



**SPORT SCIENCE & MANAGEMENT
SS9003 INTRODUCTION TO PILATES MATWORK & HATHA YOGA**

Pre-requisites	Physically active. No injuries/medical conditions.
No of AUs	3
Contact Hours	39

Course Aims

The aim of this course introduces you to the fundamentals of pilates matwork and hatha yoga. It will provide a strong foundation for you to continue your practice in future. Course will progress to introduce students to intermediate movements and poses with modifications. With the knowledge and proper practice of pilates and yoga, they will be able to improve their core strength, flexibility, mobility of the joints and techniques of breathing that can help them to feel more relaxed and also have an increase in concentration level.

Intended Learning Outcomes (ILO)

By the end of this course, you (as a student) would be able to:

1. Explain the history of pilates and hatha yoga.
2. Explain the 5 basic principles of pilates and the 5 points of yoga.
3. Breathe properly by regulating your breath.
4. Strengthen and engage your core muscles to support your spine and reduce the possibilities of injuries.
5. Reduce anxiety and mental stress when you practise pilates and yoga mindfully.
6. Determine neutral spine alignment and improve your posture.
7. Connect and explain breathings and relaxation of the mind to the way pilates exercises and yoga poses are sequenced.
8. Enhance your physical strengths, flexibility, and coordination as well as reduce stress, improve mental focus and foster an improved sense of well-being.

Course Content

Hatha Yoga

- History of Yoga
- Proper Breathing and Proper Relaxation
- 5 points of yoga
- Physical and mental benefits of the yoga poses
- Understanding the benefits of the inverted yoga poses
- How Yoga can help in improving our nervous and respiratory systems

Pilates Matwork

- History of Joseph Pilates
- Understanding the spine and pelvic bowl
- Core muscles and how they can help to support the spine
- 5 basic principles and trunk stability
- Neutral Spine alignment and how faulty postures can be corrected
- Importance of spinal articulation to increase mobility

Breathing Exercises

- Understanding diaphragmatic breathing
- Benefits of practising proper breathing
- Learn how to regulate your breaths to reduce physical and mental tensions

Assessment (includes both continuous and summative assessment)

Component	Course LO Tested	Related Programme LO or Graduate Attributes	Weighting	Team/ Individual	Assessment Rubrics
1. Practical Assessment: Individual Assessment on Pilates & Yoga	2 to 8	A1, A2	30%	Individual	Appendix 1
2. Practical Assessment: Group Assessment on Pilates & Yoga	2 to 8	A1, C1, C2, E2	30%	Team	Appendix 1
3. Theoretical Assessment Quiz	1,2,5,6, 8	A1, A2	20%	Individual	
4. Multimedia Presentation on Pilates & Yoga	1 to 8	A1, A3	10%	Individual	Appendix 2
5. Professional Attributes	1-4, 6-7	D1, D2, E1, E2	10%	Individual	Appendix 3
Total			100%		

Graduates of the SSM programme should show:

Competence	
A1: {Understanding}	process and interpret information, evidence and methodologies related to sport science or sport management
A2: {Self-discipline}	independently apply themselves to solve relevant problems
A3: {Modern Tool Usage}	use technology to communicate and provide feedback on sports activities, improve sports performance, monitor and increase physical activity, provide exercise prescription, solve problems for disadvantaged athletes/sportspeople, and commercialize and innovate sports products, events and services
Creativity	
B1: {Critical Thinking}	critically assess the applicability of sport science and sport management tools toward problems and in the workplace
B2: {Analytical Thinking}	critically analyse data from a multitude of sources
B3: {Interdisciplinary Thinking}	connect the subfields of sport science and sport management to tackle problems
B4: {Innovation}	be able to develop new applications or improve existing techniques
B5: {Entrepreneurship}	develop new ideas and plans for sport science, businesses and events
Communication	
C1: {Effective Communication}	present findings or ideas from sport science and sport management research logically and coherently at the appropriate level for the intended audience and in all forms of communication
C2: {Teamwork}	work in teams on projects that require sport science or sport management application, and communicate results via demonstration, verbally and in written form
Civic-Mindedness	
D1: {Professionalism}	act in a manner that respects the profession and meets the expectations of the sport science and sport management industry
D2: {Inclusiveness}	promote sport and physical activity in all individuals to bring people together and improve physical, social and psychological outcomes

Character

E1: {Ethical behaviour}

act with integrity and in a socially responsible and ethical manner in line with societal and legal expectations in relation to collecting and analysing data of people and protecting personal data with appropriate computer security

E2: {Sportspersonship}

demonstrate appropriate safety, concern and good conduct in sport situations towards other individuals involved in the activity

Formative feedback

Verbal feedback will be given throughout the course. The purpose of any monitoring and feedback is to help you compete against your own personal bests rather than each other. As every physical body is different, the feedback will be given to give confidence to you to do your best and also to accept the present physical ability and limitations. A safe and effective practice will be the goal of the course.

