

Hybrid Master's Degree Therapeutic Pilates

Endorsed by the NBA



tech global
university



Hybrid Master's Degree Therapeutic Pilates

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Global University
- » Credits: 60+4 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/sports-sciences/hybrid-master/hybrid-master-therapeutic-pilates

Index

01

Introduction to the Program

p. 4

02

Why Study at TECH?

p. 8

03

Syllabus

p. 12

04

Teaching Objectives

p. 24

05

Internship

p. 30

06

Internship Centers

p. 36

07

Career Opportunities

p. 40

08

Study Methodology

p. 44

09

Teaching Staff

p. 54

10

Certificate

p. 60

01

Introduction to the Program

Therapeutic Pilates has emerged as a key discipline in physical rehabilitation, standing out for its effectiveness in treating musculoskeletal conditions and postural disorders. According to a report by the Australian Government Department of Health, Pilates has proven to be effective in the prevention and treatment of various health conditions, establishing itself as a natural therapy supported by scientific evidence. In this context, the university program at TECH University has been designed to train professionals in the application of this methodology in clinical settings. Additionally, the program is structured in two phases: an initial theoretical phase, entirely online, followed by a hands-on practical phase at a specialized center.



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With this Hybrid Master's Degree, you will deepen your understanding of the relevance of Therapeutic Pilates in physical rehabilitation and the improvement of overall body wellness”

Currently, physical rehabilitation demands integrated approaches that optimize recovery and overall body well-being. In this regard, Therapeutic Pilates has become a fundamental strategy for improving strength, flexibility, posture, and preventing musculoskeletal injuries. Its significance lies in its combination of control, breathing, and body alignment principles, which allows it to address various pathologies and promote daily functionality for patients.

Aligned with this perspective, TECH Global University has developed a curriculum that delves into the essential aspects of Therapeutic Pilates, considering both theory and practical application. The Pilates method is approached in its entirety, with a special focus on stabilization exercises that strengthen the core muscles and promote optimal postural control. Furthermore, biomechanical concepts and individualized adaptations are integrated, ensuring that the content is relevant and applicable to different clinical and rehabilitation contexts.

The university program provides professionals with advanced tools to design and execute Therapeutic Pilates sessions tailored to the needs of each patient. Additionally, it equips participants with competencies in functional assessment, progressive exercise planning, and clinical outcome monitoring. In this way, those who complete this academic opportunity will be prepared to implement effective strategies that improve mobility, reduce the risk of injuries, and strengthen the functional capacity of their patients, enhancing the quality of care in rehabilitation settings.

TECH Global University's methodology strategically combines online and in-person learning. Initially, the content is delivered online through advanced, highly instructional material, ensuring independent and in-depth learning. Subsequently, professionals apply this knowledge in practical sessions at a prestigious institution, consolidating essential skills in real-world environments. Additionally, the program includes the participation of a world-renowned guest speaker and 10 Masterclasses that offer innovative perspectives and high-level experiences, enriching both the academic and professional journey.

This **Hybrid Master's Degree in Therapeutic Pilates** contains the most complete and up-to-date program on the market. Its most notable features are:

- ♦ Development of over 100 practical cases presented by professionals specializing in Therapeutic Pilates and university professors with extensive experience in physical rehabilitation and postural control
- ♦ Its graphic, schematic and practical contents provide essential information on those disciplines that are indispensable for professional practice
- ♦ With a special emphasis on scientific evidence and research methodologies applied to Therapeutic Pilates
- ♦ All of this will be complemented by 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
- ♦ Furthermore, you will be able to carry out an internship in one of the best companies



You will fully explore the Pilates method through 10 exclusive Masterclasses taught by a world-renowned expert"

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Through this university degree, you will experience immersive practical learning in a center known for its multidisciplinary approach and cutting-edge technology”

This Hybrid Master's Degree is a professionalizing program aimed at updating professionals specialized in physical rehabilitation, particularly those working in clinical and therapeutic environments, who require advanced skills in Therapeutic Pilates. The content is based on the latest scientific evidence and is designed in a way that seamlessly integrates theoretical knowledge into clinical rehabilitation practice. The theoretical and practical elements will facilitate knowledge updates and enable informed decision-making in planning and conducting Pilates sessions.

Thanks to its multimedia content, created with the latest educational technology, professionals will experience situated and contextualized learning, meaning a simulated environment that provides immersive training for real-world situations. The design of this program is based on Problem-Based Learning, by means of which the student must try to solve the different professional practice situations that arise during the program. For this purpose, students will be assisted by an innovative interactive video system created by renowned experts.

You will have access to a program with an online methodology and a practical approach, based on knowledge shared by experts.

TECH Global University will provide you with a unique methodology that will foster the development of key competencies in a field characterized by its constant evolution.



02

Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.



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Study at the largest online university in the world and ensure your professional success. The future begins at TECH”

