

# Postgraduate Diploma

## Application of the Pilates Method for Nursing





## Postgraduate Diploma Application of the Pilates Method for Nursing

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

Website: [www.techtitute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-application-pilates-method-nursing](http://www.techtitute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-application-pilates-method-nursing)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

Pilates has numerous health benefits for patients such, as muscle strengthening, flexibility, and improved body stabilization.

However, it is necessary to know its indications and contraindications and properly plan sessions for this low-impact activity to address different pathologies. For this reason, TECH has created this 100% online qualification that offers nurses an excellent update on the evolution of this discipline, its fundamentals, typology, and methodology applied to the healthcare field. All this, from advanced content and high-quality teaching resources developed by an excellent teaching team, specialized in Physiotherapy and this method.



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*You are in front of a 100% online, flexible Specialization that will allow you to achieve a complete update in the Application of the Pilates Method"*

In recent decades, the practice of Pilates has spread for therapeutic purposes. The scientific study of this practice to treat certain musculoskeletal or neurological pathologies has led to its inclusion in the health field.

For this reason, it is necessary for health professionals to keep up-to-date with their evolution, the improvement of the exercises, and the methodological planning of the sessions, taking into account the needs of each patient.

For this reason, TECH has designed this 450-hour Specialization in the Application of the Pilates Method. It is a program with up-to-date content in this discipline, which will guide the nurse through a complete process of updating in this field.

A syllabus with a theoretical and practical perspective will lead the graduate to be aware of the protocol of this method, the indications and contraindications of the different techniques used, as well as the software for the study of this discipline. All this, in addition with video summaries of each topic, videos in detail, specialized readings, and case studies.

Furthermore, thanks to the *Relearning* method, based on the continuous repetition of key content, the graduate will be able to consolidate key concepts in a natural, progressive, and much simpler way.

Undoubtedly, it is a unique opportunity to study an avant-garde qualification that responds to the real demands of nursing professionals. All you need is a digital device with an Internet connection to view the content hosted on the virtual platform at any time of the day.

This **Postgraduate Diploma in Application of the Pilates Method for Nursing** contains the most complete and up-to-date scientific program on the market. Its most outstanding features are:

- ♦ 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 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 work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*TECH adapts to your schedule and your motivation to keep updated. That's why Tech offers you a program that is compatible with your daily professional responsibilities"*

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*An academic journey of 450 advanced teaching hours on the Pilates Method and its application in the health field”*

*Get a complete Pilates Floor and Machine Pilates update and integrate it into your care praxis.*

*Find out from your computer with an Internet connection and the differences between Classic and Modern Pilates whenever you want.*

The program's teaching staff includes professionals from the sector who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and 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 and experienced experts.



# 02 Objectives

This university qualification has been designed to offer students over 450 teaching hours, the most advanced content on the Application of the Pilates Method oriented to Nursing. In this way, the graduate will increase their competences and capacities to assist patients who need the planning of rehabilitation exercises, according to this discipline. All this, is supported by an extensive library of multimedia resources available 24 hours a day, 7 days a week.







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*The case studies will bring you closer to the methodology used by leading experts in the preparation of Pilates sessions for rehabilitation patients”*



## 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. The Pilates Method**

- ◆ Delve into the background of Pilates
- ◆ Delve into the history of Pilates
- ◆ Describe the Pilates methodology

### **Module 2. Fundamentals of the Pilates Method**

- ◆ Delve into fundamentals of Pilates
- ◆ Identify the most relevant exercises
- ◆ Explain the Pilates positions to be avoided

### **Module 3. Methodology in the practice of the Pilates Method**

- ◆ Systematize sessions based on the Pilates Method
- ◆ Define types of sessions based on the Pilates Method
- ◆ Delve into the controversies and the well applied Pilates Method



*Integrate the most effective planning of the Pilates Method into your healthcare practice to treat patients with musculoskeletal pathologies"*

03

# Course Management

In this qualification, TECH has brought together an excellent management and teaching staff of professional physiotherapists with vast experience in this field, and in the Pilates Method. All this is evident in a syllabus designed to provide the graduate with the most complete and effective update. In addition, thanks to the proximity of the teaching staff, the graduate will be able to resolve any doubts that may arise regarding the content of this program.