A group feedback will be given before your assessments. This will help you to prepare your theory and practical presentations adequately and proficiently. These feedback will help your group to be properly informed and to guide you properly in your preparations for the assessments.

Learning and Teaching approach

The instructor will be demonstrating the movements of what the students need to know for this course. Lessons also include multimedia presentations that can support a clearer understanding of the theoretical parts of this course. Group activities will also be introduced, you role play as student and also as an observer. This gives opportunities for students to see the execution of some of the exercises and poses, increase their awareness of not making certain mistakes and have a safe practice.

The demonstrator and group style teaching approach are effective and engaging. It will give confidence to the students on a practical level and also offers the students a different perspective of understanding the movements of other students and their own bodies' capabilities and limitations.

Reading and References

1. Recommended Texts:
2. Pilates by Rael Isacowitz, published in 2006 by Human Kinetics
3. Pilates Anatomy by Rael Isacowitz and Karen Clippinger published in 2011 by Human Kinetics
4. Human Kinetics
5. Teaching Pilates for Postural Faults, Illness & Injury by Jane Paterson first published in 2009 by Butterworth Heinemann Elsevier
6. Yoga Anatomy by Leslie Kaminoff and Amy Matthews published in 2011 by Human Kinetics
7. Human Kinetics
8. Hatha Yoga Illustrated by Matin Kirk, Brooke Boon and Daniel Dituro published in 2006 by Human Kinetics
9. Yoga Your Home Practice Companion by Sivananda Yoga Vedanta Centre, first published in Great Britain in 2010 by Dorling Kindersley Limited
10. published in Great Britain in 2010 by Dorling Kindersley Limited

11. The Complete Illustrated Book of Yoga by Swami Vishnu-Devenanda, previously published by the Julian Press, Inc., in 1960 and by Harmony Books in 1988

Course Policies and Student Responsibilities

(1) General

Students are expected to complete all assigned pre-class readings and activities, attend all classes punctually and take all scheduled assignments and tests by due dates. Students are expected to take responsibility to follow up with course notes, assignments and course related announcements for lesson/s they have missed. Students are expected to participate in all lessons, discussions and activities.

(2) Absenteeism

The course requires you to be in class to contribute to team work. In-class activities make up a significant portion of your course grade. Absence from class without a valid reason will affect your overall course grade. Valid reasons include falling sick supported by a medical certificate and participation in NTU's approved activities supported by an excuse letter from the relevant bodies. There will be no make-up opportunities for in-class activities.

If you miss a lesson, you must inform your team members and instructor via email (include email address) prior to the start of the class.

Students, who miss lessons more than twice with valid reasons, may be asked to take a separate test before the course ends. This has to be done before the last lesson of the course.

(3) Online Compulsory Assignments

You are required to submit online compulsory assignments on due dates. You have two attempts. The latest score will be considered in the course assessment.

Academic Integrity

Good academic work depends on honesty and ethical behaviour. The quality of your work as a student relies on adhering to the principles of academic integrity and to the NTU Honour Code, a set of values shared by the whole university community. Truth, Trust and Justice are at the core of NTU's shared values.

As a student, it is important that you recognize your responsibilities in understanding and applying the principles of academic integrity in all the work you do at NTU. Not knowing what is involved in maintaining academic integrity does not excuse academic dishonesty. You need to actively equip yourself with strategies to avoid all forms of academic dishonesty, including plagiarism, academic fraud, collusion and cheating. If you are uncertain of the definitions of any of these terms, you should go to the [academic integrity website](#) for more information. Consult your instructor(s) if you need any clarification about the requirements of academic integrity in the course.

Collaboration is encouraged for your work in the class and laboratories because peer-to-peer learning helps you understand the subject better and working in a team trains you to better communicate with others. Working together and exchanging ideas and experiences

will help improve the quality of your assessed presentation. It is important to credit others for their contribution to your work which promotes ethical practices and academic integrity.

Course Instructors

Instructor	Office Location	Phone	Email

Planned Weekly Schedule

Week	Topic	Course LO	Readings/ Activities
1	History of Hatha Yoga and Introduction to proper breathing and basic poses	1,3	Practise the breathing exercises and also the basic yoga poses. You-tube viewing and lecture on the history of hatha yoga. Yoga poses and breathing exercises will be taught in this class
2	History of Pilates Matwork and brief explanations of the 5 basic principles	1	Brief explanations on how to stabilise the shoulders and pelvis. Students will go in pairs to do a simple postural analysis. Pilates exercises will be taught in this class
3	Proper breathing, Proper relaxation and 5 points of yoga	2,3,5	Learn how to breathe properly to calm the mind. Students will lay down on their mats before and after the yoga poses to learn how to relax physically and mentally. More yoga poses taught in this class.
4	Understanding the spine, pelvic bowl and spinal articulation	2 - 4, 6	Exercises will be introduced to understand the neutral spine alignment and pelvic placements. More pilates exercises taught in this class.

