



IDENTIFYING DATA

Pilates applied in physiotherapy

Subject	Pilates applied in physiotherapy			
Code	P05G171V01305			
Study programme	Grado en Fisioterapia			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	6	Optional	3rd	1st
Teaching language	Spanish Galician			
Department				
Coordinator	Rodríguez Fuentes, Gustavo			
Lecturers	Rodríguez Fuentes, Gustavo			
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General description	<p>This subject is an optional subject in the third year of the Physiotherapy Degree (taught in the first four-month period). It studies the therapeutic use of the Pilates method in Physiotherapy. Due to its contents, it is important to have previous knowledge about the anatomy of the musculoskeletal apparatus, applied biomechanics and medical-surgical pathology.</p> <p>On the other hand, its place within the degree course serves at the same time to increase the students' therapeutic arsenal available to treat patients, an activity that will be carried out in the subject "Clinical Stays", in the fourth year.</p>			

Training and Learning Results

Code	
A2	Students are able to apply their knowledge to their work or vocation in a professional manner and possess the competences usually demonstrated through the development and defence of arguments and problem solving within their field of study.
B3	Communicate effectively and clearly, both orally and in writing, with users of the health system as well as with other professionals.
C2	Understand the principles of biomechanics and electrophysiology, and their main applications in the field of physical therapy.
C4	To know and develop the theory of communication and interpersonal skills.
C13	Have the ability to assess from the perspective of physiotherapy, the functional status of the patient/user, considering the physical, psychological and social aspects of the same.
C15	Understand ergonomic and anthropometric principles.
C16	Analyze, program and apply movement as a therapeutic measure, promoting the participation of the patient/user in the process.
C24	Promote healthy lifestyle habits through health education.
C35	To know and understand the sciences, models, techniques and instruments on which physiotherapy is based, articulated and developed.
D1	Ability to communicate orally and in writing in Galician.
D4	Creativity, entrepreneurial spirit and adaptation to new situations.
D7	Maintain an attitude of learning and improvement.

Expected results from this subject

Expected results from this subject	Training and Learning Results
New	C2 C15 C35

New	A2	B3	C2 C4 C13 C15 C16 C24 C35	D1 D4
New	A2	B3	C2 C4 C15 C16 C35	D1 D4
New	A2		C2 C15 C24 C35	
New	A2	B3	C2 C4 C13 C15 C16 C24 C35	D1 D4 D7

Contents

Topic	
History of the Pilates method	<ul style="list-style-type: none"> - The figure of Joseph H. Pilates. - Pilates in Spain. - What is Pilates?
Basis of the Pilates method	<ul style="list-style-type: none"> - Basic principles. - Anatomy and biomechanics. - Posture analysis. - Tools that facilitate movement.
Equipment used in the Pilates method	<ul style="list-style-type: none"> - Machines. - Accessory equipment.
Development of the Pilates method in Physiotherapy	<ul style="list-style-type: none"> - Principles of exercise progression. - Programming of a class. - Indications and precautions of the Pilates method. - Safety measures when handling the material.
Pilates exercises	<ul style="list-style-type: none"> - On the mat. - On machines.

Planning

	Class hours	Hours outside the classroom	Total hours
Introductory activities	2	0	2
Lecturing	9	14	23
Collaborative Learning	9	18	27
Laboratory practical	24	48	72
Mentored work	2	20	22
Portfolio / dossier	1	0	1
Essay	2	0	2
Simulation or Role Playing	1	0	1

*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

Methodologies

	Description
Introductory activities	They will have the purpose of conveying the objectives of the subject, detailing the contents that will be worked on and how it will be done, and clarify the evaluation criteria to be followed.
Lecturing	Theoretical-participative classes where the active participation of students will be encouraged and which will introduce and facilitate the different activities that make up collaborative learning. Generic use of audiovisual media. Information will be provided through the Moovi e-learning platform.

