



HANYANG UNIVERSITY

Hanyang International Winter School

Faculty Information	Name		JUNG KYOUNGHWHA				
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	Home University		MAJOR IN SPORT SCIENCE				
	Department		DEPARTMENT OF PHYSICAL EDUCATION				
	Homepage						
Course Information	Class No.		TBA	Course Code	DAN1037	Credits	2
	Course Name		PILATES				
	Lecture Schedule		Mon-Fri / 15:30 ~ 19:00				
	Course Description		This course focuses on the principles of Pilates to enhance overall body strength, flexibility, and posture, with a special emphasis on core muscles. Students will learn various exercises designed to improve body alignment and stability				
	Course Objective		Core strengthening and posture improvement through Pilates				
	Prerequisite		-				
	Materials/Textbooks						
	Evaluation	Attendance		30%	Quiz		%
Assignment		%	Mid-term Exam		%		
Presentation		%	Final Exam		40%		
Group Project		30%	Participation		%		
Etc.		Evaluation Item			Ratio		
					%		
					%		
Daily Lecture Plan		Day 1	Core strength, Alignment				
	Day 2	Core strength, Pilates Breathing					
	Day 3	Torso stability & mobility					
	Day 4	Shoulder stability & mobility					
	Day 5	Pelvic stability & mobility					
	Day 6	Change of scapula thoracic & Scapula-humeral rhythm					
	Day 7	Change of Hip joint extension movement pattern					
	Day 8	Organize movement according to the concept set by the group					
	Day 9	The team presenting their organized work together					