle activation, Mat Pilates.
		Day 2	Core muscle activation, Torso Stability and Mobility
		Day 3	Core muscle activation, Torso Stability and Mobility.
		Day 4	Core muscle activation, Mat Pilates, An exercise program that aligns with the group's chosen theme I.
	Week 3	Day 1	Core muscle activation, Mat Pilates, An exercise program that aligns with the group's chosen theme II.
		Day 2	Core muscle activation, Mat Pilates, Pilates with Props.
		Day 3	Core muscle activation, Mat Pilates, An exercise program that aligns with the group's chosen theme III.
		Day 4	Following the implementation of an exercise program aligned with the group's chosen theme, we will engage in a post-showing discussion I.
	Week 4	Day 1	Following the implementation of an exercise program aligned with the group's chosen theme, we will engage in a post-showing discussion II.
		Day 2	Following the implementation of an exercise program aligned with the group's chosen theme, we will engage in a post-showing discussion III.
		Day 3	Core muscle activation, Final Exam
		Day 4	Graduation