The world's best online university, according to FORBES

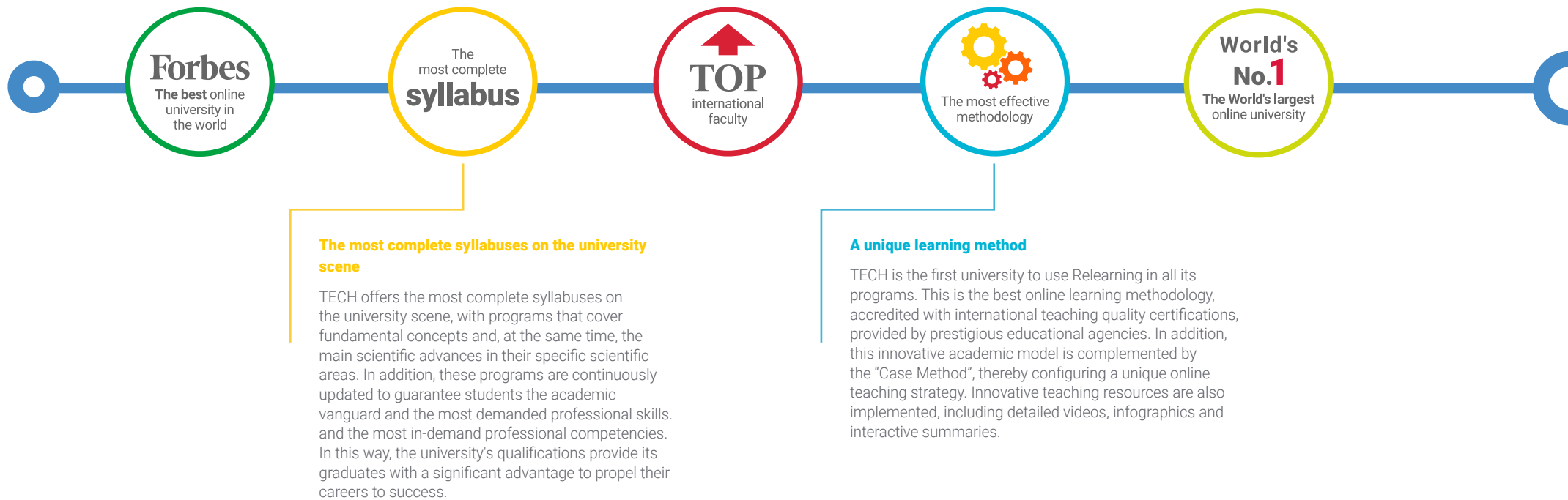
The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future".

The best top international faculty

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

The world's largest online university

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in ten different languages, making us the largest educational institution in the world.



The official online university of the NBA

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

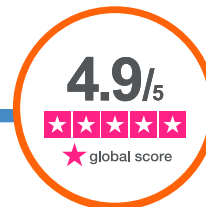
Leaders in employability

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



Google Premier Partner

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



The top-rated university by its students

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



03 Syllabus

The itinerary that complements this innovative university program will cover topics related to Therapeutic Pilates, including concepts such as functional integration and the application of Pilates for the treatment and prevention of musculoskeletal dysfunctions. Through these contents, the program fosters the ability to design personalized intervention programs, assess progress, and adapt exercises according to the specific needs of each patient. Additionally, the combination of applied theory and innovative learning resources facilitates the acquisition of strong professional competencies, enhancing effectiveness in physical rehabilitation and improving quality of life through practical and scientifically grounded learning.



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This syllabus provides you with all the necessary tools to specialize in the application of Pilates as a treatment for the prevention of musculoskeletal dysfunctions”

Module 1. Pilates Method

- 1.1. Joseph Pilates
 - 1.1.1. Books and Postulates
 - 1.1.2. Legacy
 - 1.1.3. Origin of the Personalized 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. Evolution of the Method
 - 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 of the Pilates Method
 - 1.4.1. Definition of the Principles
 - 1.4.2. Evolution of the Principles
 - 1.4.3. Levels of Progression
 - 1.4.4. Conclusions
- 1.5. Classical Pilates vs. Contemporary/Modern Pilates
 - 1.5.1. Key Points in Classical Pilates
 - 1.5.2. Analysis of Modern vs. Classical Pilates
 - 1.5.3. Contributions of Modern Pilates
 - 1.5.4. Conclusions
- 1.6. Mat Pilates vs. Pilates with Equipment
 - 1.6.1. Fundamentals of Mat Pilates
 - 1.6.2. Evolution of Mat Pilates
 - 1.6.3. Fundamentals of Pilates with Equipment
 - 1.6.4. Evolution in Pilates with Equipment

- 1.7. Scientific Evidence
 - 1.7.1. Scientific Journals Related to Pilates
 - 1.7.2. Doctoral Theses on Pilates
 - 1.7.3. Pilates Publications
 - 1.7.4. Pilates Applications
- 1.8. Guidelines of the Pilates Method
 - 1.8.1. National Trends
 - 1.8.2. International Trends
 - 1.8.3. Analysis of Trends
 - 1.8.4. Conclusions
- 1.9. Pilates 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. Contributions
 - 1.10.3. Objectives
 - 1.10.4. PMA (Pilates Method Alliance)

Module 2. Foundations of the Pilates Method

- 2.1. Different Concepts of the Method
 - 2.1.1. Concepts According to Joseph Pilates
 - 2.1.2. Evolution of the Concepts
 - 2.1.3. Subsequent Generations
 - 2.1.4. Conclusions
- 2.2. Breathing
 - 2.2.1. Different Types of Breathing
 - 2.2.2. Analysis of Breathing Types
 - 2.2.3. Effects of Breathing
 - 2.2.4. Conclusions

- 2.3. The Pelvis as the Center of Stability and Movement
 - 2.3.1. Joseph Pilates' Core
 - 2.3.2. Scientific Core
 - 2.3.3. Anatomical Foundation
 - 2.3.4. Core in Recovery Processes
- 2.4. Shoulder Girdle Organization
 - 2.4.1. Anatomy Review
 - 2.4.2. Biomechanics of the Shoulder Girdle
 - 2.4.3. Applications in Pilates
 - 2.4.4. Conclusions
- 2.5. Organization of Lower Limb Movement
 - 2.5.1. Anatomy Review
 - 2.5.2. Biomechanics of the Lower Limb
 - 2.5.3. Applications in Pilates
 - 2.5.4. Conclusions
- 2.6. Spinal Joint Organization
 - 2.6.1. Anatomy Review
 - 2.6.2. Biomechanics of the Spine
 - 2.6.3. Applications in Pilates
 - 2.6.4. Conclusions
- 2.7. Alignments of Body Segments
 - 2.7.1. Posture
 - 2.7.2. Posture in Pilates
 - 2.7.3. Segmental Alignments
 - 2.7.4. Muscular and Fascial Chains
- 2.8. Functional Integration
 - 2.8.1. Concept of Functional Integration
 - 2.8.2. Implications in Different Activities
 - 2.8.3. The Task
 - 2.8.4. The Context

