



Postgraduate Certificate

Pilates Method

» Modality: online

» Duration: 12 weeks

» Certificate: TECH Technological University

» Dedication: 16h/week

» Schedule: at your own pace

» Exams: online

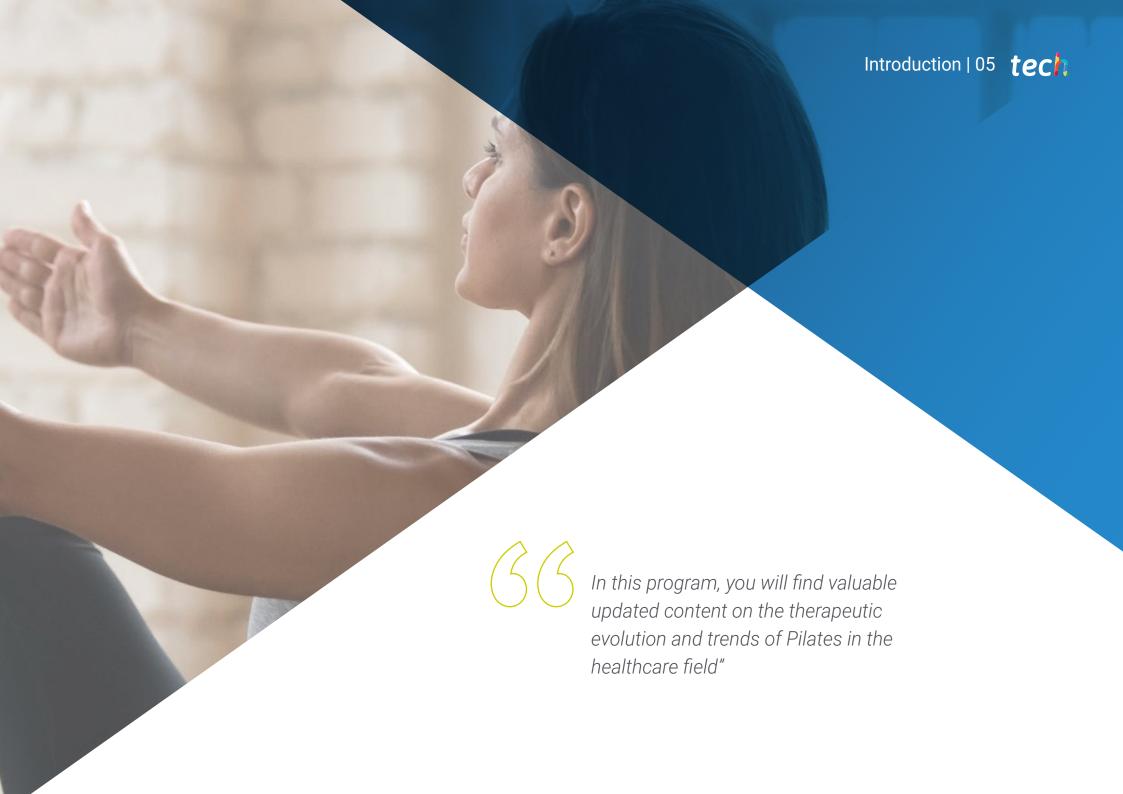
Website: www.techtitute.com/us/physiotherapy/postgraduate-certificate/pilates-method

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tech 06 | Introduction

The Pilates method has proven to be an effective method for addressing certain pathologies such as osteoporosis, stress reduction, or muscle strengthening in pregnant women. Given its multiple benefits, the popularity of this physical activity has spread among citizens and health professionals, including physiotherapists.

In view of this reality, there are many specialists who have integrated the different exercises to treat pathologies from the most common to the most complex into their practice. For this reason. TECH has created this program in order to provide professionals with the best updates in floor Pilates work guided by the improvements and modifications of the method.

This Postgraduate Certificate, the students will be able to develop it with the multimedia support and didactic tools offered by this academic institution, aiming to delve into the evolution, historical changes, and fundamentals of Pilates in an optimal way. Behind this exhaustive content is a team of teachers and professionals specialized in the area of physiotherapy who have poured their extensive knowledge and experience in this field into their syllabus.

Likewise, it is not necessary to think about going to a center to attend the program since the specialist will be able to access the content from the comfort of their home and at any time of the day. You only need an electronic device with internet connection to access the content hosted on the virtual platform.

