

<b>Subject</b>	Individual Sports (Yoga & Pilates)		
<b>Type</b>	Type	Semester	ECTS
	MANDATORY (M)	IV	3
<b>Lecturer</b>	Dr.Sc. Blerta Abazi/ Shpresa Rrahmani		
<b>Goals and objectives</b>	This course gives students the opportunity to gain knowledge in both the practical and theoretical aspects of yoga and Pilates. The knowledge gained should enable candidates to develop an understanding of effective and safe physical performance and promote enjoyment of physical activity.		
<b>Learning outcomes</b>	<p>Upon successful completion of this course, students will:</p> <ul style="list-style-type: none"> <li>✓ Be able to learn the basic movements of Yoga and Pilates</li> <li>✓ Have the competencies to develop lifelong practices for effective stress relief and relaxation.</li> <li>✓ Demonstrate valuable creativity and collaboration skills as they work with classmates to develop Yoga and Pilates combinations or routines, in a safe, respectful and fun learning environment.</li> </ul>		
<b>Content</b>	<b>Java</b>	<b>Topics</b>	
	1	<b>Syllabus Presentation</b>	
	2	Introduction to Yoga and Pilates	
	3	Yoga - the correct techniques of the basic movements of Yoga; Pranayama relaxation and breathing techniques;	
	4	How to move through a sequence of Yoga poses smoothly, and the different muscles engaged or stretched in certain poses.	
	5	Some basic yoga poses: downward dog, warrior, tree pose, bridge pose, triangle, butterfly, cobra, mountain, child's pose, side plank, extended side angle.	
	6	Pilates principles: concentration, control, alignment, precision and flow.	
	7	Pilates - the origin and health benefits of Pilates (such as flexibility, abdominal strength, concentration, breathing techniques, injury prevention, improved posture, etc.);	
	8	<b>Mid-exam – 1</b>	
	9	Pranayama techniques for breath control and relaxation: Mindfulness meditation practices; Incorporating Breathing into Pilates Exercises.	
	10	Correct movement technique;	
	11	Some of the basic Pilates movements: Pilates 100, roll up/down, leg circle, rolling like a ball, leg rocker, corkscrew, scissors, stretching	
	12	Progression to intermediate level yoga poses; Intermediate Pilates exercises for full body strength.	
	13	Integration of Yoga and Pilates for dynamic training; Designing and conducting short fusion sessions.	
	14	Adapting practices for specific populations (eg, prenatal, elderly).	
15	<b>Mid-exam – 2</b>		
<b>Teaching/learning methods</b>	Activity	Weight (%)	
	Lectures 1	30%	
	Laboratory	10%	
	Research 3.	30%	
	Independent and group learning	30%	
<b>Methods of Evaluation</b>	<b>Methods of evaluation:</b>	%	
	Participation	20%	
	a) Medium-term exam-1	30%	
	b) Medium term exam - 2	40%	
	Course design (developing a training program for a certain group with disabilities)	10%	

<b>Sources</b>	<b>Sources</b>		<b>Number</b>
	Lectures		24
	Presentations		12
	Web of Science		1
	PubMed		1
	Scopus		5
<b>ECTS Workload</b>	<b>Activity</b>	<b>Weekly hours</b>	<b>Workload</b>
	Lectures	1	12
	Lab	1	12
	Course project	n/a	16
	Independent work	na	35
<b>Literature</b>	<ul style="list-style-type: none"> <li>• Kennedy, D., Jansen, D., &amp; Williams, S. (2011). Pilates for Beginners. The Rosen Publishing Group, Inc.</li> <li>• Urla, J. (2003). Yogalates (R): Integrating Yoga and Pilates for Complete Fitness, Strength, and Flexibility. HarperCollins.</li> <li>• Keil, D. (2018). Functional anatomy of yoga. Lotus publishing.</li> <li>• Isacowitz, R., &amp; Clippinger, KS (2019). Pilates anatomy. Human Kinetics.</li> </ul>		
<b>Ethical standards</b>	This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies.		
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