- 2.9. Foundations 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. Classical Pilates and Therapeutic Pilates
 - 2.10.1. Differences Between the Two Methods
 - 2.10.2. Rationale
 - 2.10.3. Progressions
 - 2.10.4. Conclusions

Module 3. The Pilates Gym/Studio

- 3.1. The Reformer
 - 3.1.1. Introduction to the Reformer
 - 3.1.2. Benefits of the Reformer
 - 3.1.3. Main Exercises on the Reformer
 - 3.1.4. Common Mistakes on the Reformer
- 3.2. The Cadillac or *Trapeze* Table
 - 3.2.1. Introduction to the Cadillac
 - 3.2.2. Benefits of the Cadillac
 - 3.2.3. Main Exercises in the Cadillac
 - 3.2.4. Common Mistakes on the Cadillac
- 3.3. The Chair
 - 3.3.1. Introduction to the Chair
 - 3.3.2. Benefits of the Chair
 - 3.3.3. Main Exercises in the Chair
 - 3.3.4. Common Mistakes on the Chair
- 3.4. The Barrel
 - 3.4.1. Introduction to the Barrel
 - 3.4.2. Benefits of the Barrel
 - 3.4.3. Main Exercises on the Barrel
 - 3.4.4. Common Mistakes on the Barrel

- 3.5. "Combo" Models
 - 3.5.1. Introduction to the Combo Model
 - 3.5.2. Benefits of the Combo Model
 - 3.5.3. Main Exercises in the Combo Model
 - 3.5.4. Main Errors in the Combo Model
- 3.6. The Flexible Ring
 - 3.6.1. Introduction to the Flexible Ring
 - 3.6.2. Benefits of the Flexible Ring
 - 3.6.3. Main Exercises with the Flexible Ring
 - 3.6.4. Common Mistakes with the Flexible Ring
- 3.7. The Spine Corrector
 - 3.7.1. Introduction to the Spine Corrector
 - 3.7.2. Benefits of the Spine Corrector
 - 3.7.3. Main Exercises on the Spine Corrector
 - 3.7.4. Common Mistakes on the Spine Corrector
- 3.8. Tools Adapted to the Method
 - 3.8.1. *Foam Roller*
 - 3.8.2. *Fit Ball*
 - 3.8.3. Elastic Bands
 - 3.8.4. Bosu
- 3.9. The Space
 - 3.9.1. Equipment Preferences
 - 3.9.2. Pilates Space
 - 3.9.3. Pilates Equipment
 - 3.9.4. Best Practices Regarding the Space
- 3.10. The Environment
 - 3.10.1. Concept of the Environment
 - 3.10.2. Characteristics of Different Environments
 - 3.10.3. Choosing an Environment
 - 3.10.4. Conclusions

Module 4. Methodology in the Practice of the Pilates Method

- 4.1. The Initial Session
 - 4.1.1. Initial Assessment
 - 4.1.2. Informed Consent
 - 4.1.3. Words and Commands Related to Pilates
 - 4.1.4. Starting with the Pilates Method
- 4.2. The Initial Evaluation
 - 4.2.1. Postural Evaluation
 - 4.2.2. Flexibility Evaluation
 - 4.2.3. Coordinative Evaluation
 - 4.2.4. Session Planning. Pilates Sheet
- 4.3. The Pilates Class
 - 4.3.1. Initial Exercises
 - 4.3.2. Grouping of Students
 - 4.3.3. Positioning, Voice, Corrections
 - 4.3.4. Rest Period
- 4.4. The Students/Patients
 - 4.4.1. Types of Pilates Students
 - 4.4.2. Personalized Commitment
 - 4.4.3. The Student's Goals
 - 4.4.4. Choosing the Method
- 4.5. Progressions and Regressions of the Exercises
 - 4.5.1. Introduction to Progressions and Regressions
 - 4.5.2. Progressions
 - 4.5.3. Regressions
 - 4.5.4. Treatment Evolution
- 4.6. General Protocol
 - 4.6.1. A Basic General Protocol
 - 4.6.2. Respecting Pilates Fundamentals
 - 4.6.3. Protocol Analysis
 - 4.6.4. Functions of the Protocol

- 4.7. Exercise Indications
 - 4.7.1. Characteristics of the Starting Position
 - 4.7.2. Exercise Contraindications
 - 4.7.3. Verbal and Tactile Assistance
 - 4.7.4. Class Programming
- 4.8. The Instructor/Monitor
 - 4.8.1. Student Analysis
 - 4.8.2. Types of Instructors
 - 4.8.3. Creating an Appropriate Environment
 - 4.8.4. Student Follow-up
- 4.9. The Base Program
 - 4.9.1. Pilates for Beginners
 - 4.9.2. Pilates for Intermediate Students
 - 4.9.3. Pilates for Experts
 - 4.9.4. Professional Pilates
- 4.10. Software for Pilates Study
 - 4.10.1. Main Pilates Study Softwares
 - 4.10.2. Applications for Doing Pilates
 - 4.10.3. Latest Technology in Pilates Study
 - 4.10.4. Most Significant Advances in Pilates Study

Module 5. Pilates in Spinal Column Disorders

- 5.1. Basic Anatomical Review
 - 5.1.1. Osteology of the Spine
 - 5.1.2. Myology of the Spine
 - 5.1.3. Biomechanics of the Spine
 - 5.1.4. Conclusions
- 5.2. Common Pathologies Treatable with Pilates
 - 5.2.1. Growth-related Pathologies
 - 5.2.2. Pathologies in Older Patients
 - 5.2.3. Pathologies in Sedentary Individuals
 - 5.2.4. Pathologies in Athletes

