

Postgraduate Certificate

Pilates Method



Postgraduate Certificate Pilates Method

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/pk/medicine/postgraduate-certificate/pilates-method

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01

Introduction

Over the years, Pilates has proven to be an effective tool for improving the muscular strength, flexibility, and posture of those who practice it. In addition, it has gained popularity in the therapeutic field due to its multiple benefits for physical and mental health. For this reason, by acquiring up-to-date knowledge and practical experience in this therapy method, the physician benefits from several significant advantages. Consequently, TECH has developed a program that provides the health professional with an update on the evolution, background, and principles of the Pilates Method. Therefore, this program is offered in a 100% online mode and with the adaptability that the specialist needs in his daily activities.



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You will learn about the postulates and the origin of Pilates exercise thanks to this Postgraduate Certificate that only TECH can offer you"

The Pilates Method has gained recognition over time as a valuable therapeutic tool to improve the physical and mental well-being of the people who practice it. That is why, due to its growing popularity in the therapeutic field, physicians who update their knowledge and practical experience in this method obtain multiple benefits. In addition, they will be able to integrate these techniques as complementary tools in the treatment of their patients, offering a highly effective and safe rehabilitation option.

Following this approach, TECH has designed an intensive 6-week program that offers the most advanced content on the Pilates Method, addressing its principles, scientific evidence in the health field, and its different applications. Graduates will also acquire updated knowledge in floor and machine exercises, breathing techniques, pelvic movements, and differences between classical and therapeutic techniques. Therefore, upon completion of the program, physicians will be able to recommend and apply these techniques as a complement to their rehabilitation activities, optimizing treatment results for their patients.

For this purpose, a 100% online program offers a variety of multimedia resources, such as video summaries and real case studies, which can be accessed 24 hours a day with no time restrictions. In addition, the program offers you total freedom of access, as you will only need a device with an Internet connection.

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

- The development of practical cases presented by experts in Physiotherapy and specialists in Pilates
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where self-assessment can be used 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 update your knowledge on the background of the Pilates Method, exploring its evolution, current situation, and the most relevant conclusions for the medical field"

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You will broaden your skills in Pilates, modifications, therapeutic contributions, and its relation to physical activity for the clinical setting”

The program's teaching staff includes professionals from 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.

You will analyze the key points of classical and therapeutic Pilates to implement the most appropriate to the health practice.

You will delve into the different levels of progression of the Pilates Method and its application to medical rehabilitation.



02 Objectives

The main objective of this program is to provide the health professional with up-to-date knowledge and skills in the field of Pilates methods. In this way, you will be able to prescribe and guide safe and effective physical activity for your patients, especially those who need rehabilitation or injury prevention. In addition, this program allows the expert to connect anytime, anywhere, as they will only need a device with an Internet connection.





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Thanks to this program, you will learn in-depth how the Pilates Method can be an effective tool in the recovery of injuries and pathologies"



General Objectives

- ♦ 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
- ♦ To 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

- ♦ Delve into the background of Pilates
- ♦ Delve into the history of Pilates
- ♦ Describe the Pilates methodology
- ♦ Delve into the fundamentals of Pilates
- ♦ Identify the most relevant exercises
- ♦ Explain the Pilates positions to be avoided



You will explore in detail the different types of breathing in the practice of Pilates, analyze their effects and how they improve your clinical practice"

03

Course Management

Our Postgraduate Certificate includes a distinguished academic faculty composed of recognized experts in the field of Physical Therapy, with a specialized focus on the Pilates Method. These highly experienced professionals have advanced skills in the most cutting-edge techniques in the field, ensuring that physicians receive quality updates from the best experts in the field.



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You will explore how the pelvis is the center of stability and movement in the Pilates Method, accompanied by recognized experts in this practice"

Management



Mr. González Arganda, Sergio

- ♦ Physiotherapist of Atlético de Madrid Football Club
- ♦ CEO Físio 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

Professors

Ms. Díaz Águila, Estrella

- ♦ Physiotherapist at H3
- ♦ Physiotherapist at Physiotherapy Castilla Clinic
- ♦ Physiotherapist at Fiosiomagna Clinic
- ♦ Physiotherapist at CEMAJ Medical Center
- ♦ Master's Degree in Osteopathy at Alcalá University
- ♦ Musculoskeletal ultrasound course for physiotherapists at MV Clinic
- ♦ PHL Back School Course: Therapeutic Pilates, hypopressive and functional exercise at the College of Physiotherapists of Andalusia
- ♦ Postgraduate Certificate in Physiotherapy at the University of Alcalá



04

Structure and Content

With this program, clinicians have access to the most relevant information on the Pilates Method, guaranteeing an update on its principles, background, and evolution. In addition, the importance of the pelvis as a center of stability and movement, the biomechanics of the upper and lower limbs, and the various concepts related to the method will be discussed. In this way, the content will be available in an extensive virtual library that is an integral part of this program, offering multimedia resources, such as detailed videos, accessible for continuous learning.





