

Postgraduate Diploma

Pilates Machine

Method for Nursing



## Postgraduate Diploma Pilates Machine Method for Nursing

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

Website: [www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-pilates-machine-method-nursing](http://www.techtute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-pilates-machine-method-nursing)

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# 01

# Introduction

The evolution of the Pilates Method has led to the integration of different equipment in its sessions that favor the specific work of certain muscles and parts of the body. This is an activity with a great therapeutic component that is increasingly attracting the interest of health professionals who include it in their healthcare practice. For this reason, TECH has designed this 100% online qualification that provides the graduate with an update of their skills in this discipline, the different types of devices used, and their use in patients practising different sports modalities. A program with a theoretical-practical perspective and the best didactic material prepared by an excellent team of specialists in this field.



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*A Postgraduate Diploma in Machine Pilates Method that adapts to your daily schedule and your most demanding professional responsibilities”*

The very evolution and development of the Pilates Method has led to the design and creation of machines that allow the execution of its exercises in different equipment. In this way, this discipline expands its therapeutics and adaptation to the different existing pathologies. Given this reality, health professionals show a greater interest in its inclusion in their daily practice.

Given this reality, this academic institution has decided to develop this Postgraduate Diploma that offers nursing professionals an effective update on this physical activity and the use of the different existing devices. All this, over 6 months of advanced content and with a Relearning method, which favors the assimilation of key concepts more easily and without investing long hours of study.

This is a program that will lead the graduate to update their skills in therapeutic fundamentals, the different uses of the Reformer, Reformer, the Cadillac or Trapeze table, the chair, the Barrel, the "Combo" model, the flexible ring and the Spine Corrector. In addition, thanks to innovative pedagogical tools, you will delve much more quickly into the various exercises suitable for soccer players, basketball players, golfers, swimmers and others.

An effective update through a unique academic experience that adapts to the real needs of healthcare professionals. For this reason, this university qualification presents an exclusive online methodology, without classes with restricted schedules and with access 24 hours a day from any electronic device with an Internet connection.

This **Postgraduate Diploma in Pilates Machine 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 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



*With this academic proposal, you will delve into the main errors in the execution of Pilates exercises on machines"*

“ *If you have a mobile device with an Internet connection, you can access the syllabus of this university program at any time of the day*”

*In just 6 months, you will be up to date with the different Pilates exercises that can be performed with a Foam roller, Fit Ball, or Spine Corrector.*

*Learn more about the Pilates Method as a method of injury prevention in athletes through the best didactic material.*

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 proposal has been created to offer the nursing professional a complete update on the Pilates Method on Machines. Therefore, the graduate at the end of the 450 hours of classes will have increased their skills to assist the patient in the use of different equipment, according to their pathology and the area of the body that they wish to work on to strengthen, recover mobility or flexibility. All this through the best didactic content.





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*Thanks to the case studies, you will get a closer look at clinical situations where Pilates on Machines has proven to be effective"*



## 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 gym

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

### 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. Pilates in sports

- ◆ Identify the most frequent injuries in each sport
- ◆ Indicate the risk factors predisposing to injury
- ◆ Select exercises based on the Pilates Method adapted to each sport



*You will delve into the relevance of the pelvis as the center of stability of the body and its relation with the Core from the perspective of the Pilates Method"*

# 03

## Course Management

This university qualification has been designed by Physiotherapists with vast experience in this field and in the Pilates Method. This is evident in a syllabus that will allow students to obtain a complete update on the use of machines in this discipline. Therefore, in addition to the faculty's mastery of this physical activity, students will find in this Postgraduate Diploma a close faculty with whom to resolve any questions they may arise regarding the content of this program.





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*You are witnessing a university program created by great experts in Pilates and Physiotherapy"*