- 5.3. Exercises Indicated in MAT, on Machines and Equipment. General Protocol
 - 5.3.1. Stretching Exercises
 - 5.3.2. Core Stabilization Exercises
 - 5.3.3. Joint Mobilization Exercises
 - 5.3.4. Strengthening Exercises
 - 5.3.5. Functional Exercises
- 5.4. Disc Pathology
 - 5.4.1. Pathomechanics
 - 5.4.2. Disc Syndromes
 - 5.4.3. Differences Between Types of Pathologies
 - 5.4.4. Best Practices
- 5.5. Joint Pathology
 - 5.5.1. Pathomechanics
 - 5.5.2. Joint Syndromes
 - 5.5.3. Types of Pathology
 - 5.5.4. Conclusions
- 5.6. Muscle Pathology
 - 5.6.1. Pathomechanics
 - 5.6.2. Muscle Syndromes
 - 5.6.3. Types of Pathology
 - 5.6.4. Conclusions
- 5.7. Cervical Spine Pathology
 - 5.7.1. Symptoms
 - 5.7.2. Cervical Syndromes
 - 5.7.3. Specific Protocols
 - 5.7.4. Conclusions
- 5.8. Thoracic Spine Pathology
 - 5.8.1. Symptoms
 - 5.8.2. Thoracic Syndromes
 - 5.8.3. Specific Protocols
 - 5.8.4. Conclusions

- 5.9. Lumbar Spine Pathology
 - 5.9.1. Symptoms
 - 5.9.2. Lumbar Syndromes
 - 5.9.3. Specific Protocols
 - 5.9.4. Conclusions
- 5.10. Sacroiliac Pathology
 - 5.10.1. Symptoms
 - 5.10.2. Sacroiliac Syndromes
 - 5.10.3. Specific Protocols
 - 5.10.4. Conclusions

Module 6. Pilates in Upper Limb Disorders

- 6.1. Basic Anatomical Review
 - 6.1.1. Osteology of the Upper Limb
 - 6.1.2. Myology of the Upper Limb
 - 6.1.3. Biomechanics of the Upper Limb
 - 6.1.4. Best Practices
- 6.2. Stabilization Exercises
 - 6.2.1. Introduction to Stabilization Exercises
 - 6.2.2. Stabilization Exercises in MAT
 - 6.2.3. Stabilization Exercises on Machines
 - 6.2.4. Best Stabilization Exercises
- 6.3. Joint Mobilization Exercises
 - 6.3.1. Introduction to Joint Mobility Exercises
 - 6.3.2. Joint Mobility Exercises in MAT
 - 6.3.3. Joint Mobility Exercises on Machines
 - 6.3.4. Best Joint Mobility Exercises
- 6.4. Strengthening Exercises
 - 6.4.1. Introduction to Strengthening Exercises
 - 6.4.2. Strengthening Exercises in MAT
 - 6.4.3. Strengthening Exercises on Machines
 - 6.4.4. Best Strengthening Exercises





- 6.5. Functional Exercises
 - 6.5.1. Introduction to Functional Exercises
 - 6.5.2. Functional Exercises in MAT
 - 6.5.3. Functional Exercises on Machines
 - 6.5.4. Best Functional Exercises
- 6.6. Shoulder Pathology. Specific Protocols
 - 6.6.1. Painful Shoulder
 - 6.6.2. Frozen Shoulder
 - 6.6.3. Hypomobile Shoulder
 - 6.6.4. Shoulder Exercises
- 6.7. Elbow Pathology. Specific Protocols
 - 6.7.1. Joint Pathology
 - 6.7.2. Muscle-Tendon Pathology
 - 6.7.3. Post-Traumatic or Post-Surgical Elbow
 - 6.7.4. Elbow Exercises
- 6.8. Wrist Pathology
 - 6.8.1. Main Syndromes
 - 6.8.2. Types of Wrist Pathologies
 - 6.8.3. Wrist Exercises
 - 6.8.4. Conclusions
- 6.9. Hand Pathology
 - 6.9.1. Main Syndromes
 - 6.9.2. Types of Hand Pathologies
 - 6.9.3. Hand Exercises
 - 6.9.4. Conclusions
- 6.10. Nerve Entrapments in the Upper Limb
 - 6.10.1. Brachial Plexus
 - 6.10.2. Peripheral Nerves
 - 6.10.3. Types of Pathologies
 - 6.10.4. Exercises for Nerve Entrapments in the Upper Limb

Module 7. Pilates in Lower Limb Disorders

- 7.1. Basic Anatomical Review
 - 7.1.1. Osteology of the Lower Limb
 - 7.1.2. Myology of the Lower Limb
 - 7.1.3. Biomechanics of the Lower Limb
 - 7.1.4. Best Practices
- 7.2. Common Pathologies Treatable with Pilates
 - 7.2.1. Growth-related Pathologies
 - 7.2.2. Pathologies in Athletes
 - 7.2.3. Other Types of Pathologies
 - 7.2.4. Conclusions
- 7.3. Exercises Indicated in MAT, Machines, and with Implements. General Protocol
 - 7.3.1. Dissociation Exercises
 - 7.3.2. Mobilization Exercises
 - 7.3.3. Strengthening Exercises
 - 7.3.4. Functional Exercises
- 7.4. Hip Pathology
 - 7.4.1. Joint Pathology
 - 7.4.2. Muscle-Tendon Pathology
 - 7.4.3. Surgical Pathology. Prosthesis
 - 7.4.4. Hip Exercises
- 7.5. Knee Pathology
 - 7.5.1. Joint Pathology
 - 7.5.2. Muscle-Tendon Pathology
 - 7.5.3. Surgical Pathology. Prosthesis
 - 7.5.4. Knee Exercises
- 7.6. Ankle Pathology
 - 7.6.1. Joint Pathology
 - 7.6.2. Muscle-Tendon Pathology
 - 7.6.3. Surgical Pathology
 - 7.6.4. Ankle Exercises

