

# Postgraduate Diploma Pilates Instructor





## Postgraduate Diploma Pilates Instructor

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

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

# 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

Science has attested to the health benefits of Pilates for pregnant women and neurological patients. The low impact of its exercises on the body and their adaptation to different pathologies have made it a growing discipline in the health field. In this sense, its incorporation into the praxis of physiotherapists has increased their field of action, offering patients a wider range of exercises. For this reason, TECH has created this 100% online qualification, which will allow the graduate to be updated on the indications and contraindications of each technique and the equipment required, depending on the patient. All this, with didactic material, is accessible from digital devices with an Internet connection.



“

*Thanks to this Postgraduate Diploma, you will update your knowledge in the use of implements such as the Foam Roller, the elastic bands, and the Bosu in the practice of Pilates"*



Today, Pilates has become a highly beneficial therapeutic alternative for patients suffering from neurological diseases who are pregnant or have recently given birth. This positions it as an effective complement to conventional physiotherapeutic treatments.

Therefore, the characteristics of this discipline have led physiotherapists to integrate them into their daily performance both in rehabilitation processes and in injury prevention. In this sense, the evolution of the methodology of the sessions, their equipment, and the approach to different pathologies according to the techniques of this physical activity led to the updating of the professionals.

For this reason, TECH has created this Postgraduate Diploma of 450 teaching hours, which will lead the graduate to specifically address the needs of patients facing nervous system disorders and various neurological pathologies. Special emphasis will be placed on the benefits of this discipline during pregnancy, childbirth, and postpartum.

All this, through numerous multimedia didactic materials based on video summaries of each topic, videos in detail, specialized readings, and case studies, is accessible 24 hours a day, 7 days a week.

A 100% online qualification allows the graduate to access the syllabus without time restrictions, thus facilitating the continuation of their daily activities. In the same way, the graduate will enjoy one of the most revolutionary academic systems, the Relearning method, which will lead them to invest less time in the updating process and remember concepts more efficiently.

This **Postgraduate Diploma in Pilates Instructor** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of practical cases presented by experts in Physiotherapy and specialists in Pilates
- ◆ The graphic, schematic, and practical 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 for experts, discussion forums on controversial issues and individual reflection work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*You will delve into the changes in pelvic statics and prolapse management through Pilates exercises"*

“

*You will adapt to your physiotherapy practice the most beneficial exercises for the preparation of the pelvis, essential for the moment of delivery”*

The program's teaching staff includes professionals from the sector who bring to this training the experience of their work, as well as renowned specialists from reference 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, students will be assisted by an innovative interactive video system developed by renowned experts.

*You will evaluate the static body changes and the most frequent problems during pregnancy thanks to this 100% online program.*

*You will delve into the indications and contraindications of the exercises that can be adapted to the practice of Pilates in rehabilitation therapies.*



# 02 Objectives

The objective of this program is to offer an update of knowledge to specialists in Physiotherapy in relation to the work as an instructor of the Pilates Method. In this context, this Postgraduate Diploma will allow you to enhance your skills in the safe and effective management of this low-impact physical activity during pregnancy and postpartum, as well as in the treatment of various neurological pathologies and common diseases through the use of different equipment and techniques of this discipline.





“

*You will have detailed videos and real case studies at your fingertips, with which you will apply the Pilates Method in patients with Multiple Sclerosis or Parkinson"*



## 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
- ◆ Define 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

---

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

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

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

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

### Module 3. The Pilates gym

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



*You will learn about abdominal Diastasis and other pregnancy-related problems through the Pilates Method"*



# 03

## Course Management

This program has brought together renowned specialists chosen in a rigorous manner and with vast experience in the field of Physiotherapy. In this way, physiotherapists have the possibility of accessing an advanced syllabus created by authentic professionals with a deep knowledge of the Pilates Method. This opportunity offers graduates a unique updating experience at the hands of authentic specialists in the field. A unique opportunity that only offers TECH, the largest online university in the world.





