

Subject	Yoga and Pilates			
Type	Type	Semester	ECTS	
	ELECTIVE (E)	1	3	
Lecturer	Dr. Nagip Lenjani			
Aims and Objectives	This content aims to enhance physical fitness, motor skills, and overall well-being through yoga and pilates, combining stretch movement, mobility-focused exercises, and the celebration of cultural values. It seeks to develop cardiovascular endurance, flexibility, and muscular strength, improve coordination, balance, and rhythm, foster creativity and self-expression, and promote cultural appreciation by integrating traditional and contemporary dance styles into a fitness-oriented framework.			
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> • Perform a variety of movements of yoga and pilates, coordination, and fitness. • Enhance cardiovascular endurance, flexibility, and strength through yoga and pilates-based exercises. • Adapt traditional movements, for modern fitness routines. • Understand the physical, mental, and cultural benefits of yoga and pilates for overall well-being. • Develop motor skills, including balance, agility, and spatial awareness, etc. • Design personalized training programs that incorporate yoga and pilates for fitness and enjoyment. 			
Content	Week	Topics		
	1	Covers the history, philosophy, and foundational breathing techniques of both Yoga and Pilates.		
	2	Focuses on body alignment, posture awareness, and core engagement principles essential for both practices.		
	3	Introduces flexibility and mobility training through Sun Salutations in Yoga and spinal mobility exercises in Pilates.		
	4	Emphasizes strength and stability by incorporating standing Yoga poses and core-strengthening Pilates movements.		
	5	Explores breathwork and mindfulness techniques, including advanced Pranayama and controlled Pilates breathing.		
	Mid-term exam – 1			
	6	Highlights back care and posture improvement with Yoga spinal health poses and Pilates back-strengthening exercises.		
	7	Enhances balance and coordination through Yoga balance poses and Pilates coordination drills.		
	8	Delves into deep core engagement and pelvic stability, refining strength and alignment in both disciplines.		
	9	Focuses on functional movement and injury prevention through controlled mobility exercises in Yoga and Pilates.		
	10	Introduces restorative Yoga and Pilates techniques to promote relaxation, flexibility, and recovery.		
	11	Helps integrate Yoga and Pilates into daily life by creating personal practice routines and maintaining consistency.		
	12	Concludes with a full-body guided session, self-assessment, and reflection on progress achieved throughout the course.		
Mid-term exam – 2				
Final Exam (theoretical exam and full-text paper presentation)				
	Activity	Weight (%)		
	Lectures	40%		

Teaching/Learning Methods	Lab	40%	
	Research	10%	
	Independent learning	10%	
Assessment Methods	Methods of assessment:	%	
	Participation	10%	
	a) Mid-term exam -1	10%	
	b) Mid-term exam - 2	10%	
	Exercise	20%	
	Fitness based dancing program	30%	
	Final exam	20%	
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	n/a	12
	Independent learning	n/a	44
	Examination preparation	n/a	20
Literature	<p>Lacerda, D. (2015). <i>2,100 asanas: The complete yoga poses</i> (1st ebook ed.). Black Dog & Leventhal Publishers, an imprint of Hachette Books, a division of Hachette Book Group. https://terebess.hu/english/2100-Asanas.pdf</p> <p>Gurtner, K. (2005–2013). <i>Art of motion® course manual</i> (1st ed. 2005, 19th ed. 2013). Edited by T.-L. Gianatti. Design and photo editing by B. Gruber, TanzArt. Art of Motion Training in Movement.</p>		
Ethical standards	<p>This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.</p>		
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