- 7.7. Foot Pathology
 - 7.7.1. Joint and Fascial Pathology
 - 7.7.2. Muscle-Tendon Pathology
 - 7.7.3. Surgical Pathology
 - 7.7.4. Foot Exercises
- 7.8. Nerve Entrapments in the Lower Limb
 - 7.8.1. Brachial Plexus
 - 7.8.2. Peripheral Nerves
 - 7.8.3. Types of Pathologies
 - 7.8.4. Exercises for Nerve Entrapments in the Lower Limb
- 7.9. Analysis of the Antero-lateral Chain of the Lower Limb
 - 7.9.1. What is the Antero-lateral Chain and Why is it Important for the Patient?
 - 7.9.2. Key Aspects for Assessment
 - 7.9.3. Relationship of the Chain with Previously Described Pathologies
 - 7.9.4. Exercises Targeting the Antero-lateral Chain
- 7.10. Analysis of the Postero-medial Chain of the Lower Limb
 - 7.10.1. What is the Postero-medial Chain and Why is it Important for the Patient?
 - 7.10.2. Key Aspects for Assessment
 - 7.10.3. Relationship of the Complex with Previously Described Pathologies
 - 7.10.4. Exercises Targeting the Postero-medial Chain

Module 8. General Pathology and Its Treatment with Pilates

- 8.1. Nervous System
 - 8.1.1. Central Nervous System
 - 8.1.2. Peripheral Nervous System
 - 8.1.3. Brief Description of Neural Pathways
 - 8.1.4. Benefits of Pilates in Neurological Pathology
- 8.2. Neurological Assessment Focused on Pilates
 - 8.2.1. Anamnesis
 - 8.2.2. Assessment of Strength and Tone
 - 8.2.3. Assessment of Sensitivity
 - 8.2.4. Tests and Scales

- 8.3. Neurological Pathologies with Highest Prevalence and Scientific Evidence in Pilates
 - 8.3.1. Brief Description of the Pathologies
 - 8.3.2. Basic Principles of Pilates in Neurological Pathology
 - 8.3.3. Adaptation of Pilates Positions
 - 8.3.4. Adaptation of Pilates Exercises
- 8.4. Multiple Sclerosis
 - 8.4.1. Description of the Pathology
 - 8.4.2. Assessment of the Patient's Capacities
 - 8.4.3. Adaptation of Pilates Floor Exercises
 - 8.4.4. Adaptation of Pilates Exercises with Equipment
- 8.5. Stroke
 - 8.5.1. Description of the Pathology
 - 8.5.2. Assessment of the Patient's Capacities
 - 8.5.3. Adaptation of Pilates Floor Exercises
 - 8.5.4. Adaptation of Pilates Exercises with Equipment
- 8.6. Parkinson's Disease
 - 8.6.1. Description of the Pathology
 - 8.6.2. Assessment of the Patient's Capacities
 - 8.6.3. Adaptation of Pilates Floor Exercises
 - 8.6.4. Adaptation of Pilates Exercises with Equipment
- 8.7. Cerebral Palsy
 - 8.7.1. Description of the Pathology
 - 8.7.2. Assessment of the Patient's Capacities
 - 8.7.3. Adaptation of Pilates Floor Exercises
 - 8.7.4. Adaptation of Pilates Exercises with Equipment
- 8.8. Older Adults
 - 8.8.1. Age-Related Pathologies
 - 8.8.2. Assessment of the Patient's Capacities
 - 8.8.3. Recommended Exercises
 - 8.8.4. Contraindicated Exercises

- 8.9. Osteoporosis
 - 8.9.1. Description of the Pathology
 - 8.9.2. Assessment of the Patient's Capacities
 - 8.9.3. Recommended Exercises
 - 8.9.4. Contraindicated Exercises
- 8.10. Pelvic Floor Issues: Urinary Incontinence
 - 8.10.1. Description of the Pathology
 - 8.10.2. Incidence and Prevalence
 - 8.10.3. Recommended Exercises
 - 8.10.4. Contraindicated Exercises

Module 9. Pilates During Pregnancy, Labor, and Postpartum

- 9.1. First Trimester
 - 9.1.1. Changes in the First Trimester
 - 9.1.2. Benefits and Objectives
 - 9.1.3. Recommended Exercises
 - 9.1.4. Contraindications
- 9.2. Second Trimester
 - 9.2.1. Changes in the Second Trimester
 - 9.2.2. Benefits and Objectives
 - 9.2.3. Recommended Exercises
 - 9.2.4. Contraindications
- 9.3. Third Trimester
 - 9.3.1. Changes in the Third Trimester
 - 9.3.2. Benefits and Objectives
 - 9.3.3. Recommended Exercises
 - 9.3.4. Contraindications
- 9.4. Labor
 - 9.4.1. Dilating and Expulsive Phases
 - 9.4.2. Benefits and Objectives
 - 9.4.3. Recommendations
 - 9.4.4. Contraindications

- 9.5. Immediate Postpartum
 - 9.5.1. Recovery and Puerperium
 - 9.5.2. Benefits and Objectives
 - 9.5.3. Recommended Exercises
 - 9.5.4. Contraindications
- 9.6. Urinary Incontinence and Pelvic Floor
 - 9.6.1. Anatomy Involved
 - 9.6.2. Pathophysiology
 - 9.6.3. Recommended Exercises
 - 9.6.4. Contraindications
- 9.7. Pregnancy Issues and Pilates Approach
 - 9.7.1. Static Postural Changes
 - 9.7.2. Most Common Issues
 - 9.7.3. Recommended Exercises
 - 9.7.4. Contraindications
- 9.8. Preparation for Pregnancy
 - 9.8.1. Benefits of Physical Preparation During Preconception
 - 9.8.2. Recommended Physical Activity
 - 9.8.3. Recommended Exercises in the First Pregnancy
 - 9.8.4. Preparation for Subsequent Pregnancies
- 9.9. Late Postpartum
 - 9.9.1. Long-Term Anatomical Changes
 - 9.9.2. Preparation for Return to Physical Activity
 - 9.9.3. Recommended Exercises
 - 9.9.4. Contraindications
- 9.10. Postpartum Alterations
 - 9.10.1. Abdominal Diastasis
 - 9.10.2. Pelvic Static Changes – Prolapse
 - 9.10.3. Alterations in Deep Abdominal Musculature
 - 9.10.4. Indications and Contraindications in Cesarean Section