## 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



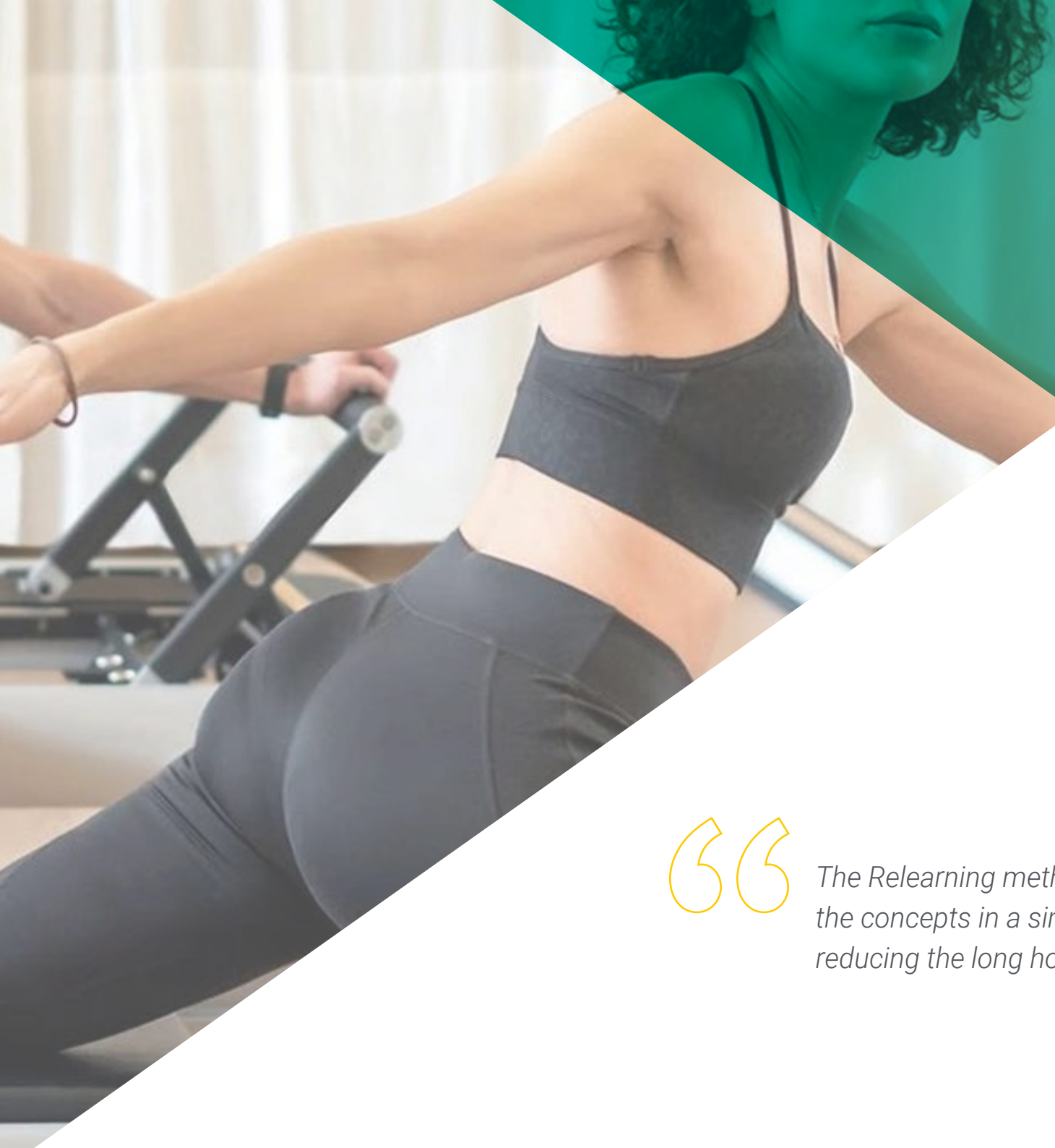
# 04

## Structure and Content

This university qualification has been designed to offer the nurse an intensive academic course on the Pilates Method on Machines. To this end, the graduate will learn in-depth about the different existing equipment, the fundamentals of this discipline, and its application in athletes of different sports modalities. 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 Relearning method will help you to consolidate the concepts in a simple and effective way, reducing the long hours of study and memorization”*

## 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 in 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

## 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. Pilates in sports

- 3.1. Soccer
  - 3.1.1. Most Common Injuries
  - 3.1.2. Pilates as treatment and prevention
  - 3.1.3. Benefits and objectives
  - 3.1.4. Example in elite athletes
- 3.2. Racquet Sports
  - 3.2.1. Most Common Injuries
  - 3.2.2. Pilates as treatment and prevention
  - 3.2.3. Benefits and objectives
  - 3.2.4. Example in elite athletes
- 3.3. Basketball
  - 3.3.1. Most Common Injuries
  - 3.3.2. Pilates as treatment and prevention
  - 3.3.3. Benefits and objectives
  - 3.3.4. Example in elite athletes
- 3.4. Handball
  - 3.4.1. Most Common Injuries
  - 3.4.2. Pilates as treatment and prevention
  - 3.4.3. Benefits and objectives
  - 3.4.4. Example in elite athletes

