

# Postgraduate Certificate Pilates Method



## Postgraduate Certificate Pilates Method

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/physiotherapy/postgraduate-certificate/pilates-method](http://www.techtitute.com/us/physiotherapy/postgraduate-certificate/pilates-method)

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# 01

# Introduction

Currently, Pilates is a practice that has more than 300 exercises, which have a positive impact on the health of those who perform them. In this sense, it favors posture correction, improves flexibility and coordination, and reduces weight. Although it is not a new discipline, physiotherapy professionals are integrating it more frequently in their patients. For this reason, this 100% online program was created to provide the graduate with a complete update on this method through valuable updated content on therapeutic evolution and the latest trends. A unique opportunity to keep up to date with high-quality didactic resources developed by specialists in this field.



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*In this program, you will find valuable updated content on the therapeutic evolution and trends of Pilates in the healthcare field”*

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 up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in Physiotherapy and specialists in Pilates
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where 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"*

“*In this Postgraduate Certificate, you will have a great team of specialized professionals who will successfully guide you in your academic updating process”*

*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.*

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.



# 02 Objectives

This program will enhance the practical skills of the physical therapist through the academic updates offered by this Postgraduate Certificate in Pilates Method. Therefore, at the end of this 12-week academic course, the graduate will have broadened their skills in performing this type of exercise according to the patient's pathology or wellness and health objective. To this end, students have at their disposal multiple pedagogical tools and a specialized teaching team with which they can resolve any doubts they may have.







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*This Postgraduate Certificate in Pilates Method will help you delve into Pilates's fundamentals and therapeutic evolution”*



## 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
- ♦ 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
- ♦ Perform exercises 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

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- ◆ 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

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

03

# Course Management

In its commitment to offer a quality update, TECH has carried out a thorough selection process of all the teachers that make up its programs. In this sense, students have the guarantee of access to a syllabus prepared by experts in Physiotherapy and the Pilates Method. In addition, given its proximity, alumni will have the opportunity to resolve any doubts that may arise regarding the content of this Postgraduate Certificate.



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*The professional will have exclusive access to a syllabus designed by specialists in the area of Physiotherapy and the Pilates Method”*

## International Guest Director

Dr. Edward Laskowski is a leading international figure in the field of Sports Medicine and Physical Rehabilitation. Board certified by the American Board of Physical Medicine and Rehabilitation, he has been an integral part of the prestigious staff at the Mayo Clinic, where he has served as Director of the Sports Medicine Center.

In addition, his expertise spans a wide range of disciplines, from Sports Medicine, to Fitness and Strength and Stability Training. As such, he has worked closely with a multidisciplinary team of specialists in Physical Medicine, Rehabilitation, Orthopedics, Physiotherapy and Sports Psychology to provide a comprehensive approach to the care of his patients.

Likewise, his influence extends beyond clinical practice, as he has been recognized nationally and internationally for his contributions to the world of sport and health. Accordingly, he was appointed by President George W. Bush to the President's Council on Physical Fitness and Sports, and awarded a Distinguished Service Award from the Department of Health and Human Services, underscoring his commitment to promoting healthy lifestyles.

In addition, he has been a key element in renowned sporting events, such as the Winter Olympics (2002) in Salt Lake City and the Chicago Marathon, providing quality medical care. Add to this his dedication to outreach, which has been reflected in his extensive work in creating academic resources, including the Mayo Clinic CD-ROM on Sports, Health and Fitness, as well as his role as Contributing Editor of the book "Mayo Clinic Fitness for Everybody." With a passion for debunking myths and providing accurate, up-to-date information, Dr. Edward Laskowski continues to be an influential voice in Sports Medicine and Fitness worldwide.



## Dr. Laskowski, Edward

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- Director, Mayo Clinic Sports Medicine Center, United States
- Consultant Physician to the National Hockey League Players Association, United States
- Physician at the Mayo Clinic, United States
- Member of the Olympic Polyclinic at the Olympic Winter Games (2002), Salt Lake City, Salt Lake City, United States
- Specialist in Sports Medicine, Fitness, Strength Training and Stability Training
- Board Certified by the American Board of Physical Medicine & Rehabilitation
- Contributing Editor of the book "Mayo Clinic Fitness for EveryBody"
- Distinguished Service Award from the Department of Health and Human Services
- Member of: *American College of Sports Medicine*



*Thanks to TECH, you will be able to learn with the best professionals in the world"*