Module 10. Pilates in Sports

- 10.1. Football
 - 10.1.1. Most Common Injuries
 - 10.1.2. Pilates as Treatment and Prevention
 - 10.1.3. Benefits and Objectives
 - 10.1.4. Example in Elite Athletes
- 10.2. Racquet Sports
 - 10.2.1. Most Common Injuries
 - 10.2.2. Pilates as Treatment and Prevention
 - 10.2.3. Benefits and Objectives
 - 10.2.4. Example in Elite Athletes
- 10.3. Basketball
 - 10.3.1. Most Common Injuries
 - 10.3.2. Pilates as Treatment and Prevention
 - 10.3.3. Benefits and Objectives
 - 10.3.4. Example in Elite Athletes
- 10.4. Handball
 - 10.4.1. Most Common Injuries
 - 10.4.2. Pilates as Treatment and Prevention
 - 10.4.3. Benefits and Objectives
 - 10.4.4. Example in Elite Athletes
- 10.5. Golf
 - 10.5.1. Most Common Injuries
 - 10.5.2. Pilates as Treatment and Prevention
 - 10.5.3. Benefits and Objectives
 - 10.5.4. Example in Elite Athletes
- 10.6. Swimming
 - 10.6.1. Most Common Injuries
 - 10.6.2. Pilates as Treatment and Prevention
 - 10.6.3. Benefits and Objectives
 - 10.6.4. Example in Elite Athletes



- 10.7. Athletics
 - 10.7.1. Most Common Injuries
 - 10.7.2. Pilates as Treatment and Prevention
 - 10.7.3. Benefits and Objectives
 - 10.7.4. Example in Elite Athletes
- 10.8. Dance and Performing Arts
 - 10.8.1. Most Common Injuries
 - 10.8.2. Pilates as Treatment and Prevention
 - 10.8.3. Benefits and Objectives
 - 10.8.4. Example in Elite Athletes
- 10.9. Rollerskate Hockey
 - 10.9.1. Most Common Injuries
 - 10.9.2. Pilates as Treatment and Prevention
 - 10.9.3. Benefits and Objectives
 - 10.9.4. Example in Elite Athletes
- 10.10. Rugby
 - 10.10.1. Most Common Injuries
 - 10.10.2. Pilates as Treatment and Prevention
 - 10.10.3. Benefits and Objectives
 - 10.10.4. Example in Elite Athletes

“Stay updated on addressing common issues during pregnancy using the Pilates method, including adapting safe strategies for the mother”

04

Teaching Objectives

The university program at TECH Global University delves deeply into Therapeutic Pilates, addressing both theoretical foundations and practical applications, allowing the integration of knowledge on postural control, breathing, and body alignment. As such, the program aims to equip professionals with essential tools to design intervention programs tailored to various needs, assess progress, and personalize exercises accordingly. Thanks to the combination of advanced content and innovative teaching resources, graduates will be able to optimize physical rehabilitation, prevent musculoskeletal injuries, and enhance daily functionality.



“

At TECH Global University, we propel your career in a competitive job market by providing excellence in training, applied skills, and professional ethics”



General Objective

- ♦ The aim of this Hybrid Master's Degree is to deepen knowledge of Therapeutic Pilates, developing skills in professionals to apply core stabilization exercises and specific techniques during pregnancy preparation. Additionally, it will allow for the integration of knowledge on postural control, safe mobility, and adaptation of exercises to different stages or contexts. In this way, it strengthens the ability to design individualized programs that optimize functionality, prevent musculoskeletal discomfort, and promote physical well-being.



Do you want to apply Therapeutic Pilates to improve rehabilitation and prevent musculoskeletal injuries? With this university qualification, you will achieve your goals"





Specific Objectives

Module 1. Pilates Method

- ♦ Analyze the fundamental principles of the Pilates method and its evolution over time
- ♦ Differentiate the applications of classical and contemporary Pilates, highlighting their contributions and key features
- ♦ Differentiate the applications of classical and contemporary Pilates, highlighting their contributions and key features
- ♦ Explore national and international trends and orientations of the Pilates method, identifying its main influences and current developments

Module 2. Foundations of the Pilates Method

- ♦ Analyze the fundamental concepts of the Pilates method according to Joseph Pilates and its evolution over time.
- ♦ Examine the effects of breathing on physical performance, as well as the different types and their application in Pilates
- ♦ Evaluate the importance of the Core in stability and movement, both from the perspective of Pilates and the scientific approach
- ♦ Compare the applications of classical and therapeutic Pilates, highlighting their differences, justification, and progressions in injury treatment

Module 3. The Pilates Gym/Studio

- ♦ Identify the benefits and common mistakes in using equipment such as the reformer and Cadillac
- ♦ Analyze key exercises with the barrel and the flexible ring in Pilates
- ♦ Evaluate the use of implements such as the foam roller and fit ball in therapeutic Pilates
- ♦ Examine best practices regarding Pilates space and equipment

Module 4. Methodology in the Practice of the Pilates Method

- ♦ Evaluate the importance of the initial assessment and informed consent in Pilates
- ♦ Develop effective methods to assess flexibility and coordination of students
- ♦ Apply strategies for planning and conducting personalized Pilates classes
- ♦ Analyze progressions and regressions of exercises according to individual needs

Module 5. Pilates in Spinal Column Disorders

- ♦ Analyze frequent pathologies treatable with Pilates in different age groups and conditions
- ♦ Evaluate the impact of elongation and core stabilization exercises on improving spinal disorders
- ♦ Propose specific protocols for treating cervical and dorsal pathologies with Pilates
- ♦ Develop intervention strategies for disc and joint pathologies through functional and mobilizing exercises