“

*Update yourself with great Physiotherapy and Pilates Method experts in only 6 months"*

## 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 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. 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

The effectiveness of the Relearning method has led TECH to include it in all its qualifications. In this way, the graduate will obtain an effective update without the need to invest a great amount of hours in memorization and study. In this way, you will get to know the current therapeutic approach of the Pilates Method, the planning of classes, the new technologies used for the study of this physical activity, and its application in patients with musculoskeletal pathologies.





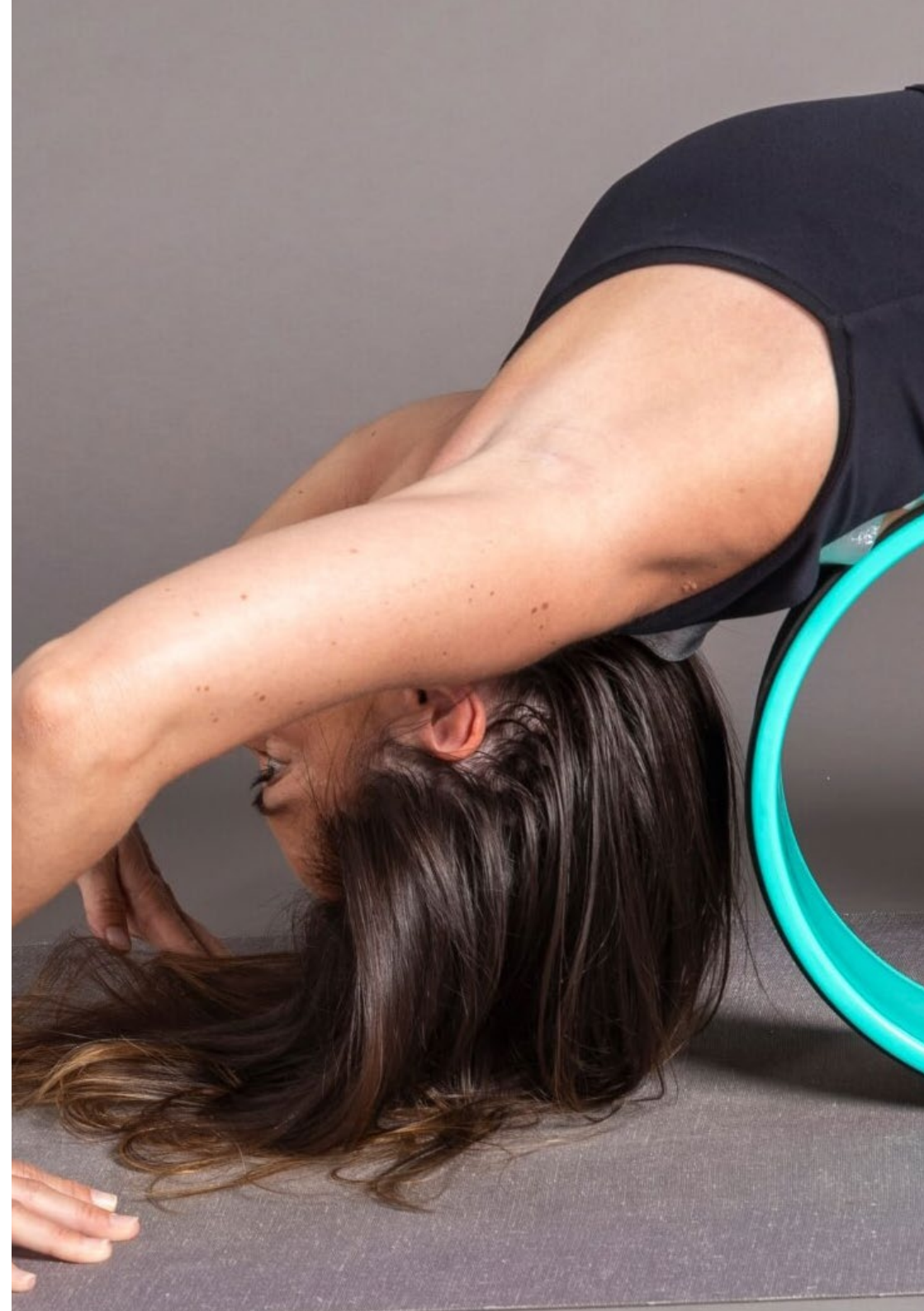


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*The specialized literature of this qualification will allow you to further extend the information on the Pilates Method under the highest scientific rigor”*