“

*You will have experts in the Pilates Method, with whom you will expand your skills in handling equipment such as the Reformer, the Cadillac, and Barrel”*



## Management



### Mr. González Arganda, Sergio

- ◆ Physiotherapist of Atlético de Madrid Football Club
- ◆ CEO Fisis Domicilio Madrid
- ◆ Lecturer in the Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- ◆ Lecturer in the University Expert in Clinical Pilates
- ◆ Lecturer in the Master of Biomechanics and Sports Physiotherapy
- ◆ Master in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- ◆ Expert in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation
- ◆ Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ◆ Graduate in Physiotherapy from Comillas Pontifical University

## Professors

### Ms. Parra Nebreda, Virginia

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

### Ms. García Ibáñez, Marina

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



# 04

## Structure and Content

This program has been created to update the physical therapist as a Pilates instructor. In this sense, the professional will be able to expand their knowledge about the different benefits and Pilates exercises recommended in each of the three trimesters of pregnancy, during childbirth, and in the immediate and late postpartum period. He will also delve into the Pilates treatment of different neurological diseases, including Multiple Sclerosis, Stroke, and Parkinson's disease. All this, with supporting multimedia resources, such as *in-focus* videos and real case studies, hosted in a virtual library that can be accessed without time restrictions.



“

*With the Relearning method, you will be able to consolidate concepts in the long term in a simple way and without spending long hours memorizing"*



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

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

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

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



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

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

### Module 3. The gym/Pilates studio

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

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





“ You will deepen your knowledge of the central and peripheral nervous system and its neurological assessment through high-quality multimedia didactic resources”



# 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.





“

*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.

“

*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.

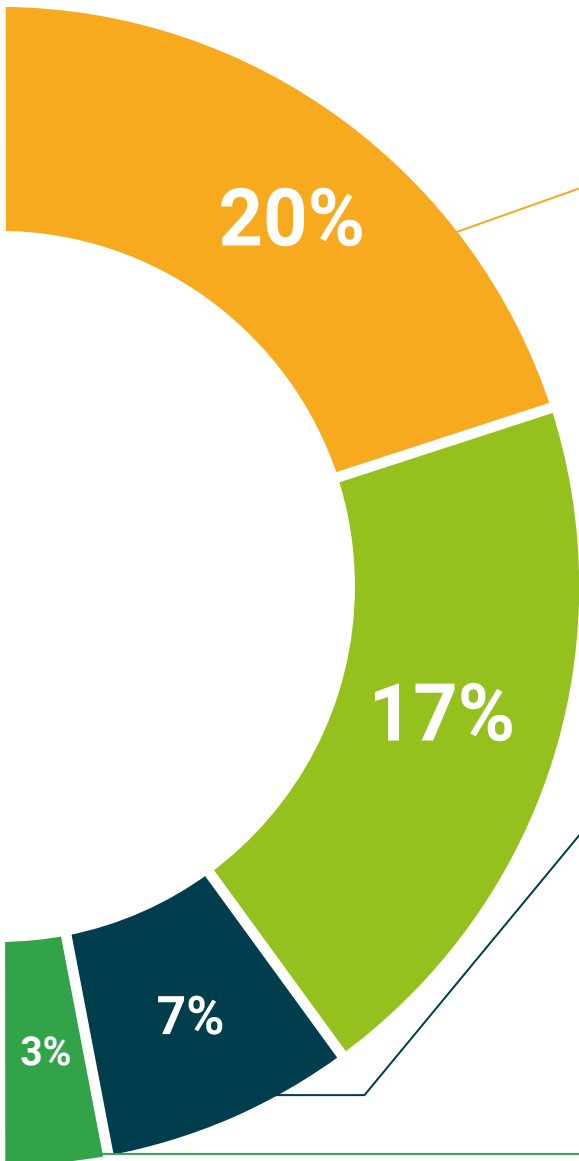
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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 Diploma in Pilates Instructor guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



“

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



This **Postgraduate Diploma in Pilates Instructor** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Postgraduate Diploma in Pilates Instructor**

Official N° of Hours: **450 h.**



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

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development language  
virtual classroom



## Postgraduate Diploma Pilates Instructor

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

# Postgraduate Diploma Pilates Instructor