Collaborative Learning	Within the theoretical classes and in relation to the lectures of the teaching staff, a collaborative learning methodology will be developed. a collaborative learning methodology will be developed, where the different subjects will be covered through small group activities activities carried out in small groups, facilitating the development of an active participation of the students in their own learning. Information will be provided through the Moovi e-learning platform.
Laboratory practical	The practices will follow a demonstrative methodology with a reasoned analysis of the exercises that make up the Pilates method. The teacher will explain and demonstrate how the different exercises are performed, so they will be guided practices where the integration is sought, not only of the theoretical knowledge of the subject, but also of the anatomical, biomechanical and pathological knowledge that the students already possess. All the exercises will be presented in practice sheets, where part of the information will be given by the teacher of the subject, and the students will have to complete it. Information will be given through the Moovi e-learning platform.
Mentored work	The assignments will involve a fully active role on the part of the students and will be developed in groups (several groups will be formed within each practice group). The assignments will consist of to elaborate and teach a Pilates class focused either on a prevalent pathology in our society or on a population with specific physical-functional conditions. In addition, the groups must submit a report of the proposed class in which the main objectives of the session for that pathology or population are exposed, as well as the description of the exercises that make up the class and a video with the representation of the exercises that make up the class. Information will be provided through the Moovi e-learning platform. The teacher will play a guiding and support role in the process of developing the work in each group.

Personalized assistance

Methodologies	Description
Lecturing	Personalised attention will be focused on solving any doubts that students may have and on guiding their efforts in the subject. students and guiding their efforts in the subject. This personalised attention will be given both in person, during the official tutoring timetable, as well as by e-mail (indicating as the subject Tutoring).
Collaborative Learning	Personalised attention will be focused on the solution of any doubts that students may have in the in carrying out the different activities proposed and in the evidence to be presented.
Laboratory practical	Personalised attention will be focused on solving any doubts students may have and clarifying the evaluation rubric of the practical exam.
Mentored work	Personalised attention will basically be focused on solving doubts, guiding the work to be done in the subject, and keeping a record and assessing what the students have done.

Assessment

	Description	Qualification	Training and Learning Results			
Portfolio / dossier	Attendance at a minimum of 80% of the classes is compulsory. Anyone who misses more than 4 hours of theory class, must pass the subject by means of a multiple-choice test described in "other comments on the evaluation". At the end of each class, or when it is established according to the activity carried out, the evidence of evidence of the work carried out during the class, or when established according to the activity carried out. the same. There will be 9 different activities and each of them will have a value between 0 and 0.3 points. 0.3 points and, as a minimum, each student must provide evidence of 7 of them. of them. Otherwise, they will have to take the final test. At the end of the theoretical classes, each student will have to hand in a evaluation document of the subject and of the work developed, as well as a self-evaluation of a self-evaluation of himself/herself. This document will contain at least the following sections following sections: degree of attendance to the theoretical classes, degree of compliance with the activities activities carried out, the two activities they liked the most and the two they liked the most and the two they liked the least, recommendations for the future and personal self-evaluation (grade they think they deserve). This evaluation will have a value between 0 and 0.3 points.	30	A2	B3	C2	D1
Essay	The completion of the work is compulsory in order to pass the subject. It will be handed in on a computer support to the teaching staff or the MooVi teledocency platform (https://moovi.uvigo.gal/) will be used, uploading it to the space that the group will have in the same within the subject. Half of the mark for the work will correspond to the written report and the video delivered, and the other half will correspond to the class presented to the teacher and the classmates in the practical group.	40	A2	B3	C2	D1
					C4	D4
					C13	D7
					C15	
					C16	
					C24	
					C35	

Simulation or Role Playing	Examination where each student will lead 3 exercises (1 on machines and 2 on mat) in a practical way (10 minutes per exercise). The exercises will be chosen at random by the students themselves from the set of exercises done during the course. At the end of the Pilates classes on machines, a practical exam will be given for this part of the course (this question will be removed on the date that corresponds to it in May-June). All questions will be graded from 0 to 10 points.	30	A2 B3 C2 D1 C4 D4 C13 C15 C35
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Other comments on the Evaluation