## 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

### Module 3. Methodology in the practice of the Pilates Method

- 3.1. The initial session
  - 3.1.1. Initial Assessment
  - 3.1.2. Informed Consent
  - 3.1.3. Words and commands related to Pilates
  - 3.1.4. Onset on the Pilates Method
- 3.2. Initial Assessment
  - 3.2.1. Postural assessment
  - 3.2.2. Flexibility assessment
  - 3.2.3. Evaluación coordinativa
  - 3.2.4. Session planning. Pilates card
- 3.3. Pilates class
  - 3.3.1. Initial exercises
  - 3.3.2. Student groupings
  - 3.3.3. Positioning, voice, corrections
  - 3.3.4. Resting
- 3.4. Student-patients
  - 3.4.1. Pilates student typology
  - 3.4.2. Personalized commitment
  - 3.4.3. Student objectives
  - 3.4.4. The choice of method

- 3.5. Exercise progressions and regressions
  - 3.5.1. Introduction to progressions and regressions
  - 3.5.2. Progressions
  - 3.5.3. Regressions
  - 3.5.4. The evolution of treatment
- 3.6. General protocol
  - 3.6.1. A basic generalized protocol
  - 3.6.2. Respect Pilates fundamentals
  - 3.6.3. Protocol analysis
  - 3.6.4. Protocol functions
- 3.7. Indications of the exercises
  - 3.7.1. Characteristics of initial position
  - 3.7.2. Contraindications of the exercises
  - 3.7.3. Verbal, tactile aids
  - 3.7.4. Class scheduling
- 3.8. The teacher/monitor
  - 3.8.1. Student analysis
  - 3.8.2. Types of teachers
  - 3.8.3. Generation of an adequate environment
  - 3.8.4. Student follow-up
- 3.9. The basic program
  - 3.9.1. Pilates for beginners
  - 3.9.2. Pilates for intermediates
  - 3.9.3. Pilates for experts
  - 3.9.4. Professional Pilates
- 3.10. Software for pilates studio
  - 3.10.1. Main pilates studio software
  - 3.10.2. Application for pilates practicing
  - 3.10.3. Latest technology in the pilates studio
  - 3.10.4. Most significant advances in Pilates studio

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.





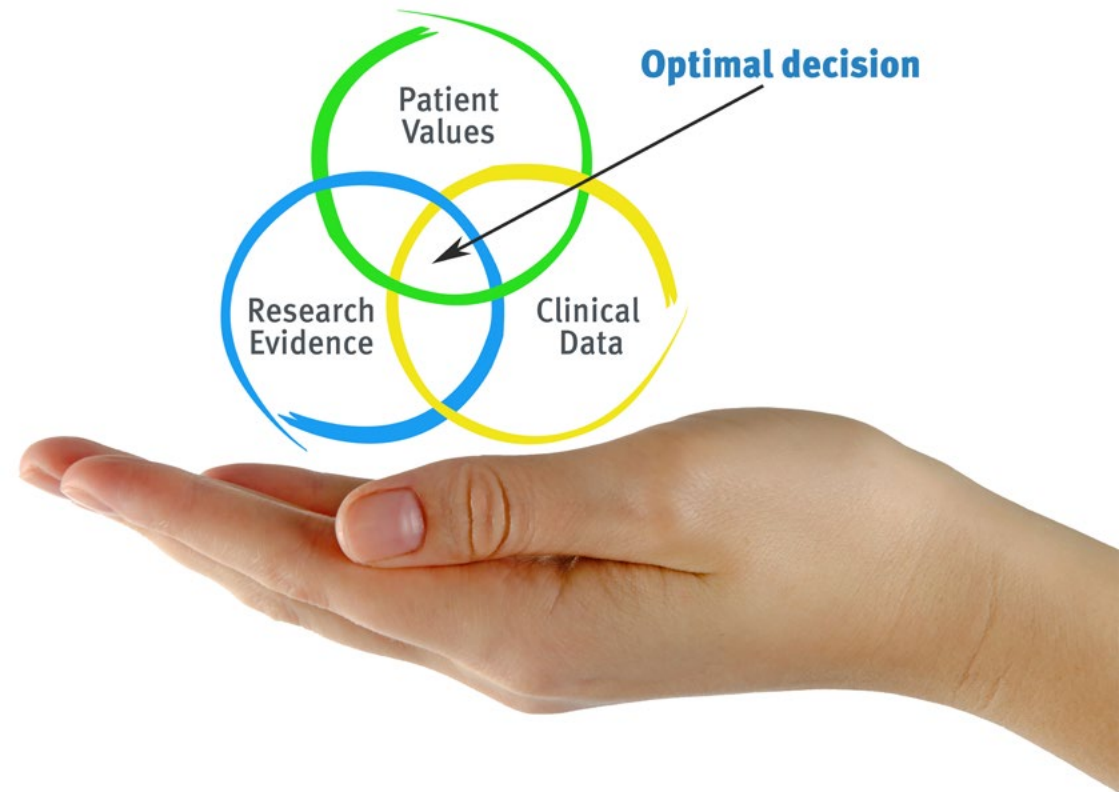
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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.

