

# Postgraduate Diploma Pilates Instructor





## Postgraduate Diploma Pilates Instructor

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

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

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# 01

# Introduction

Therapeutic exercise, including Pilates, is considered a fundamental part of the recovery process and prevention of diseases or pathologies that affect the patient's physical capacities. For this reason, more and more health professionals are incorporating this method of exercise into their practice. For this reason, TECH has created this qualification, which provides the physician with a complete update on the benefits of Pilates in pathologies of the nervous system, osteoporosis, or in pregnant patients. All this, in addition to a 100% online, flexible methodology that allows access to the content anywhere and at any time.





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*Thanks to this Postgraduate Diploma, you will update your knowledge about the physiological changes during pregnancy and the Pilates exercises recommended during this process"*

Therapeutic Pilates offers a remarkable advantage by easily adapting to the different abilities of the patient, regardless of the injury or condition to be treated. This is due to the ability to adjust the exercises' intensity, pace, frequency, and movements. Therefore, it is essential for the medical professional to keep up to date on the most effective exercises and techniques to address multiple pathologies.

Faced with this reality, TECH has developed this program that offers professionals the opportunity to update their skills as Pilates Instructors through a Postgraduate Diploma consisting of 450 teaching hours and 6 months of duration.

In response to this reality, specialists will delve into the neural pathways and the benefits of Pilates in patients with neurological pathologies related to aging or osteoporosis. In addition, you will expand your knowledge of the approach to pregnancy using the Pilates method and on urinary incontinence and pelvic floor exercises recommended for these clinical cases.

Moreover, thanks to the numerous didactic materials (video summaries of each topic, videos in detail, specialized readings), you will be updated on the techniques used during the late postpartum period and the treatment of the alterations through Pilates.

Moreover, thanks to the 100% online pedagogical format, the professional will have complete flexibility to organize daily activities with refresher courses without being subject to strict schedules. A unique opportunity to update your knowledge through a university proposal at the academic forefront.

This **Postgraduate Diploma in Pilates Instructor** 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 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 Pilates and how it can benefit patients with neurological pathologies of the central and peripheral nervous system"*

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*You will adapt Pilates exercises to pathologies such as Multiple Sclerosis, Stroke, Parkinson's and Cerebral Palsy”*

*You will assess the abilities of your elderly patients and apply age-appropriate Pilates exercises.*

*You will delve into how Pilates can help in the treatment of Osteoporosis thanks to this 100% online Postgraduate Diploma.*

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.



# 02 Objectives

This university program aims to update the health professional's knowledge of the Pilates method and the approach to various pathologies. In this sense, this academic itinerary will allow you to delve into the specific exercises for each phase of pregnancy, identify the main alterations of each pathology, and address them through exercises based on this physical activity. To achieve this successfully, this program provides various high-quality multimedia resources.







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*Thanks to the case studies, you will have the opportunity to approach patient management through the most precise Pilates postures for each pathology”*



## 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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### Module 1. Pilates during Pregnancy, Childbirth, and Postpartum

- ♦ Differentiate the different phases of pregnancy
- ♦ Determine specific exercises for each phase
- ♦ Orient the woman during pregnancy, childbirth, and postpartum

### Module 2. General pathology and its treatment with Pilates

- ♦ Master the characteristics of each pathology
- ♦ Identify the main alterations of each pathology
- ♦ Address the alterations through exercises based on the Pilates Method

### Module 3. The Pilates gym

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



*You will comfortably investigate, whenever you wish, the best practices in terms of equipment instruments used in Pilates sessions"*

# 03

## Course Management

TECH has selected recognized experts in the field of Physiotherapy for this program. In this way, professionals will have the opportunity to access an advanced program developed by true leaders in the Pilates Method. In this way, this institution offers participants an exceptional experience of updating with leading specialists in the field, with whom you can resolve any questions you may have about the content of the program.