Module 6. Pilates in Upper Limb Disorders

- ♦ Develop specific protocols for treating shoulder pathologies, such as painful shoulder and frozen shoulder, through Pilates
- ♦ Apply stabilization and strengthening exercises in the upper limb, both on the mat and with machines, to improve mobility
- ♦ Evaluate the best joint mobility exercises in Pilates to treat elbow and wrist pathologies
- ♦ Propose functional and strengthening exercises for nerve entrapments in the upper limb, focusing on the brachial plexus and peripheral nerves

Module 7. Pilates in Lower Limb Disorders

- ♦ Apply exercises for dissociation and strengthening on Mat and machines targeted at the lower limbs
- ♦ Implement exercise protocols adapted to joint and muscle-tendon pathologies of the hip, knee, ankle, and foot
- ♦ Execute rehabilitation strategies for surgical pathologies, including hip and knee prostheses
- ♦ Evaluate the antero-lateral and postero-medial chain in different pathologies of the lower limb to guide therapeutic interventions

Module 8. General Pathology and Its Treatment with Pilates

- ♦ Assess the neurological capabilities of patients to adapt Pilates exercises to their specific needs
- ♦ Apply the basic principles of Pilates in neurological pathologies, such as multiple sclerosis and stroke
- ♦ Design a protocol of appropriate exercises for patients with Parkinson's disease, adapting the techniques to their motor capabilities
- ♦ Evaluate age-associated pathologies in older adults and develop exercises that promote their well-being and mobility





Module 9. Pilates During Pregnancy, Labor, and Postpartum

- ♦ Evaluate the physical and physiological changes in each trimester of pregnancy to adapt Pilates exercises to the mother's needs
- ♦ Apply Pilates exercises focused on childbirth preparation, promoting pelvic floor mobility and strengthening
- ♦ Develop a postpartum exercise protocol for physical recovery, considering the anatomical alterations specific to the puerperium
- ♦ Address postpartum alterations, such as diastasis recti and prolapses, with adapted and safe Pilates techniques

Module 10. Pilates in Sports

- ♦ Apply Pilates as a preventive method for common injuries in contact sports, such as football, strengthening key areas and improving flexibility
- ♦ Design Pilates programs to optimize performance in racquet sports, focusing on mobility and core stability improvement
- ♦ Implement Pilates as a tool for preventing and treating muscle injuries in basketball, especially those affecting the knees and torso
- ♦ Promote recovery and injury prevention in handball through Pilates exercises that strengthen posture and stabilizing muscles

05 Internship

After completing the online period, the professional will continue their training at a leading institution, where they will deepen and enrich their knowledge in a practical environment. During this phase, they will receive continuous guidance from a specialized tutor, who will provide personalized follow-up and feedback based on the real-world application of the concepts learned.



“

You will integrate the most advanced knowledge acquired through both theoretical and practical approaches into your professional routine”

The practical training period for this university program in Therapeutic Pilates consists of an intensive stay at a renowned institution, always with the support of a specialized tutor. This stay will allow the professional to work in a real-world setting, alongside a team of experts in this field. In this way, professionals will apply advanced techniques to improve mobility, prevent musculoskeletal injuries, and optimize patients' functionality.

In this training proposal, each activity is designed to strengthen and refine the key competencies required for specialized practice in this field. In this way, the professional profile will be enhanced, driving a strong, efficient, and highly competitive performance.

This university program presents a unique opportunity for professionals to specialize in a fully equipped environment. Moreover, they will have the chance to integrate Therapeutic Pilates techniques into real professional settings, which will allow them to perfect and optimize their skills in a dynamic and practical context.

The practical part will involve the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the guidance and support of professors and other training colleagues who facilitate teamwork and the integration of multidisciplinary skills as transversal competencies for therapeutic practice (learning to be and learning to relate).

The procedures described below will be the basis of the practical part of the Internship Program, and its realization will be subject to the center's own availability and workload, being the proposed activities the following:





Module	Practical Activity
Introduction to Therapeutic Pilates Practice	Analyze the fundamentals of Therapeutic Pilates, considering its origins, evolution, and Joseph Pilates' contributions to the development of the method
	Compare the characteristics of classical and modern Pilates, identifying their differences, advantages, and applications in various contexts
	Evaluate the application of Pilates on the floor and with machines, including progressions, difficulty levels, and therapeutic benefits
	Explore advanced applications of Therapeutic Pilates, assessing its effectiveness in improving mobility, stability, and injury prevention in different patient profiles
Application of the Pilates Method in the Training Environment	Explore the practical and analytical possibilities for training and rehabilitation with the reformer, identifying its benefits and limitations
	Apply advanced techniques with the Cadillac, evaluating the proper execution of exercises and their impact on mobility and body stability
	Develop specific exercises on the chair, integrating progressions and adaptations based on individual needs and therapeutic goals
	Implement complete routines on the barrel, optimizing coordination, strength, and postural control during the practice of Therapeutic Pilates
Managing Common Disorders with Pilates	Evaluate the functions of the nervous system and its influence on movement, applying Pilates exercises adapted to neurological capabilities
	Assess the motor and sensory abilities of patients through specific tests, adjusting Pilates routines based on the results
	Design and implement Pilates programs tailored to prevalent neurological conditions, such as multiple sclerosis, stroke, and Parkinson's disease
	Implement Pilates exercises for older adults and individuals with osteoporosis or pelvic floor issues, optimizing mobility and safety
Pilates Techniques Applied During Pregnancy	Apply Pilates techniques adapted to each trimester of pregnancy
	Implement Pilates exercises during labor and immediate postpartum recovery
	Design Pilates protocols for strengthening the pelvic floor and managing urinary incontinence
	Develop Pilates strategies for postpartum recovery and the correction of abdominal and pelvic alterations

Civil Liability Insurance

The university's main concern is to guarantee the safety of the interns, other collaborating professionals involved in the internship process at the center. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, the university commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the Internship Program period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship agreement for the program are as follows:

1. TUTOR: During the Hybrid Master's Degree, students will be assigned two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, five days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the student does not show up on the start date of the Hybrid Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who complete the Hybrid Master's Degree will receive a diploma accrediting their attendance at the institution.