This **Postgraduate Certificate in Pilates Method** contains the most complete and upto-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 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



With TECH, you will have access to the best updates on the rehabilitation of injuries through the Pilates Method"



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 experts.

The online methodology offers professionals the time flexibility to make this program compatible with their daily activities.

Explore through the best didactic material the evolution of Pilates on the Floor and Pilates on Machines.







tech 10 | Objectives



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
- Avoid 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
- Performexercises based on the Pilates Method correctly and analytically
- 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

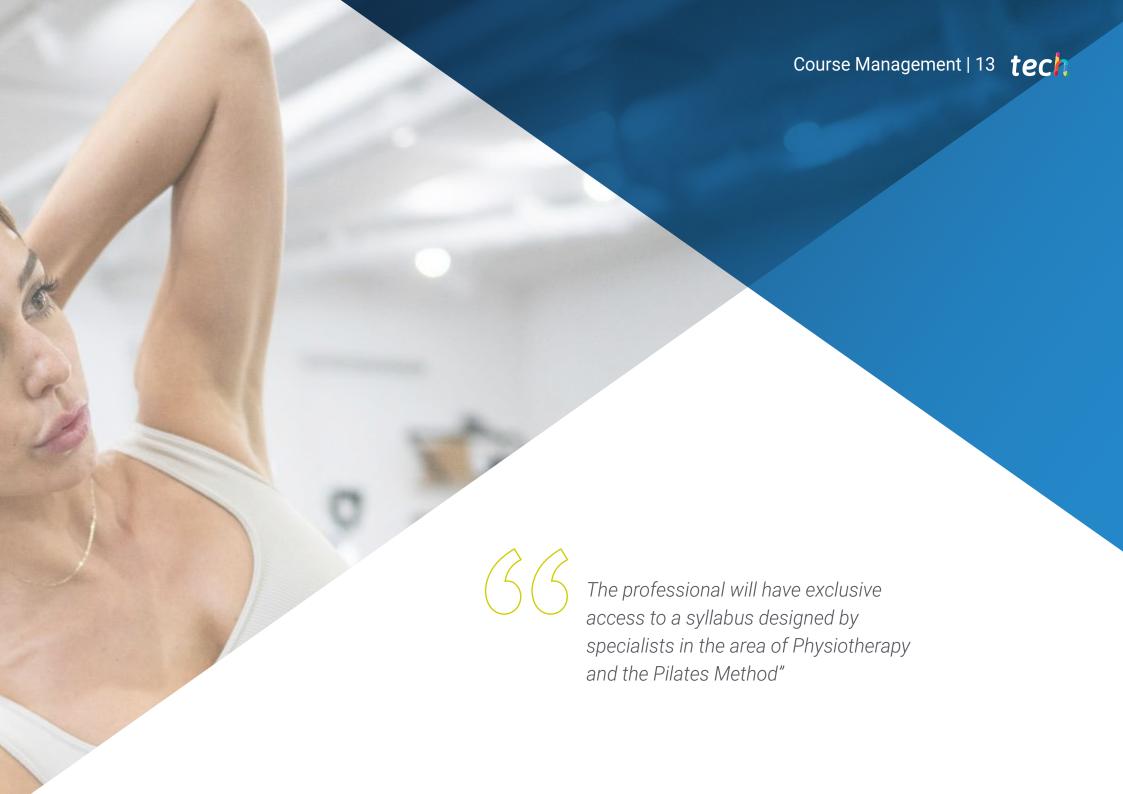
- Delve into the background of Pilates
- Delve into the history of Pilates
- Describe the Pilates methodology
- Delve into fundamentals of Pilates
- Identify the most relevant exercises
- Explain the Pilates positions to be avoided



You have case studies on Classical Pilates and its applications in the health field"







