

PED1309: PILATES MAT - ELEMENTARY

Effective Term

Semester A 2022/23

Part I Course Overview

Course Title

Pilates Mat - Elementary

Subject Code

PED - SDS Physical Education

Course Number

1309

Academic Unit

Student Development Services (SDS)

College/School

No Faculty Designation (00)

Course Duration

Non-standard Duration

Other Course Duration

8 hours

Credit Units

0

Level

A1, A2 - Associate Degree
B1, B2, B3, B4 - Bachelor's Degree
P5, P6 - Postgraduate Degree
D8 - Professional Doctorate
R8 - Research Degree

Medium of Instruction

English

Medium of Assessment

English

Prerequisites

Nil

Precursors

Nil

Equivalent Courses

Nil

Exclusive Courses

Nil

Additional Information

Remarks : Students would not be allowed to enter the room when the class is in progress for 15 min.

Part II Course Details

Abstract

The aims of this course are to promote health and fitness through performing Pilates on the mat, to arouse students' attention on postural awareness, muscular fitness and balance so as to enhance their quality of life. Upon the completion of the course, students should be able to:

1. perform not less than 10 Pilates floor exercises on their own
2. achieve or maintain a good state of wellness, both body and mind
3. enhance muscle toning and possess good body alignment
4. improve their state of flexibility

Teaching and Learning Activities (TLAs)

TLAs		Brief Description	CILO No.	Hours/week (if applicable)
1	Current mix of lecture / tutorial / laboratory, other	Practice, Theory, Activity and Workout		

Continuous Assessment (%)

0

Additional Information for ATs

Grading Pattern: Pass / Not Completed

A PASS grade will be appeared on student' s transcript for those who have achieved 80% (7 lessons) of attendance and passed the knowledge and skill acquirements of the course assessment.

Part III Other Information

Keyword Syllabus

Wellness, health and fitness, body and mind, body alignment, postural awareness, muscular fitness and balance.

Reading List

Compulsory Readings

Title	
1	Nil

Additional Readings

Title	
1	Nil