



HANYANG UNIVERSITY

Hanyang International Winter School

Faculty Information	Name	Hwang Minkyung					
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	Department	College of Art& Sport					
	Homepage						
Course Information	Class No.	18009	Course Code	DAN1037	Credits	2	
	Course Name	pilates					
	Lecture Schedule	Tue-Fri/ 16:00~18:00					
	Course Description						
	Course Objective	Learn Pilates					
	Prerequisite	-					
	Materials/Textbooks	Mat, Foam roller					
Evaluation	Attendance	40%	Quiz	%			
	Assignment	10%	Mid-term Exam	%			
	Presentation	%	Final Exam	30%			
	Group Project	10%	Participation	10%			
	Etc.	Evaluation Item			Ratio		
					%		
			%				
Daily Lecture Plan	Day 1	Orientation Pilates is... Overall contents of Pilates: Pilates history and effectiveness, Pilates respiration explanation, Pilates neutral posture, etc.					
	Day 2	Pre Mat One leg lift, femur circle, bridge, quadruped, prone press up, hundred					
	Day 3	Hip exercises and abdominal strengthening in Supine (lying posture) Leg series- single leg stretch, double leg stretch, criss-cross, one leg circle, double leg circle					
	Day 4	Sitting position: Learning the movement of the spine (Learning Pilates movement in a sitting position) pine twist, spine stretch forward, saw, mermaid...					
	Day 5	Side position: Learn Pilates poses in a lying-down position (using abdominal muscles) side kick, side-lying bicycle, banana, start& twist, side plank...					
	Day 6	Prone position: Learning Pilates poses in a prone position (Movements using the extensor and hip muscles of the spine) swan, swimming, one leg kick, double leg kick...					
	Day 7	Learn core muscles (abdominal centered concentration1) shoulder bridge, roll up, scissor, leg pull front					
	Day 8	Abdominal centered concentration2 roll over, teaser, boomerang					
	Day 9	Learning how to use a foam roller and the technique of self-fascia relaxation technique					



		Know how to use the foam roller and relax your fascia by yourself -- I.T.B release, G.C.M
	Day 10	Final test / group project test