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With the Relearning method implemented by TECH, update your knowledge faster and more efficiently”

Module 1. Pilates Method

- 1.1. Joseph Pilates
 - 1.1.1. Joseph Pilates
 - 1.1.2. Books and postulates
 - 1.1.3. Legacy
 - 1.1.4. Origin of customized exercise
- 1.2. Background of the Pilates Method
 - 1.2.1. References
 - 1.2.2. Evolution
 - 1.2.3. Current Situation
 - 1.2.4. Conclusions
- 1.3. Method Evolution
 - 1.3.1. Improvements and modifications
 - 1.3.2. Contributions to the Pilates method
 - 1.3.3. Therapeutic Pilates
 - 1.3.4. Pilates and Physical Activity
- 1.4. Principles Pilates Method
 - 1.4.1. Definition of Principles
 - 1.4.2. Evolution of Principles
 - 1.4.3. Progression levels
 - 1.4.4. Conclusions
- 1.5. Classical versus Contemporary/Modern Pilates
 - 1.5.1. Key points in Classical Pilates
 - 1.5.2. Modern/Classical Pilates Analysis
 - 1.5.3. Contributions of Modern Pilates
 - 1.5.4. Conclusions
- 1.6. Pilates on the Floor and Pilates on Machines
 - 1.6.1. Fundamentals of Floor Pilates
 - 1.6.2. Evolution of Pilates on floor
 - 1.6.3. Fundamentals of Pilates on Machines
 - 1.6.4. Evolution of Pilates on Machines

- 1.7. Scientific Evidence
 - 1.7.1. Scientific journals related to Pilates
 - 1.7.2. Doctoral thesis on Pilates
 - 1.7.3. Pilates Publications
 - 1.7.4. Pilates applications
- 1.8. Orientations of the Pilates Method
 - 1.8.1. National trends
 - 1.8.2. International trends
 - 1.8.3. Trend Analysis
 - 1.8.4. Conclusions
- 1.9. Schools
 - 1.9.1. Pilates Training Schools
 - 1.9.2. Magazines
 - 1.9.3. Evolution of pilates schools
 - 1.9.4. Conclusions
- 1.10. Pilates Associations and Federations
 - 1.10.1. Definitions
 - 1.10.2. Benefits
 - 1.10.3. Objectives
 - 1.10.4. PMA

Module 2. Fundamentals of the Pilates Method

- 2.1. The different concepts of the method
 - 2.1.1. The concepts according to Joseph Pilates
 - 2.1.2. Evolution of Concepts
 - 2.1.3. Subsequent generations
 - 2.1.4. Conclusions
- 2.2. Breathing
 - 2.2.1. The different types of breathing
 - 2.2.2. Analysis of types of breathing
 - 2.2.3. The Effects of breathing
 - 2.2.4. Conclusions

- 2.3. Pelvis as the core of stability and movement
 - 2.3.1. The Joseph Pilates Core
 - 2.3.2. The Scientific Core
 - 2.3.3. Anatomical basis
 - 2.3.4. Core in recovery processes
- 2.4. The organization of the shoulder girdle
 - 2.4.1. Anatomical Review
 - 2.4.2. Shoulder Girdle Biomechanics
 - 2.4.3. Pilates applications
 - 2.4.4. Conclusions
- 2.5. The organization of lower limb movement
 - 2.5.1. Anatomical Review
 - 2.5.2. Biomechanics the Lower Limb
 - 2.5.3. Pilates applications
 - 2.5.4. Conclusions
- 2.6. The articulation of the spine
 - 2.6.1. Anatomical Review
 - 2.6.2. Biomechanics of the Spine
 - 2.6.3. Pilates applications
 - 2.6.4. Conclusions
- 2.7. Body segment alignments
 - 2.7.1. Posture
 - 2.7.2. Posture in Pilates
 - 2.7.3. Segmental alignments
 - 2.7.4. Muscle and fascial chains
- 2.8. Functional integration
 - 2.8.1. Concept of functional Integration
 - 2.8.2. Implications on different activities
 - 2.8.3. The task
 - 2.8.4. The Context
- 2.9. Fundamentals of Therapeutic Pilates
 - 2.9.1. History of Therapeutic Pilates
 - 2.9.2. Concepts in Therapeutic Pilates
 - 2.9.3. Criteria in Therapeutic Pilates
 - 2.9.4. Examples of injuries or pathologies
- 2.10. Pilates clásico y Pilates terapéutico
 - 2.10.1. Differences between both methods
 - 2.10.2. Justification
 - 2.10.3. Progressions
 - 2.10.4. Conclusions



It explores in detail the biomechanics of the shoulder girdle and its importance in the positions of Pilates techniques"

05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **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 evaluate 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

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

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 trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical 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 applied to the 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 evaluate and re-evaluate 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 Method 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 Pilates Method** 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 certificate 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 on Pilates Method**

Official N° of Hours: **300 h.**



*Apostille Convention. In the event that the student wishes to have their paper certificate 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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Pilates Method