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*TECH has brought together leading specialists in the Pilates Method, who will guide you in adapting the right exercises that will maintain body stability during pregnancy"*

## Management



### Mr. González Arganda, Sergio

- ♦ Physiotherapist of Atlético de Madrid Football Club
- ♦ CEO Fisis 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 Rehabilitation by the Royal Spanish Gymnastics Federation
- ♦ Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ♦ Physiotherapy Graduate at Comillas Pontifical in University



## Professors

### Ms. Parra Nebreda, Virginia

- ◆ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ◆ Pelvic Floor Physiotherapist at Letfisio Clinic
- ◆ Physiotherapist at Orpea Nursing Home
- ◆ Master's Degree in Physiotherapy in Pelviperineology at the University of Castilla-La Mancha
- ◆ Functional Ultrasound Training in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT
- ◆ Hypopressive training at LOW PRESSURE FITNES
- ◆ Degree in Physiotherapy from the Complutense University of Madrid

### Ms. García Ibáñez, Marina

- ◆ Physiotherapist at Foundation Multiple Sclerosis of Madrid and private consultation at home
- ◆ Physiotherapist for home treatment in pediatrics and adults with neurological pathology
- ◆ Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ◆ Physiotherapist and Psychologist in Kinés Clinic
- ◆ Physiotherapist in San Nicolás Clinic
- ◆ Master's Degree in Neurological Physiotherapy: Techniques of Assessment and Treatment at the European University of Madrid
- ◆ Expert in Neurological Physiotherapy at the European University of Madrid
- ◆ Degree in Psychology from the National University of Distance Education