Students who do not pass the subject will keep the part passed for the second chance exam of the same academic year (**part passed means having a 5 out of 10 or more in each of the parts that make up the assessment**, which means, at least, having 1.5 points in the portfolio and the practical exam, and 2 points in the work). Those who do not fulfil the obligations indicated in the portfolio section will have to take **a quiz final exam**. Characteristics of the exam: 40 single-choice questions (maximum duration of 1 hour); all questions will have the same value. To pass, the student will have to achieve at least 1.50 points (corresponding to a 5 on a scale of 0 to 10 points). Blank answers will not be deducted, but wrong answers will be deducted, as indicated in the following formula: Marks = [correct answers - (errors/no. options-1) / no. questions] - 10. **Those who do not pass the essay** will have to do an individual essay in the 2nd opportunity exam, consisting of a class on a clinical case proposed by the teacher of the subject. This work will have a written part and an audiovisual part (2 points maximum in each of these parts), but not a public presentation. **In the event that the student does not pass each of the parts of the subject**, and even if the average gives a pass mark, he/she will fail the subject and a grade of 4.5 will be given in the transcript of records. The Teaching Guide follows the "Regulations on the evaluation, grading and quality of teaching and of the student learning process of the student learning process", approved by the Cloister of 18 April 2023, as well as the specific adaptations for the Degree in for the Degree in Physiotherapy determined by the Board of the Centre.

Sources of information

Basic Bibliography

Calvo JB., **Pilates terapéutico. Para la rehabilitación del aparato locomotor.**, Médica Panamericana, 2012

Geweniger V, Bohlander A., **Manual de pilates: ejercicios con colchoneta y aparatos como forma de prevención y rehabilitación**, Paidotribo, 2016

Isacowitz R, Clippinger K., **Anatomía del pilates. Nueva edición ampliada y actualizada: Guía ilustrada para mejorar la estabilidad de core y mejorar el equilibrio**, Tutor, 2020

Complementary Bibliography

Aaronson N, Turo AM., **Pilates para la recuperación del cáncer de mama**, Tutor, 2016

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Fernández Arranz M, Lambruschini R, Fernández Arranz J., **Manual de Pilates aplicado al embarazo**, Médica Panamericana, 2016

Humanes Balmont R., **Pilates basado en evidencias científicas**, Vivelibro, 2014

Isacowitz R., **Pilates: manual completo del método Pilates**, 2ª, Paidotribo, 2016

Kaplanek BA, Levine B, Jaffe WL., **Pilates y rehabilitación para síndromes y artroplastias**, Paidotribo, 2014

Merrithew LG., **Manual de ejercicios completos de Matwork**, Stott Pilates, 2006

Pilates JH., **Tu salud: un sistema de ejercicios que ha revolucionado el mundo de la educación física**, Presentation Dynamics, 1998

Pilates JH, Miller WJ., **Volver a la vida con la controlología de Pilates**, Presentation Dynamics, 1998

Richardson C, Hodges P, Hides J., **Therapeutic exercise for lumbopelvic stabilization. A motor control approach for the treatment and prevention of low back pain**, 2ª, Churchill Livingstone, 2004

Wood S., **Pilates para la rehabilitación: Recuperar lesiones y optimizar la estabilidad, la movilidad y la funcionalidad**, Tutor, 2019

Recommendations

Subjects that are recommended to be taken simultaneously

Physical therapy in clinical specialties I/P05G171V01308

Physical therapy in clinical specialties II/P05G171V01309

Subjects that it is recommended to have taken before

Human anatomy: Human anatomy/P05G171V01101

Physiology: Functional movement in physiotherapy/P05G171V01105

Physiotherapy evaluation/P05G171V01108