

# Postgraduate Certificate

## The Pilates Gym





## Postgraduate Certificate The Pilates Gym

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/pilates-gym](http://www.techtute.com/us/medicine/postgraduate-certificate/pilates-gym)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

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*p. 28*

# 01

# Introduction

Pilates machines, such as the Reformer and the Cadillac, have complemented and opened new possibilities in the rehabilitation and treatment of various pathologies. However, despite the benefits of this practice, there are also challenges in the implementation of this equipment. Therefore, adequate education and updating of the medical professional is essential to ensure the safe and effective use of these instruments. To meet this need, TECH has designed this 100% online program that offers the specialist an update on the main devices used in the practice of Pilates, the exercises on each of them, and their implementation in the health field. All this, with high-quality content, which is accessible 24 hours a day.





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*You will implement the most sophisticated Pilates equipment in your work practice and take advantage of its benefits for the rehabilitation of various pathologies"*



Pilates machines have expanded the rehabilitation and treatment options in the medical field, as they provide significant improvements in strength, stability, and flexibility to patients in their health recovery processes. These benefits have led medical professionals to show greater interest in its inclusion in therapeutic treatments. However, it requires an update on the different existing equipment and its suitability for each pathology.

This is why TECH has developed this Postgraduate Certificate for doctors to have a complete update in the use of Pilates equipment, such as the Cadillac, the Chair, the Barrel, and the Flexible Ring over 6 weeks.

In addition, you will cover key aspects for the implementation of the exercises, such as the analysis of the working environment and space and the promotion of good practices. In this way, graduates will optimize their competencies in this field, adapting them to the individual needs of patients.

To achieve this, this program presents a 100% online methodology combined with an innovative *Relearning* system, allowing professionals to obtain an update in less time and without investing long hours of study. All this, in addition to the flexibility of accessing the content from anywhere and at any time, from a digital device with an Internet connection.

This **Postgraduate Certificate in Pilates Gym** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of case studies presented by experts in medicine, sports science, and Pilates specialists
- The graphic, schematic, and practical content with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where the self-assessment process can be carried out to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



*You will delve into the main exercises that can be performed using the Cadillac device and avoid making common mistakes in its use"*

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*In only 150 hours, you will delve into the use of Pilates equipment, adapting it to the most current rehabilitation therapies”*

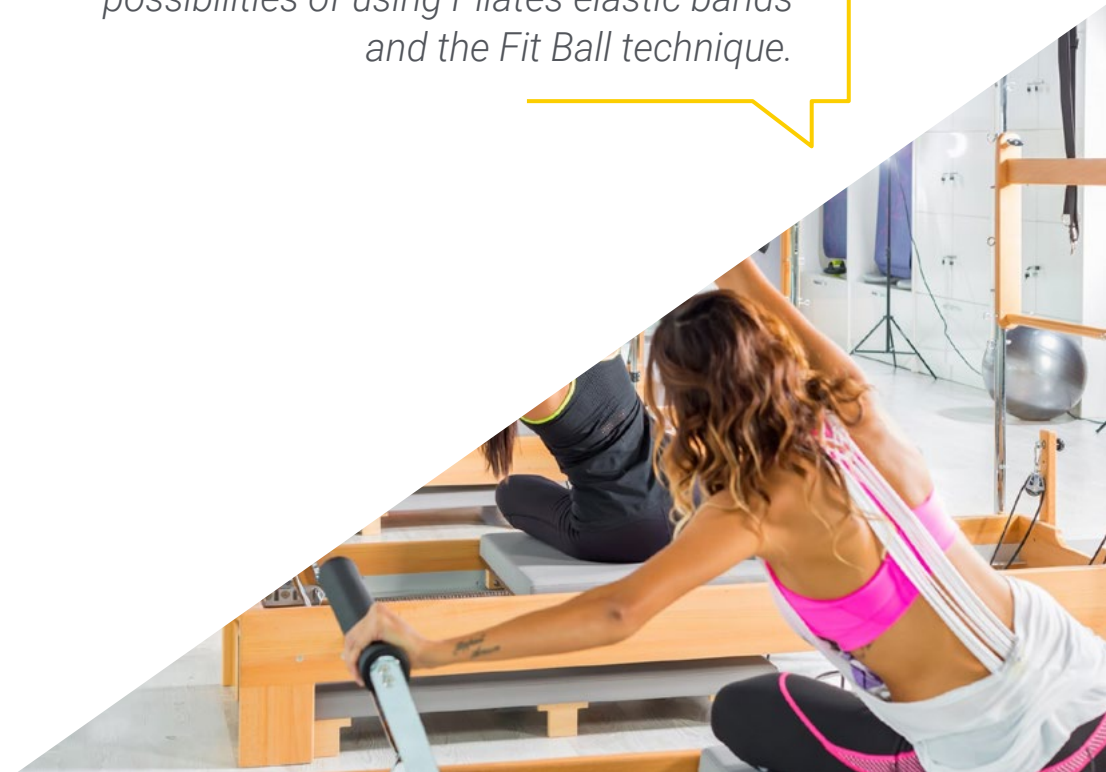
The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Thanks to TECH's methodology, take advantage of the convenience of studying online at any time of the day and from the comfort of your home.*

*Explore through the best didactic tools the possibilities of using Pilates elastic bands and the Fit Ball technique.*



# 02 Objectives

This program aims to provide the health professional with the most up-to-date knowledge in the field of Gym Pilates. In this way, you will be able to increase your skills to address, safely and effectively, clinical cases of patients who need rehabilitation or work on injury prevention. A goal you will be able to achieve through a flexible qualification, which offers you the possibility to coordinate your daily activities with those of your day-to-day work.