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Management



Mr. González Arganda, Sergio

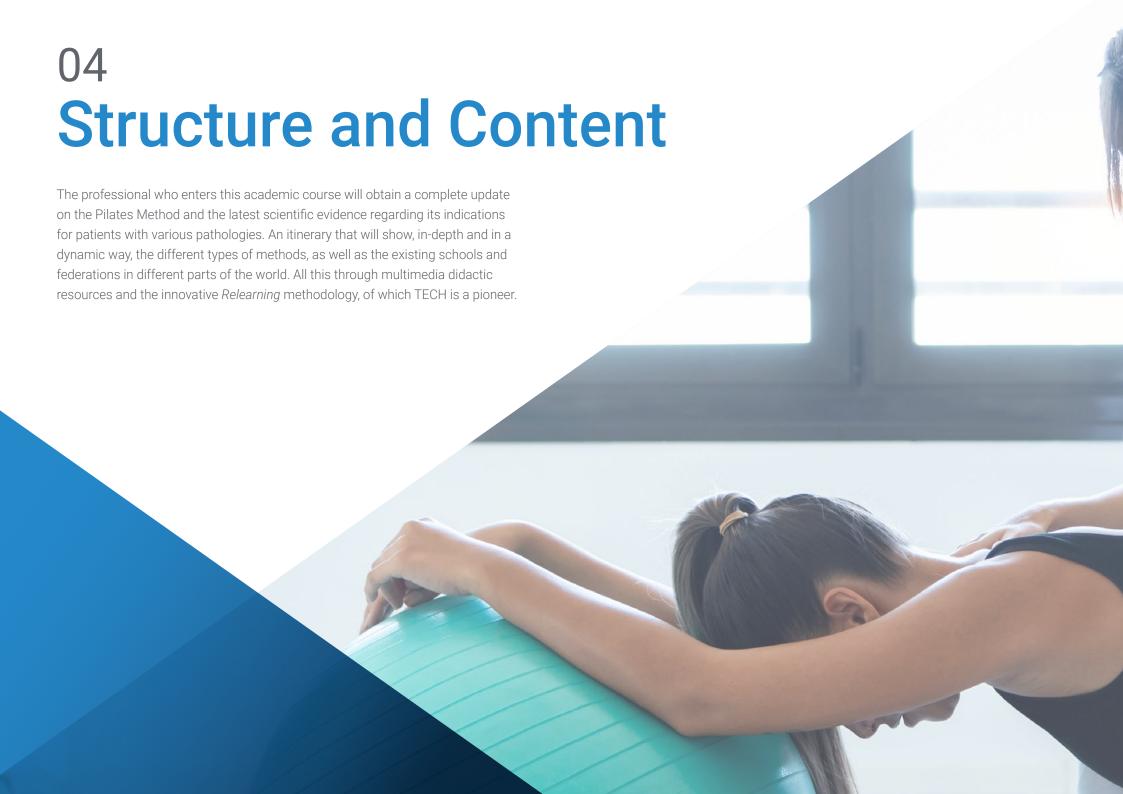
- Physiotherapist of Atlético de Madrid Football Club
- CEO Fisio Domicilio Madrid
- Lecturer in the Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- Lecturer in the University Expert in Clinical Pilates
- Lecturer in the Master of Biomechanics and Sports Physiotherapy
- 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







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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

