

## 体育工作部课程简介

**课程编号:** 171300002(1-4)

**课程名称:** 普通体育课-女子普拉提

**学分/学时:** 1/32

**先修课程:** 无

**适用专业:** 全校各专业

**课程性质:** 必修

**教 材:** 大学体育与健康 王勇 主编 大连海事大学出版社 2018 年

**主要参考书:** 普拉提（晨练健身系列丛书之二），玛丽凯米（美），人民体育出版社，2011.3.1

**内容简介:**

普拉提（Pilates）运动是以它的创始人约瑟夫·普拉提（德国）的名字命名的一种静力性修身运动。他在 1926 年创立了集物理治疗和塑身减压于一体的普拉提训练法。这项运动在创始之初被命名为“控制运动学”，后来才被人们直观的称为“普拉提”。普拉提训练法汲取了东方文化，兼容了当时的心理学与生理学和运动美学的相关成果，其中更包括现代运动科学及康复学，可以让练习者得到全新的锻炼与心身感受。西方人一向注重身体的肌肉和自身生理机能的训练，如腰、腹、背、臀等部位；而东方人则着重于呼吸和心灵相集中的训练。普拉提集二者之长，吸取了瑜伽、太极、武术、芭蕾、普拉提减压、体操等运动的精髓，用轻松舒缓的音乐、把呼吸、意念、冥想、柔韧、平衡有机地结合到一起，达到伸展脊柱、拉长韧带的目的；同时提高本体神经和深层肌肉的调动能力，使肌肉柔韧性得到改善，增进肌力，增强躯干的控制能力，消耗多余脂肪，改善体态。另外普拉提训练是通过意念和动作的结合来完成的。在训练中，注意力集中，达到冥想的境界，配合深层次的拉伸肌肉训练，可以在短时间内放松身体，放松精神，达到净化心灵，缓解压力，平复情绪的作用。因此，它被称为“大脑身体运动”。本课程增加了腹部按摩术、心身滤清术两项内容，是现代大学生较受欢迎的课程。

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## Course Description

The Department of Physical Education

**Course Code:** 171300002（1-4）

**Course Name:** Pilates

**Credit/Hours:** 1/32

**Textbooks:** WangYong. College Physical Education. Dalian Maritime University Press, 2018

**Reference Books:** Pilates. People's sports press. 2011.3

**Course Description:**

Pilates, a sport named after its creator Joseph Pilates, is a static physical exercise. Mr. Pilates established the Pilates training system to make physical treatment and body shaping in order to reduce daily pressure. At the very beginning of the creation of the exercise it was called controlled kinesiology. Pilates training system takes the advantage of modern psychology physiology as well as physical aesthetics including the science of sports and rehabilitation which makes the trainees to have a new experiences both physically and mentally. The westerners always focus on the building of the muscles, while the easterners in Asia emphasize the importance of breath and spirit concentration. Pilates combines the strong points of the West and East sports culture, and absorbs the essences of yoga, Tachi Chinese martial arts and etc. to stretch the spine and ligament with light comfortable background music. Through the balance of breath, will and spirit to improve the muscle pliability and strengthen the muscles. And to obtain a better body shape. So it is called an exercise both for the body and brain and highly appreciated by the trainees.