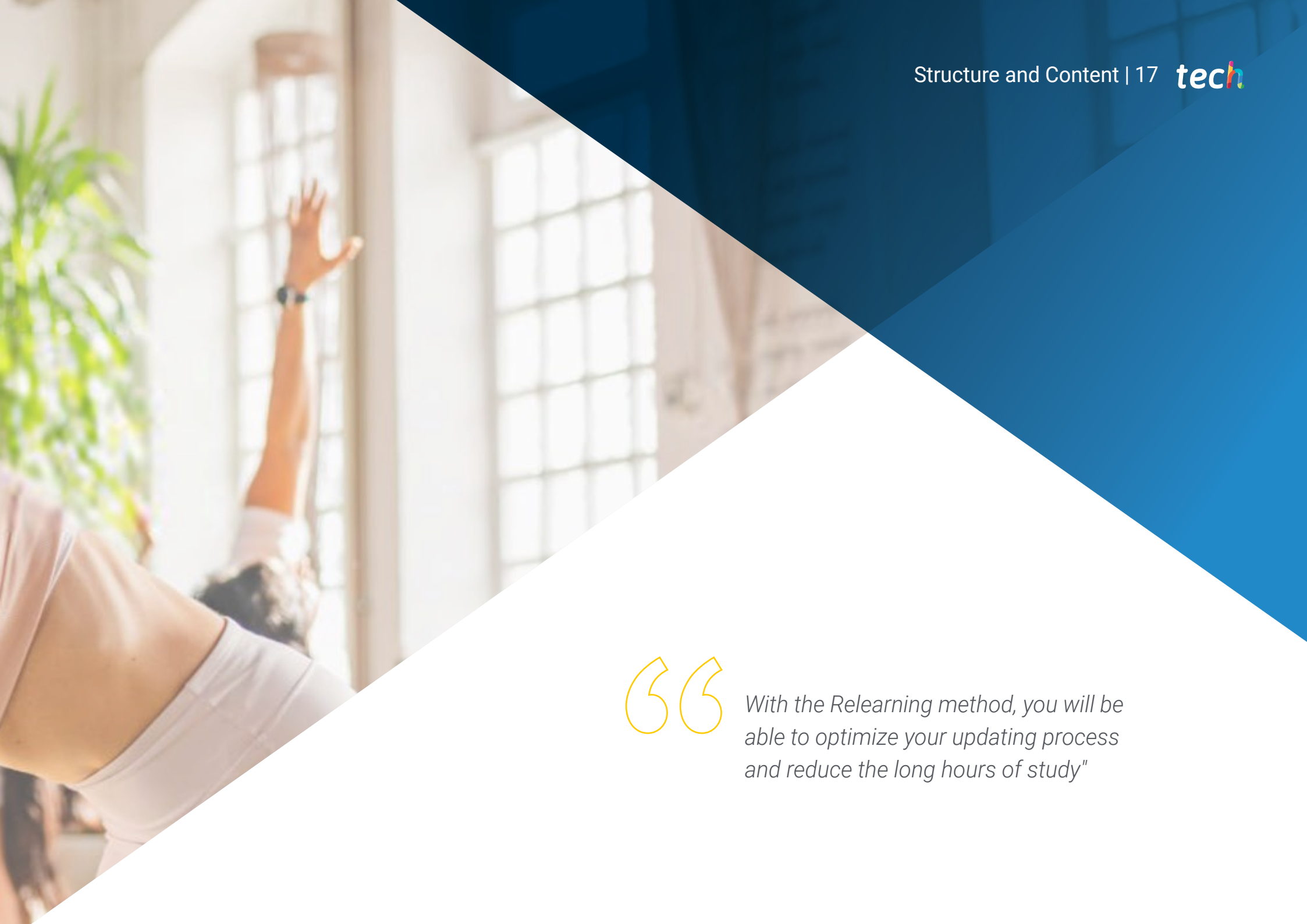
# 04

## Structure and Content

Thanks to this Postgraduate Diploma in Pilates Instructor, the professional will be aware of the methods, techniques, and equipment used in the sessions carried out with this physical activity. A content specially oriented to the approach of pregnant patients with pre and postpartum difficulties and people with neurological pathologies. All this can be achieved thanks to the flexibility of TECH's 100% online methodology and the wide range of pedagogical resources with which you can obtain an intensive and effective update.







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*With the Relearning method, you will be able to optimize your updating process and reduce the long hours of study”*

## Module 1. Pillars during Pregnancy, Childbirth and Postpartum

- 1.1. First Trimester
  - 1.1.1. Changes in the first quarter
  - 1.1.2. Benefits and objectives
  - 1.1.3. Indicated exercises
  - 1.1.4. Contraindications
- 1.2. Second quarter
  - 1.2.1. Changes in the Second quarter
  - 1.2.2. Benefits and objectives
  - 1.2.3. Indicated exercises
  - 1.2.4. Contraindications
- 1.3. Third Trimester
  - 1.3.1. Changes in the third quarter
  - 1.3.2. Benefits and objectives
  - 1.3.3. Indicated exercises
  - 1.3.4. Contraindications
- 1.4. Birth
  - 1.4.1. Dilation and delivery phase
  - 1.4.2. Benefits and objectives
  - 1.4.3. Recommendations
  - 1.4.4. Contraindications
- 1.5. Immediate Postpartum
  - 1.5.1. Recovery and puerperium
  - 1.5.2. Benefits and objectives
  - 1.5.3. Indicated exercises
  - 1.5.4. Contraindications
- 1.6. Urinary Incontinence and Pelvic Floor
  - 1.6.1. Anatomy involved
  - 1.6.2. Pathophysiology
  - 1.6.3. Indicated exercises
  - 1.6.4. Contraindications
- 1.7. Problems in pregnancy and approach through the Pilates Method
  - 1.7.1. Body statics change
  - 1.7.2. Most Frequent Problems
  - 1.7.3. Indicated exercises
  - 1.7.4. Contraindications
- 1.8. Pregnancy preparation
  - 1.8.1. Benefits of physical training during pregnancy
  - 1.8.2. Recommended physical activity
  - 1.8.3. Indicated exercises for the first pregnancy
  - 1.8.4. Preparation during the search for the second and subsequent
- 1.9. Late Postpartum
  - 1.9.1. Long-term anatomical changes
  - 1.9.2. Preparation for the return to physical activity
  - 1.9.3. Indicated exercises
  - 1.9.4. Contraindications
- 1.10. Post-partum alterations
  - 1.10.1. Abdominal diastasis
  - 1.10.2. Static pelvic-prolapse shift
  - 1.10.3. Alterations of deep abdominal musculature
  - 1.10.4. Indications and contraindications in cesarean section

## Module 2. General pathology and its treatment with Pilates

- 2.1. Nervous system
  - 2.1.1. Central Nervous System
  - 2.1.2. Peripheral Nervous System
  - 2.1.3. Brief description of neural pathways
  - 2.1.4. Benefits of Pilates in neurological pathology
- 2.2. Neurological assessment focused on Pilates
  - 2.2.1. Medical History
  - 2.2.2. Strength and tone assessment
  - 2.2.3. Sensitivity assessment
  - 2.2.4. Tests and scales