## Management



### Mr. González Arganda, Sergio

- ♦ Physiotherapist of Atlético de Madrid Football Club (2005-2023)
- ♦ CEO Fisio Domicilio Madrid
- ♦ Teacher in the Master's Degree in Physical Preparation and Sports Readaptation in Football
- ♦ Teacher in the Postgraduate Diploma in Clinical Pilates
- ♦ Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- ♦ Master's Degree in Osteopathy of the Locomotor System from the Madrid School of Osteopathy
- ♦ Expert in Pilates and Rehabilitation from the Royal Spanish Gymnastics Federation
- ♦ Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ♦ Graduate in Physiotherapy from the Universidad Pontificia de Comillas

## Professors

### Ms. Valiente Serrano, Noelia

- ♦ Physiotherapist at Fisio Domicilio Madrid
- ♦ Physiotherapist at Keiki Fisioterapia
- ♦ Physiotherapist at Jemed Importaciones

### Mr. Longás de Jesús, Antonio

- ♦ Physiotherapist at Lagasca Clinic
- ♦ Physiotherapist at Fisio Domicilio Madrid
- ♦ Physiotherapist at Club de Rugby Veterinaria





# 04

## Structure and Content

The professional who enters this academic course will obtain a complete update on the Pilates Method and the latest scientific evidence regarding its indications for patients with various pathologies. An itinerary that will show, in-depth and in a dynamic way, the different types of methods, as well as the existing schools and federations in different parts of the world. All this through multimedia didactic resources and the innovative *Relearning* methodology, of which TECH is a pioneer.





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*A curriculum created through multimedia didactic resources and supported by an effective Relearning methodology”*

## 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



*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”*

# 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.





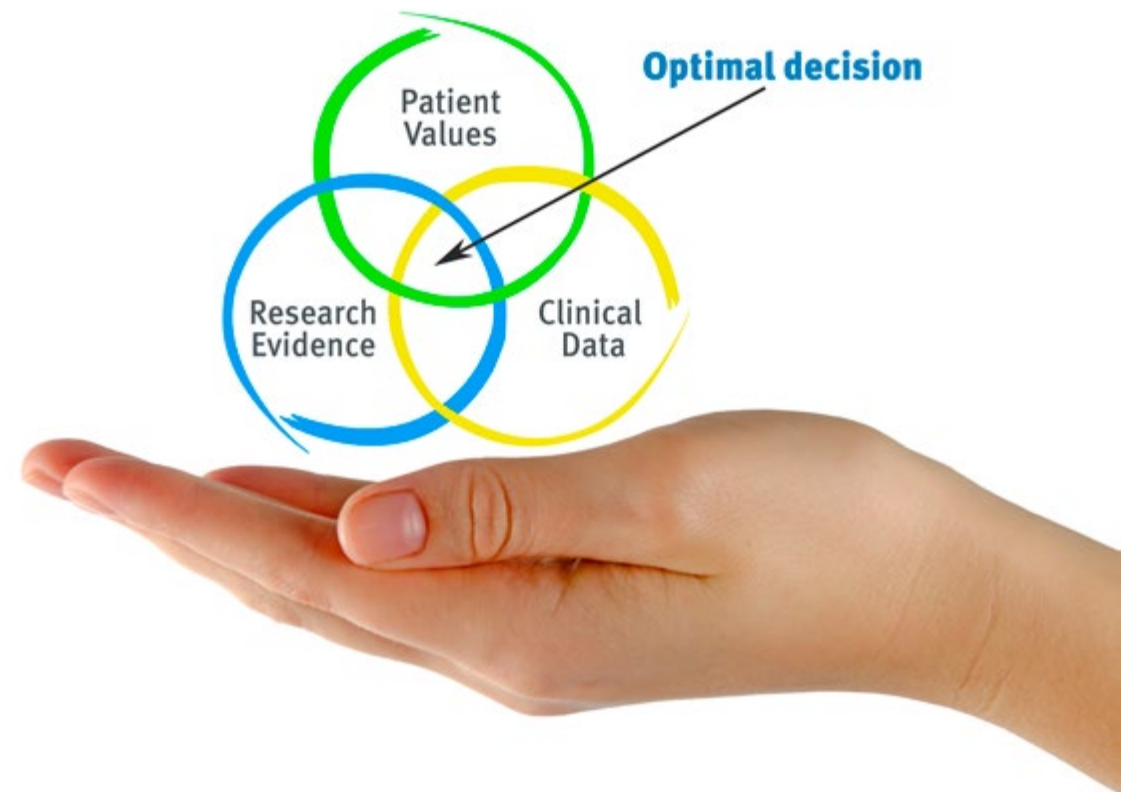
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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. 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.



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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. 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.*

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.



