



1. General information

Course: THERAPEUTIC PILATES AND HIPOPRESIVOS EXERCISES
Type: ELECTIVE
Degree: 333 - UNDERGRADUATE DEGREE PROGRAMME IN PHYSIOTHERAPY
Center: 109 - FACULTAD DE FISIOTERAPIA Y ENFERMERÍA
Year: 4
Main language: Spanish
Use of additional languages:
Web site:

Code: 17336
ECTS credits: 4.5
Academic year: 2023-24
Group(s): 40
Duration: C2
Second language:
English Friendly: Y
Bilingual: N

Lecturer: SARA ANDO LAFUENTE - Group(s): 40

Building/Office	Department	Phone number	Email	Office hours
	ENFERMERÍA, FISIOTERAPIA Y TERAPIA OCUP.		Sara.Ando@uclm.es	

2. Pre-Requisites

Not established

3. Justification in the curriculum, relation to other subjects and to the profession

The Pilates method is being introduced more and more in Physiotherapy treatments such as therapeutic Pilates, as well as hypopressive abdominal-postural exercises. With this subject we intend to offer the student the bases of both methods. The Pilates method is

4. Degree competences achieved in this course

Course competences

Code	Description
CB2	Apply their knowledge to their job or vocation in a professional manner and show that they have the competences to construct and justify arguments and solve problems within their subject area.
E28	Students must be capable of designing an intervention plan in Physiotherapy, taking into account the individuality of the patient and criteria of adequacy, validity, and effectiveness.
E37	Students must be capable of analyzing, programming, and applying movement as a therapeutic procedure.
E39	Students must understand and be capable of selecting and applying specific methods and procedures for physiotherapeutic interventions for the recovery and functional reeducation of the locomotive system, as well as adapting them to the different life stages.
G04	Students must show their skills in terms of verbal and written communication in Spanish.

5. Objectives or Learning Outcomes

Course learning outcomes

Description

To know the different modalities of pilates.
To be capable of planning and conducting a pilates or hypopressive exercises session depending on the therapeutic objective, the attendees, and their pathologies.
To know the basic principles of pilates and hypopressive exercises.
To select the most adequate exercises depending on the therapeutic objective.
To describe the therapeutic applications of pilates and hypopressive exercises.

6. Units / Contents

Unit 1: Fundamentals of the Pilates method and hypopressive exercises

Unit 1.1
Unit 1.2
Unit 1.3
Unit 1.4
Unit 1.5
Unit 1.6
Unit 1.7
Unit 1.8
Unit 1.9
Unit 1.10

Unit 2: Objectives and methodology of rehabilitation based on pilates and hypopressives

Unit 2.1
Unit 2.2
Unit 2.3
Unit 2.4
Unit 2.5
Unit 2.6

7. Activities, Units/Modules and Methodology

Training Activity	Methodology	Related Competences (only degrees before RD 822/2021)	ECTS	Hours	As	Com	Description
Class Attendance (theory) [ON-SITE]	Lectures	CB2 E28 E37	0.56	14	Y	N	
Class Attendance (practical) [ON-SITE]	Practical or hands-on activities	E28 E37 E39	1.12	28	Y	N	
Group tutoring sessions [ON-SITE]	Group tutoring sessions	G04	0.04	1	N	-	
Final test [ON-SITE]	Assessment tests	CB2 E28 E37 E39 G04	0.08	2	Y	Y	
Study and Exam Preparation [OFF-SITE]	Combination of methods	CB2 E28 E37 E39 G04	2.7	67.5	N	-	
Total:			4.5	112.5			
Total credits of in-class work: 1.8							Total class time hours: 45
Total credits of out of class work: 2.7							Total hours of out of class work: 67.5

As: Assessable training activity

Com: Training activity of compulsory overcoming (It will be essential to overcome both continuous and non-continuous assessment).

8. Evaluation criteria and Grading System

Evaluation System	Continuous assessment	Non-continuous evaluation*	Description
Theoretical exam	70.00%	70.00%	
Practical exam	30.00%	30.00%	
Total:	100.00%	100.00%	

According to art. 4 of the UCLM Student Evaluation Regulations, it must be provided to students who cannot regularly attend face-to-face training activities the passing of the subject, having the right (art. 12.2) to be globally graded, in 2 annual calls per subject, an ordinary and an extraordinary one (evaluating 100% of the competences).

9. Assignments, course calendar and important dates

Not related to the syllabus/contents

Hours	hours
Group tutoring sessions [PRESENCIAL][Group tutoring sessions]	1
Final test [PRESENCIAL][Assessment tests]	2
Study and Exam Preparation [AUTÓNOMA][Combination of methods]	67.5

Unit 1 (de 2): Fundamentals of the Pilates method and hypopressive exercises

Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	7
Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]	14

Unit 2 (de 2): Objectives and methodology of rehabilitation based on pilates and hypopressives

Activities	Hours
Class Attendance (theory) [PRESENCIAL][Lectures]	7
Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]	14

Global activity

Activities	hours
Class Attendance (practical) [PRESENCIAL][Practical or hands-on activities]	28
Final test [PRESENCIAL][Assessment tests]	2
Class Attendance (theory) [PRESENCIAL][Lectures]	14

10. Bibliography and Sources						
Author(s)	Title/Link	Publishing house	Citv	ISBN	Year	Description
Bernardes BT, et al.	Efficacy of pelvic floor muscle training and hypopressive exercises for treating pelvic organ prolapse in women: randomized controlled trial.				2012	
Stupp L, et al.	Pelvic floor muscle and transversus abdominis activation in abdominal hypopressive technique through surface electromyography. http://doi.wiley.com/10.1002/nau.21151				2011	
Juan Bosco Calvo Mínguez,Laura Cabral Pérez	MÉTODO PILATES durante el Embarazo, el Parto y el Posparto	PANAMERICANA		9788491103738	2019	Esta publicación pretende aportar, de forma sencilla y eficaz, patrones de trabajo postural extraídos del método Pilates con el fin de dar respuesta y reducir las incomodidades que se producen durante todo el embarazo. Como puntos clave cabe destacar que: Analiza los cambios fisiológicos y posturales que afectan a la mujer embarazada. Diseña y describe los ejercicios que han de ayudar a la mujer en cada momento y estadio hasta llegar al parto. Hace especial énfasis en el posparto y el retorno a la vida habitual.Se explica un amplio repertorio de ejercicios destinados a tratar las complicaciones más habituales derivadas del embarazo como son las lumbalgias mecánicas, las pubalgias o la incontinencia y la dispareunia. Este libro aborda el método Pilates aplicado a la rehabilitación de los problemas del aparato locomotor. La obra da una explicación exhaustiva de los fundamentos de la aplicación de Pilates a la fisioterapia y presenta protocolos organizados según las diferentes fases del tratamiento. Este libro tiene como características destacadas: -Establecer los criterios y los fundamentos que avalan la transferencia de los ejercicios Pilates a un entorno terapéutico y detallar la multitud de aspectos prácticos para llevarlos a cabo. -Abordar los problemas del aparato locomotor en los que tienen mayores indicaciones los ejercicios basados en el método Pilates, organizados según las grandes regiones y articulaciones corporales. -Exponer, en cada uno de los capítulos, los patrones de ejercicios que actúan más específicamente sobre cada articulación. -Incluir un capítulo sobre problemas generales del aparato locomotor que requieren un planteamiento diferente, y otro sobre las lesiones que provoca el propio método Pilates cuando se practica de forma inadecuada.
Juan Bosco Calvo Mínguez	PILATES TERAPÉUTICO en rehabilitación del aparato locomotor	Panamericana		9788491105008	2019	