5	Proper Exercise (Asana - Yoga poses), Inverted Poses and the benefits	2,3,5,7	All yoga poses that are required for the students to learn in this course will be taught in this class, including all modifications.
6	5 Basic Principles (Detailed Explanation)	2 - 4, 6	All pilates exercises that are required for the students to learn in this course will be taught in this class, including all modifications.
7	The Nervous System (Benefits from practising hatha yoga)	2,3,5,7,8	All yoga poses and pilates exercises (including all modifications) will be revised and students will be advised for the assessment.
8	Individual Practical Assessment	2 - 8	Students will be assessed on how they apply what they had learned in this course (including all modifications of poses and exercises)
9	Understand how pilates and yoga can help other populations	2 - 8	All students are allocated to groups of 4 or 5 and they will select a population of their choice; start their preparation for the final group practical assessment.
10	Presentation of 5 points of yoga and 5 basic principles	2 - 8	Students will be assessed on the research that they had done and how they present in class on the 5 points of yoga and also the 5 basic principles (pilates). Further advice will be given to students for the written exam.

11	Quiz (Written Exam)	1 - 8	Students will be assessed on the theory portion taught in this course. Mock up assessment for the final group practical assessment.
12	Group Practical Assessment	2 - 8	Students will be assessed on how they apply pilates and hatha yoga (what they had learned in this course) to a certain population that they had selected.

Appendix 1: Assessment Criteria for Pilates Matwork & Hatha Yoga Practical (60%)

This is an individual / group assessment. For the individual practical assessment (30%), you will be assessed on 4 pilates exercises and 4 yoga poses from the given list that will be taught in class. Each of you will be assessed on how you demonstrate and how you modify the pilates and yoga poses that will be effective and safe for you.

For the group practical assessment (30%), instructor will allocate you accordingly to groups of about 4 to 5 students per group. The allocation will be based on the progress in the weekly classes and also the performance in your individual practical assessment. This is to ensure that we have a good balance of strength per group. In this final group practical assessment, you will gather together to discuss which population you will choose eventually for your practical presentation of both the pilates and yoga segment. This allows you to have a deeper understanding on how the pilates and yoga practices can help yourselves and also other populations of faulty postures or stress-related matters due to your lifestyle and also work life.

Criteria Practical Pilates and Yoga (Individual 30%)	Standards			
	Poor (0-1 mark)	Satisfactory (2 marks)	Good (3 -4 Marks)	Excellent (5 marks)
Alignment (20%)	Attempts to perform the pilates exercises and yoga postures with no attention given to the 5 basic principles (Pilates) and the 3 main elements in practising the yoga poses (breathing, alignment and relaxation).	Performs the pilates exercises and yoga poses with some missing elements and shows at least 3 visible errors. Body language shows no energy flow.	Performs the pilates exercises and yoga poses with some missing elements and shows only 1 or 2 visible errors. Body language shows good energy flow.	Performs the pilates exercises and yoga poses accurately with all elements present and no visible errors. Full mind-body awareness. Moves with the breath into the poses and exercises with confidence, grace and body awareness.
Body Awareness (10%)	Does not respond well to all cues. Lacks mind and body awareness. No attempt to come out of the poses or exercises correctly.	Responds very well to cues to get into the final pose or exercise. Ability to be aware of the breaths while performing the poses and exercises is average. Did not demonstrate modifications when required.	Responds well to cues to get into the final pose or exercise. Ability to be aware of the breaths while performing the poses and exercises is good. Demonstrate modifications when required but not for all exercises or poses.	Responds very well to cues to get into the final pose or exercise. Ability to be aware of the breaths while performing the poses and exercises is very good. Demonstrate modifications when required for all exercises and

				poses.
Criteria Practical Pilates & Yoga Group (30%)	Standards			
	Poor (0-1 mark)	Satisfactory (2 marks)	Good (3 -4 Marks)	Excellent (5 marks)
Knowledge of the exercises, poses and selected population (15%)	Student demonstrates no knowledge of the exercises/poses .	Student does not appear to have understood the exercises/ poses and selected populations very well.	Student appears to know a good part of the exercises/poses and the selected populations	Student appears to have very good knowledge of the exercises/poses and also the selected populations.
Alignment (5%)	Attempts to perform the pilates exercises and yoga postures with no attention given to the 5 basic principles (Pilates) and the 3 main elements in practising the yoga poses (breathing, alignment and relaxation).	Performs the pilates exercises and yoga poses with some missing elements and shows at least 3 visible errors. Body language shows no energy flow.	Performs the pilates exercises and yoga poses with some missing elements and shows only 1 or 2 visible errors. Body Language shows good energy flow.	Performs the pilates exercises and yoga poses accurately with all elements present and no visible errors. Full mind-body awareness. Moves with the breath into the poses and exercises with confidence, grace and body awareness.