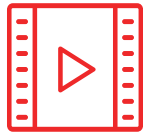
*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### Interactive Summaries

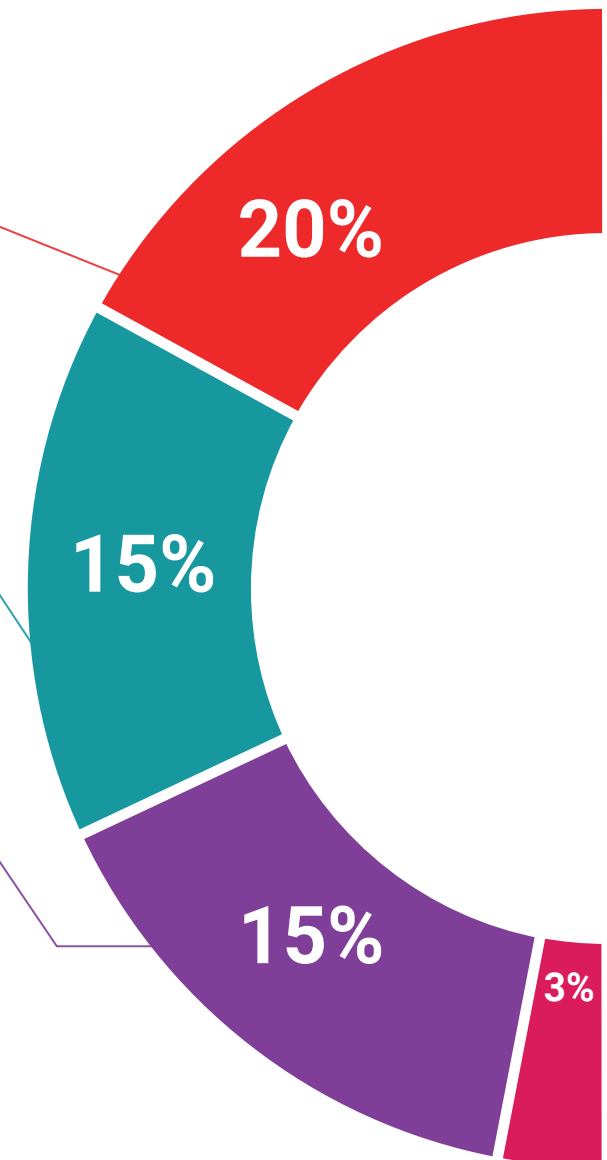
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