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

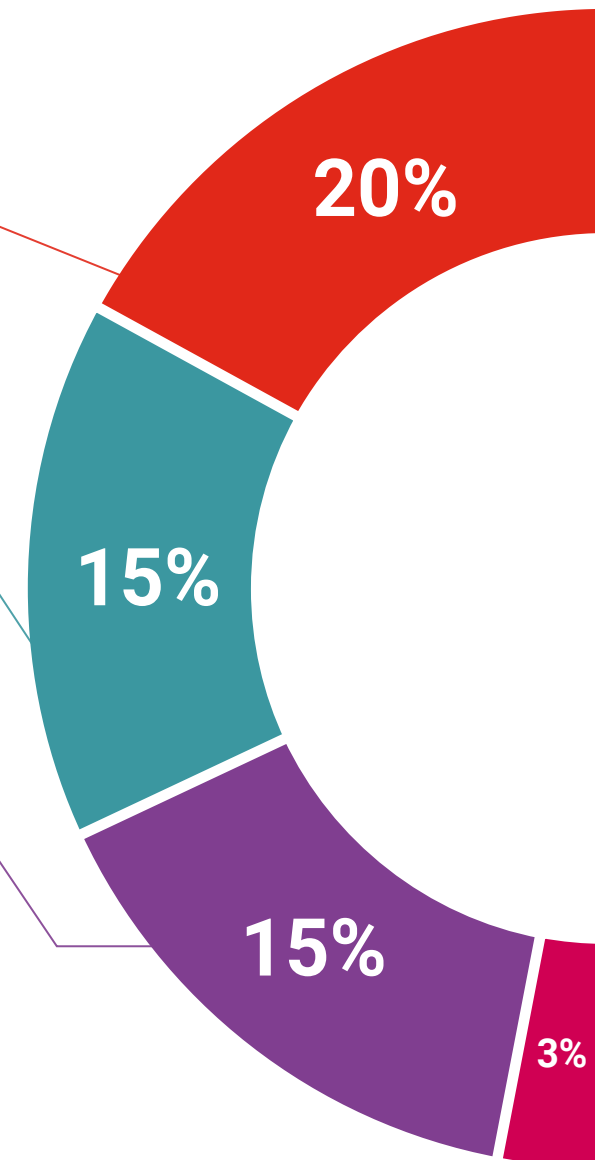
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

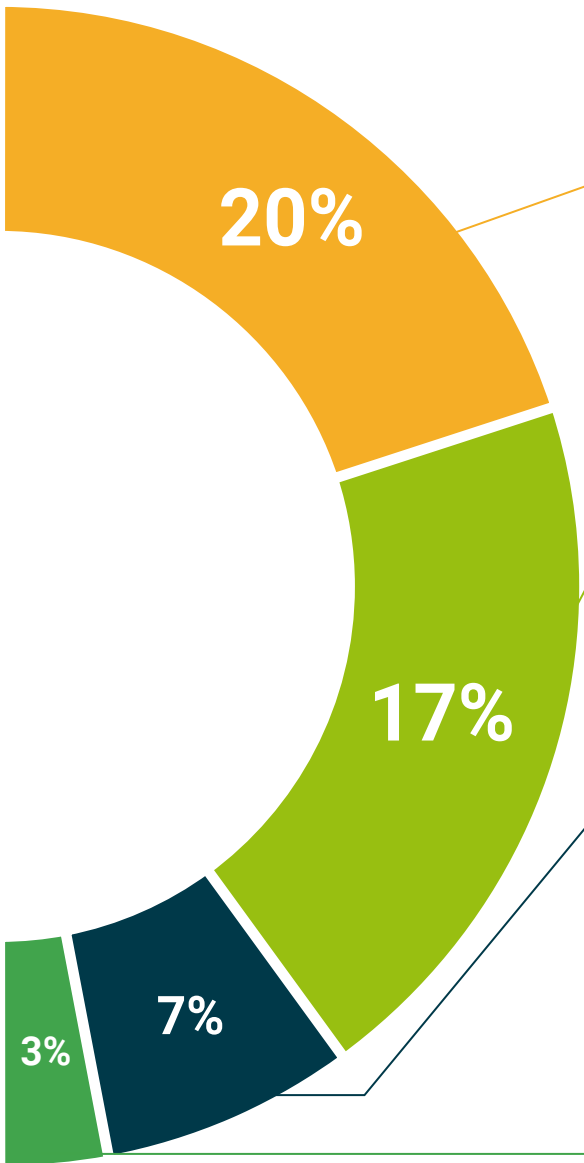
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Pilates Method guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.





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*Successfully complete this program  
and receive your university qualification  
without having to travel or fill out  
laborious paperwork”*

This program will allow you to obtain your **Postgraduate Certificate in Pilates Method** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Pilates Method**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.





## Postgraduate Certificate Pilates Method

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