- 3.5. Golf
  - 3.5.1. Most Common Injuries
  - 3.5.2. Pilates as treatment and prevention
  - 3.5.3. Benefits and objectives
  - 3.5.4. Example in elite athletes
- 3.6. Swimming
  - 3.6.1. Most Common Injuries
  - 3.6.2. Pilates as treatment and prevention
  - 3.6.3. Benefits and objectives
  - 3.6.4. Example in elite athletes
- 3.7. Athletics
  - 3.7.1. Most Common Injuries
  - 3.7.2. Pilates as treatment and prevention
  - 3.7.3. Benefits and objectives
  - 3.7.4. Example in elite athletes
- 3.8. Dance and performing arts
  - 3.8.1. Most Common Injuries
  - 3.8.2. Pilates as treatment and prevention
  - 3.8.3. Benefits and objectives
  - 3.8.4. Example in elite athletes
- 3.9. Roller Hockey
  - 3.9.1. Most Common Injuries
  - 3.9.2. Pilates as treatment and prevention
  - 3.9.3. Benefits and objectives
  - 3.9.4. Example in elite athletes
- 3.10. Rugby
  - 3.10.1. Most Common Injuries
  - 3.10.2. Pilates as treatment and prevention
  - 3.10.3. Benefits and objectives
  - 3.10.4. Example in elite athletes





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*Throughout this academic itinerary, you will explore the application of the Pilates Method in sports such as soccer, basketball, or handball”*

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.





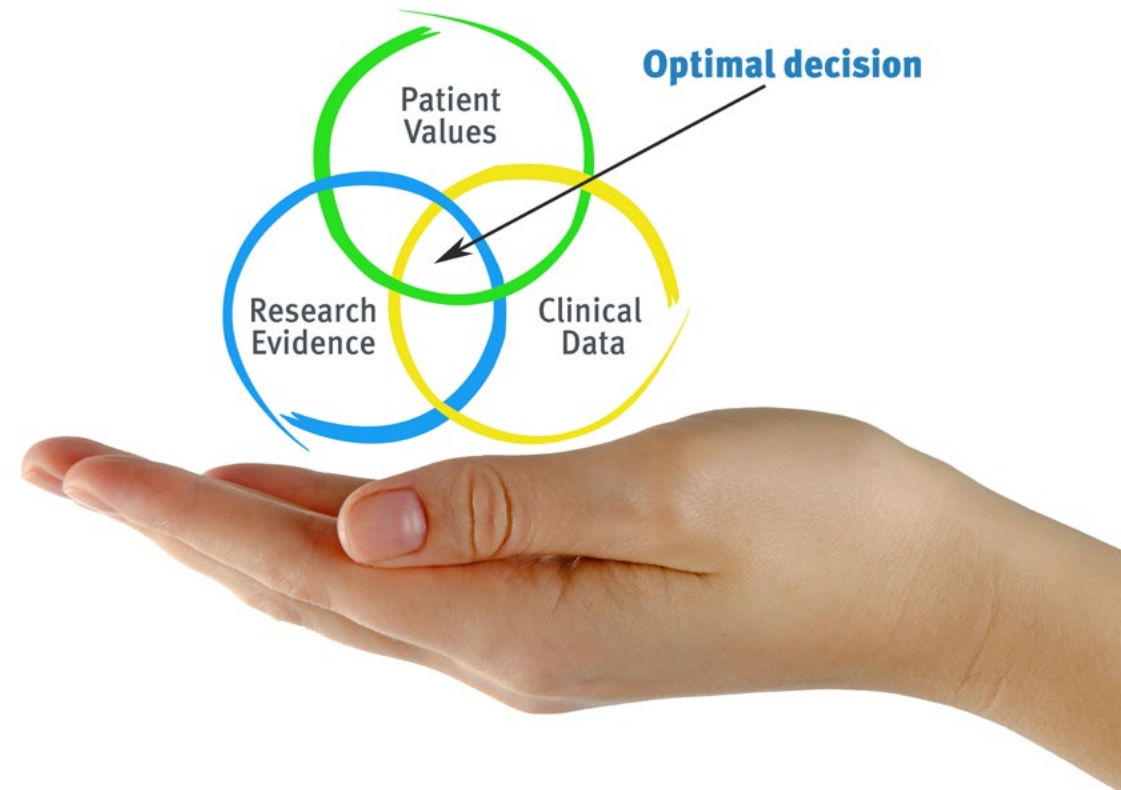
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. Gervas, 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 Pilates Method on the Machines for Nursing guarantees, in addition to the most rigorous and updated training, 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 Machine 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 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 Machine Method for Nursing**

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  
development language  
virtual classroom



**Postgraduate Diploma**  
Pilates Machine  
Method for Nursing

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

# Postgraduate Diploma

## Pilates Machine

## Method for Nursing