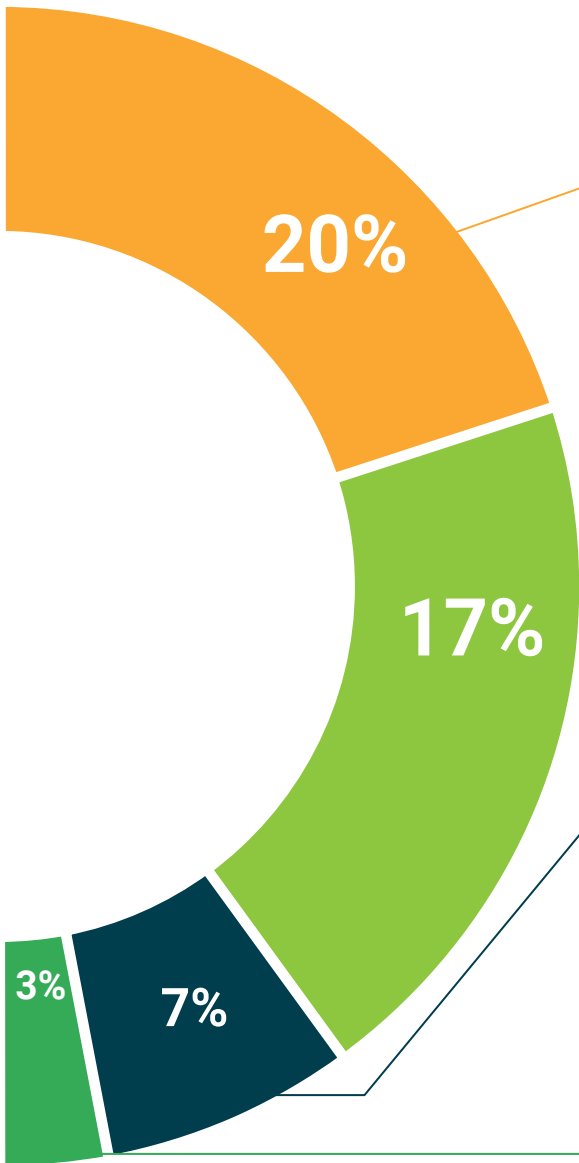
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 suggesting that observing third-party experts can be useful.

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 Application of the Pilates Method for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Specialization 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”*

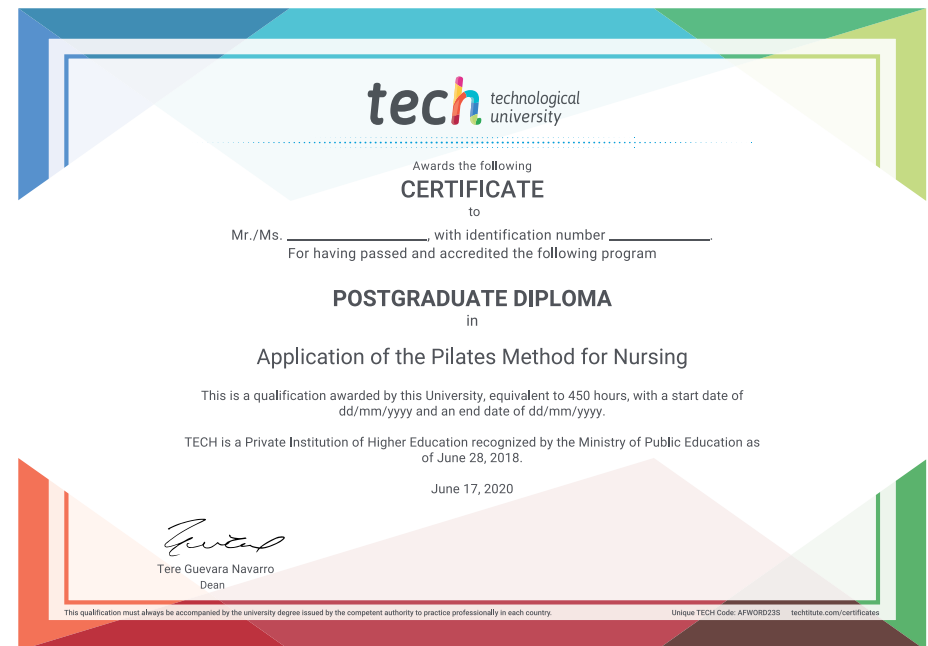
This **Postgraduate Diploma in Application of the Pilates Method for Nursing** contains the most complete and up-to-date scientific on the market.

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

The certificate 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 Application of the Pilates Method for Nursing**

Official N° of Hours: **450 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  
development language  
virtual classroom



## Postgraduate Diploma Application of the Pilates Method for Nursing

- » Modality: online
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