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*You will boost your therapeutic sessions by incorporating the latest Pilates equipment”*



## General Objectives

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- ♦ Enhance knowledge and professional skills in the practice and teaching of Pilates exercises on the floor, on different machines, and with implements
- ♦ Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- ♦ Establish an exercise protocol adapted to the symptomatology and pathology of each patient
- ♦ Delineate the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- ♦ Avoidance of contraindicated exercises based on prior assessment of patients and clients
- ♦ Handle in-depth the apparatus used in the Pilates Method
- ♦ Provide the necessary information to be able to search for scientific and updated information on Pilates treatments applicable to different pathologies
- ♦ Analyze the needs and improvements of Pilates equipment in a therapeutic space for Pilates exercise
- ♦ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- ♦ Perform correctly and analytically exercises based on the Pilates Method
- ♦ Analyze the physiological and postural changes that affect pregnant women
- ♦ Design exercises adapted to the woman in the course of pregnancy until delivery
- ♦ Describe the application of the Pilates Method in high-level athletes





## Specific Objectives

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- Describe the space where Pilates is performed
- Be aware of the machines to do Pilates
- Expose protocols and exercise progressions



*You will effectively apply the Spine Corrector in the clinical environment upon completion of this program in Pilates Gym"*



# 03

# Course Management

This Postgraduate Certificate has an outstanding faculty made up of renowned specialists in the field of Medicine and Physical Activity Sciences, with a focus on the Pilates Method. These highly qualified experts with extensive experience and expertise offer medical professionals an exceptional update from the leading experts in this discipline. All this is done in order to preserve the academic quality that distinguishes TECH.





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*You will have an experienced faculty in the field of Physiotherapy and Pilates”*

## Management



### Mr. González Arganda, Sergio

- Physiotherapist of Atlético de Madrid Football Club
- CEO Fisio Domicilio Madrid
- Lecturer in the Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- Lecturer in the University Expert in Clinical Pilates
- Lecturer in the Master of Biomechanics and Sports Physiotherapy
- Master in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- Expert in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation
- Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- Graduate in Physiotherapy from Comillas Pontifical University





# 04

## Structure and Content

With this qualification, professionals can access the most relevant information in Gym Pilates, guaranteeing a complete update on the different equipment such as Reformer, the Trapeze table, and the Combo models. In addition, you will be up-to-date on best practices in the use of space, elastic bands, and the benefits of the corrective spine. At the same time, the program offers innovative content supported by a variety of multimedia resources such as detailed videos or real case studies.







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*With the Relearning method, you will optimize your study time by focusing efficiently on the most relevant concepts”*

## Module 1. The gym/Pilates studio

- 1.1. The Reformer
  - 1.1.1. Introduction to the Reformer
  - 1.1.2. Reformer Benefits
  - 1.1.3. Main exercises on the Reformer
  - 1.1.4. Main errors on the Reformer
- 1.2. The Cadillac or Trapeze table
  - 1.2.1. Introduction to Cadillac
  - 1.2.2. Cadillac Benefits
  - 1.2.3. Main exercises on the Cadillac
  - 1.2.4. Main errors on the Cadillac
- 1.3. The chair
  - 1.3.1. Introduction to the chair
  - 1.3.2. Chair benefits
  - 1.3.3. Main exercises on the chair
  - 1.3.4. Main Errors on the chair
- 1.4. The Barrel
  - 1.4.1. Introduction to the Barrel
  - 1.4.2. Barrel Benefits
  - 1.4.3. Main exercises on the Barrel
  - 1.4.4. Main errors on the Barrel
- 1.5. "Combo" models
  - 1.5.1. Introduction to the Combo model
  - 1.5.2. Combo model benefits
  - 1.5.3. Main exercises on the Combo model
  - 1.5.4. Main Errors on the Combo model
- 1.6. The flexible ring
  - 1.6.1. Introduction to flexible ring
  - 1.6.2. Flexible ring benefits
  - 1.6.3. Main exercises on the flexible ring
  - 1.6.4. Main Errors on the flexible ring





- 1.7. The *Spine* Corrector
  - 1.7.1. Introduction to Spine corrector
  - 1.7.2. *Spine* corrector benefits
  - 1.7.3. Main exercises on the *Spine* corrector
  - 1.7.4. Main Errors on the *Spine* corrector
- 1.8. Implements adapted to the method
  - 1.8.1. *Foam roller*
  - 1.8.2. *Fit Ball*
  - 1.8.4. Elastic bands
  - 1.8.5. Bosu
- 1.9. The Space
  - 1.9.1. Equipment preferences
  - 1.9.2. The Pilates space
  - 1.9.3. Pilates instruments
  - 1.9.4. Best practices in terms of space
- 1.10. The Environment
  - 1.10.1. Environment concept
  - 1.10.2. Characteristics of different environments
  - 1.10.3. Environment choice
  - 1.10.4. Conclusions



*You will delve into how to set up and make the most of your Pilates practice space thanks to this 100% online program"*



05

# Methodology

This academic program offers students a different way of learning. Our methodology follows a cyclical learning process: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## At TECH, we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a “case”, an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician’s professional practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method.*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*





At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been prepared with unprecedented success in all clinical specialties regardless of surgical load. Our educational methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then adapted in audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high-quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically assess and re-assess students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical and effective way to help students progress in their learning.





# 06 Certificate

The Postgraduate Certificate in Pilates Gym guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.







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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in The Pilates Gym** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in The Pilates Gym**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development languages  
virtual classroom



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