Body Awareness (5%)	Does not respond well to all cues. Lacks mind and body awareness. No Attempt to come out of the poses or exercises correctly.	Respond well to cues to get into the final pose or exercise. Ability to be aware of the breaths while performing the poses and exercises is average. Did not demonstrate modifications when required.	Responds well to cues to get into the final pose or exercise. Ability to be aware of the breaths while performing the poses and exercises is good. Demonstrate modifications when required but not for all exercises or poses	Responds very well to cues to get into the final pose or exercise. Ability to be aware of the breaths while performing the poses and exercises is very good. Demonstrate modifications when required for all exercises and poses.
Presentation, skills and Team Work (5%)	Audience has trouble understanding presentation, poor organization. Students do not appear to understand the subject and do not present a comprehensive view of the topic. Students lack confidence and do not speak clearly and engage with audience.	Audience has trouble following presentation, average organization. Students have limited understanding of the subject and do not present a comprehensive view of the topic. Students' voices are low and unclear and have difficulty engaging with audience.	Audience follows information presented in a logical order. Students have good understanding of the subject and provide good overview of the the topic. Students are confident and able to engage with audience most of the time.	Audience can easily follow information presented in an interesting and logical order. Students have excellent understanding of the subject and provide very good overview of the topic. Students present with easy confidence, speak very well and clearly, maintain excellent engagement.

With the instructor's guidance, the students will be able to identify physical weaknesses, injuries or limitations of a certain population and learn how to apply what they had learned to solve their problems.

Appendix 2: Assessment Criteria for Pilates Matwork & Hatha Yoga Theory (30%) & Professional Attributes (10%)

This is an individual assessment for the theory segment (20%), PowerPoint presentation (10%) of this course and professional attributes (10%). You will be given a written quiz where you will be assessed individually (20%). They will refer to the PowerPoint presentations given and YouTube video links shared during lessons, for their study. For the PowerPoint presentation (10%), you will go into groups of 3 to 6. In this assessment, you will choose a given topic given by the instructor and you will need to do the research as a group and present it individually via PowerPoint, video links or live demonstrations. These assessments will help you to have a broad understanding of the field of pilates and hatha yoga, while obtaining specialized knowledge required to conduct research in a subfield. There is an ongoing tracking of the individual student’s professional attributes. The expectation is that all of you will exhibit these professional attributes throughout the whole course.

Criteria PowerPoint Presentation Individual (10%)	Standards			
	Poor (0-1 mark)	Satisfactory (2 marks)	Good (3 -4 Marks)	Excellent (5 marks)
PowerPoint Presentation (10%)	Audience has trouble understanding the presentation, poor organization. Students do not appear to understand the subject and do not present a comprehensive view of the topic. Student lack confidence and do not speak clearly and engage with audience. Presentation of the slides and video are poor.	Audience has trouble following presentation, average organization. Students have limited understanding of the subject and do not present a comprehensive view of the topic. Students’ voices are low and unclear and have difficulty engaging with audience. Presentation of the slides and videos are average.	Audience follows information presented in a logical order. Students have good understanding of the subject and provide good overview of the the topic. Students are confident and able to engage with audience most of the time. Presentation of the slides and videos are visually presentable and engaging.	Audience can easily follow information presented in an interesting and logical order. Students have excellent understanding of the subject and provide very good overview of the topic. Students present with easy confidence, speak very well and clearly, maintain excellent engagement. Presentation of the slides and videos are excellent and very engaging.

Appendix 3: Assessment Criteria for Professional Qualities (10% Final Grade)

	Poor (0-1 Mark)	Satisfactory (2 Marks)	Good (3-4 Marks)	Excellent (5 Marks)
Professional Attributes (10%)	Student shows no energy and interest in class. He/she is always late or absent without a valid reason. Student is not cooperative in class activities and is not responsible for the assignments given to him or her, including the group assignment.	Student shows little interest in class but gets distracted easily. He/she is sometimes late or absent without a valid reason. Student is cooperative in class activities but not always responsible for the assignments given to him or her, including the group assignment.	Student shows good energy and interest in class. He/she is occasionally punctual and never absent without a valid reason. Student is cooperative in class activities and always responsible for the assignments given to him or her, including the group assignment.	Student shows good energy and much enthusiasm in class. He/she is always punctual and never absent without a valid reason. Student is very cooperative in class activities and always responsible for the assignments given to him or her, including the group assignment.