Structure and Content | 19 tech

- 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

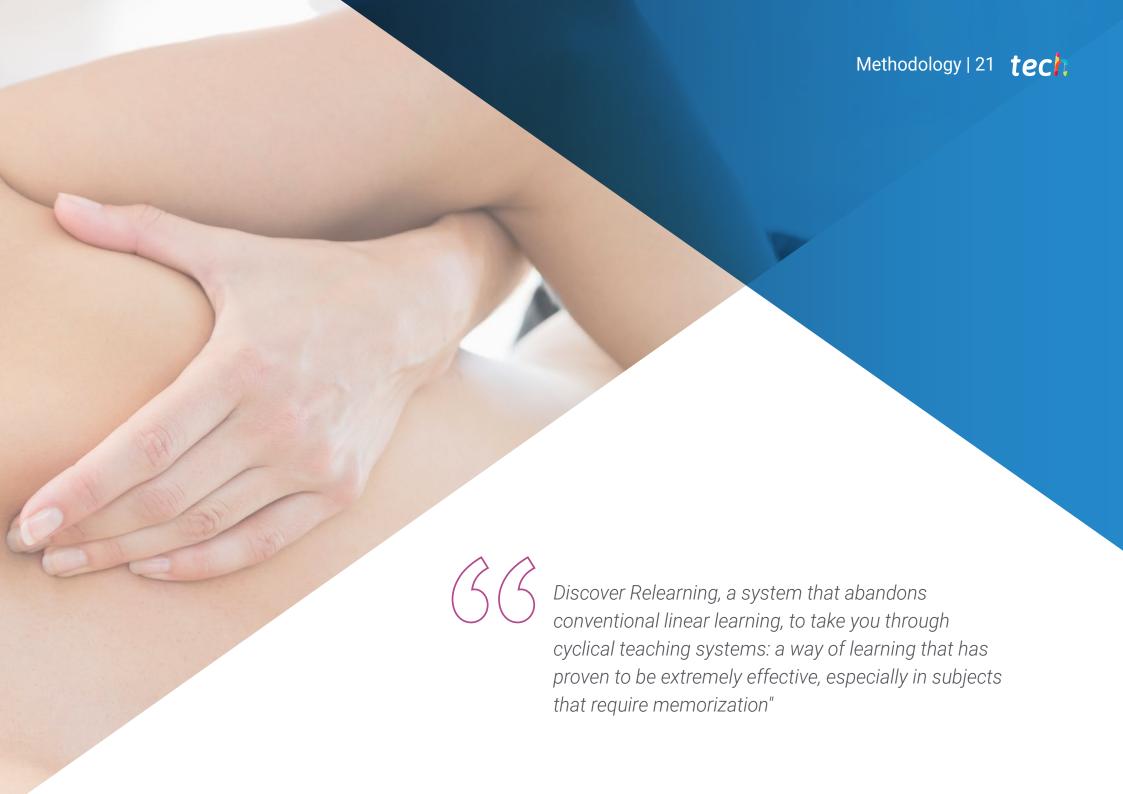


The case studies provided by the teaching team specialized in Pilates will bring you closer to clinical situations where this method is effective in treating pathologies"



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.

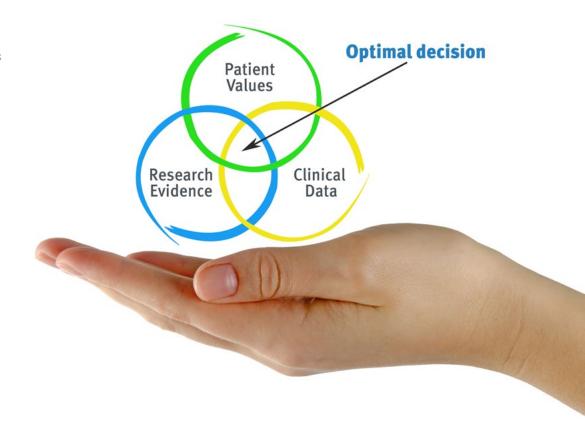


tech 22 | Methodology

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. Physiotherapists/kinesiologists 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 of professional physiotherapy practice.



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. Physiotherapists/kinesiologists 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 physiotherapist/kinesiologist 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.

The physiotherapist/kinesiologist 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.



Methodology | 25 tech

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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our learning system is 8.01, according to the highest international standards.

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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.



Physiotherapy Techniques and Procedures on Video

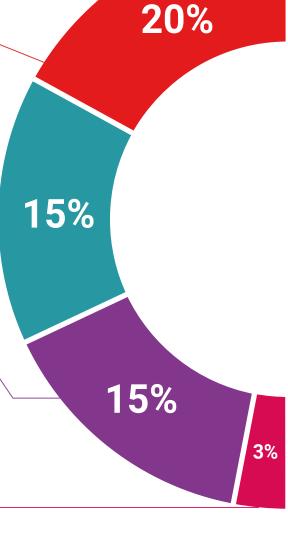
TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can 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 unique multimedia content presentation training system 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.



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.

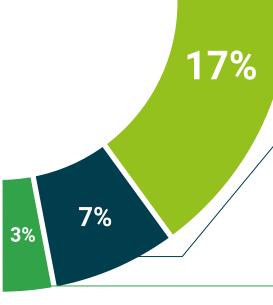
The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



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.





20%





tech 30 | Certificate

This **Postgraduate Certificate in Pilates Method** contains the most complete and upto-date scientific on the market.

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

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

Title: Postgraduate Certificate in Pilates Method

Official No of Hours: 300 h.



health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment



Postgraduate Certificate Pilates Method

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