- 2.3. Most prevalent neurological pathologies and scientific evidence in Pilates
  - 2.3.1. Brief description of the pathologies
  - 2.3.2. Basic principles of Pilates in neurological pathology
  - 2.3.3. Adaptation of Pilates positions
  - 2.3.4. Adaptation of Pilates Exercises
- 2.4. Multiple Sclerosis
  - 2.4.1. Pathology description
  - 2.4.2. Assessment of the patient's capabilities
  - 2.4.3. Adaptation of Pilates exercises on floor
  - 2.4.4. Adaptation of Pilates exercises with elements
- 2.5. Stroke
  - 2.5.1. Pathology description
  - 2.5.2. Assessment of the patient's capabilities
  - 2.5.3. Adaptation of Pilates exercises on floor
  - 2.5.4. Adaptation of Pilates exercises with elements
- 2.6. Parkinson's Disease
  - 2.6.1. Pathology description
  - 2.6.2. Assessment of the patient's capabilities
  - 2.6.3. Adaptation of Pilates exercises on floor
  - 2.6.4. Adaptation of Pilates exercises with elements
- 2.7. Cerebral Palsy
  - 2.7.1. Pathology description
  - 2.7.2. Assessment of the patient's capabilities
  - 2.7.3. Adaptation of Pilates exercises on floor
  - 2.7.4. Adaptation of Pilates exercises with elements
- 2.8. Older adults
  - 2.8.1. Age-related pathologies
  - 2.8.2. Assessment of the patient's capabilities
  - 2.8.3. Indicated exercises
  - 2.8.4. Contraindicated exercises

- 2.9. Osteoporosis
  - 2.9.1. Pathology description
  - 2.9.2. Assessment of the patient's capabilities
  - 2.9.3. Indicated exercises
  - 2.9.4. Contraindicated exercises
- 2.10. Pelvic Floor Disorders: urinary incontinence
  - 2.10.1. Pathology description
  - 2.10.2. Incidence and Prevalence
  - 2.10.3. Indicated exercises
  - 2.10.4. Contraindicated exercises

### Module 3. The gym/Pilates studio

- 3.1. The Reformer
  - 3.1.1. Introduction to the Reformer
  - 3.1.2. Reformer Benefits
  - 3.1.3. Main exercises on the Reformer
  - 3.1.4. Main errors on the Reformer
- 3.2. The Cadillac or Trapeze table
  - 3.2.1. Introduction to Cadillac
  - 3.2.2. Cadillac Benefits
  - 3.2.3. Main exercises on the Cadillac
  - 3.2.4. Main errors on the Cadillac
- 3.3. The chair
  - 3.3.1. Introduction to the chair
  - 3.3.2. Chair benefits
  - 3.3.3. Main exercises on the chair
  - 3.3.4. Main Errors on the chair
- 3.4. The Barrel
  - 3.4.1. Introduction to the Barrel
  - 3.4.2. Barrel Benefits
  - 3.4.3. Main exercises on the Barrel
  - 3.4.4. Main errors on the Barrel

- 3.5. "Combo" models
  - 3.5.1. Introduction to the Combo model
  - 3.5.2. Combo model benefits
  - 3.5.3. Main exercises on the Combo model
  - 3.5.4. main errors in the Combo model
- 3.6. The flexible ring
  - 3.6.1. Introduction to flexible ring
  - 3.6.2. Flexible ring benefits
  - 3.6.3. Main exercises on the flexible ring
  - 3.6.4. Main Errors on the flexible ring
- 3.7. The Spine Corrector
  - 3.7.1. Introduction to Spine corrector
  - 3.7.2. Spine corrector benefits
  - 3.7.3. Main exercises on the Spine corrector
  - 3.7.4. Main Errors on the Spine corrector
- 3.8. Implements adapted to the method
  - 3.8.1. Foam roller
  - 3.8.2. Fit Ball
  - 3.8.4. Elastic bands
  - 3.8.5. Bosu
- 3.9. The Space
  - 3.9.1. Equipment preferences
  - 3.9.2. The Pilates space
  - 3.9.3. Pilates instruments
  - 3.9.4. Best practices in terms of space
- 3.10. The Environment
  - 3.10.1. Environment concept
  - 3.10.2. Characteristics of different environments
  - 3.10.3. Environment choice
  - 3.10.4. Conclusions





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*You will delve with the best multimedia didactic material into abdominal diastasis, changes in pelvic statics, and muscular alterations with specific Pilates exercises”*

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 Diploma in Pilates Instructor guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Pilates Instructor** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Postgraduate Diploma in Pilates Instructor**

Official N° of Hours: **450 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 language

virtual classroom

**tech** technological  
university

## Postgraduate Diploma Pilates Instructor

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

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