5. EMPLOYMENT RELATIONSHIP: The Hybrid Master's Degree shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the completion of the Hybrid Master's Degree. In these cases, it will be necessary to submit it to the internship department at TECH so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Hybrid Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

06

Internship Centers

TECH Global University will provide a prestigious academic environment where students can apply the knowledge acquired in Therapeutic Pilates. As part of the experience, students will have the opportunity to carry out internships at various institutions across the country, ensuring exposure to diverse contexts and real-world needs. In this way, TECH Global University guarantees that professionals develop skills applicable to authentic professional situations, refining technique, exercise adaptation, and therapeutic intervention in different settings.




“

You will complete your internship at an internationally recognized institution, which will allow you to acquire advanced skills to enhance the excellence of your professional practice”



The student will be able to complete the practical part of this Hybrid Master's Degree at the following centers:



Sports Science

Centro Sano San Pedro

Country	City
Spain	Burgos

Address: San Pedro y San Felices
nº15-nº17. 09001. Burgos

Business management consultant in Madrid

Related internship programs:

- Therapeutic Personal Training
- Sports Nutrition





Sports Science

Centro Sano López Bravo

Country City
Spain Burgos

Address: C/ López Bravo 1, Puerta 4, módulo 4.
09001. Villalonguejar

Business management consultant in Madrid

Related internship programs:

- Therapeutic Personal Training
- Sports Nutrition



Sports Science

Centro Sano Paseo de la Isla

Country City
Spain Burgos

Address: Paseo la Isla, 7. 09003. Burgos

Business management consultant in Madrid

Related internship programs:

- Therapeutic Personal Training
- Sports Nutrition

07

Career Opportunities

This university program in Therapeutic Pilates will equip professionals with the necessary tools to work in various clinical and rehabilitation environments, as well as in specialized sports centers. Additionally, it will enable them to design intervention programs tailored to different physical needs and common pathologies. It will also allow for optimizing functional recovery, preventing musculoskeletal injuries, and improving patient mobility. As a result, professionals will be prepared to integrate into health and wellness teams, providing innovative solutions through the effective application of Therapeutic Pilates in real-world contexts.



“

You will prepare to thrive in a competitive sector, where your knowledge will become a key advantage for excelling professionally”

Graduate Profile

The graduate of this Hybrid Master's Degree in Therapeutic Pilates will develop the ability to assess and correct complex postural misalignments, promoting movement efficiency and injury prevention. They will also acquire advanced knowledge of neuromuscular control, breathing, and applied biomechanics, allowing them to intervene precisely in different physical conditions. Furthermore, they will integrate progressive strategies safely. As such, they will be able to enhance functionality, strength, and mobility, fostering lasting and measurable results in various scenarios.

You will discover how neuromuscular control, breathing, and applied biomechanics directly influence the precise and efficient execution of movements.

- ♦ **Critical Thinking:** Assess the effectiveness of exercises, identify areas for improvement, and adapt routines according to each patient's individual needs.
- ♦ **Effective Communication:** Provide clear and precise instructions, as well as constructive feedback, fostering a safe and collaborative environment during Pilates practice.
- ♦ **Problem Solving:** Identify challenges in movement execution or postural patterns and design immediate solutions to optimize rehabilitation and physical performance.
- ♦ **Time Management:** Organize sessions efficiently, prioritizing key exercises and ensuring each patient receives the necessary attention during practice.



After completing the university program, you will be able to apply your knowledge and skills in the following positions:

1. **Therapeutic Pilates Instructor:** Responsible for designing and leading sessions tailored to each patient's physical needs, improving strength, mobility, and posture.
Responsibilities: Plan, lead, and supervise Pilates sessions adapted to each patient's individual needs.
2. **Pilates Program Coordinator:** Manages individual and group sessions, ensuring the correct application of therapeutic protocols.
Responsibilities: Organize, supervise, and optimize activities related to Pilates programs.
3. **Post-Surgical Rehabilitation Technician:** Responsible for implementing Pilates exercises for patients after orthopedic surgeries to recover functionality and mobility.
Responsibilities: Supervise the correct execution of exercises, ensure patient safety during sessions, and track progress to adjust routines according to clinical evolution.
4. **Body Wellness Consultant:** Dedicated to assessing and advising on the integration of Pilates to prevent injuries and improve posture and balance.
Responsibilities: Design and implement Therapeutic Pilates programs aimed at improving the physical and postural health of individuals or groups in corporate settings.
5. **Instructor in Rehabilitation Centers:** Responsible for applying Therapeutic Pilates within health institutions, adapting exercises to each patient's capabilities.
Responsibilities: Apply Therapeutic Pilates programs aimed at the physical recovery of patients with musculoskeletal injuries or post-surgery.
6. **Pilates Coordinator in Sports Clinics:** Dedicated to developing prevention and recovery programs for athletes, optimizing stability and performance.

Responsibilities: Plan, supervise, and optimize Pilates Therapeutic programs directed at athletes, ensuring sessions contribute to injury prevention.

7. **Functional Re-education Session Facilitator:** Responsible for guiding Pilates activities focused on improving coordination and muscle strength in patients with functional impairments.

Responsibilities: Guide and supervise patients during Therapeutic Pilates programs focused on motor function recovery.



You will specialize in rehabilitation and wellness environments, where you will supervise and apply Therapeutic Pilates programs with a personalized, innovative approach aimed at holistic improvement"

08

Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.



“

TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”

The student: the priority of all TECH programs

In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes
(which you might not be able to attend)”*



The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



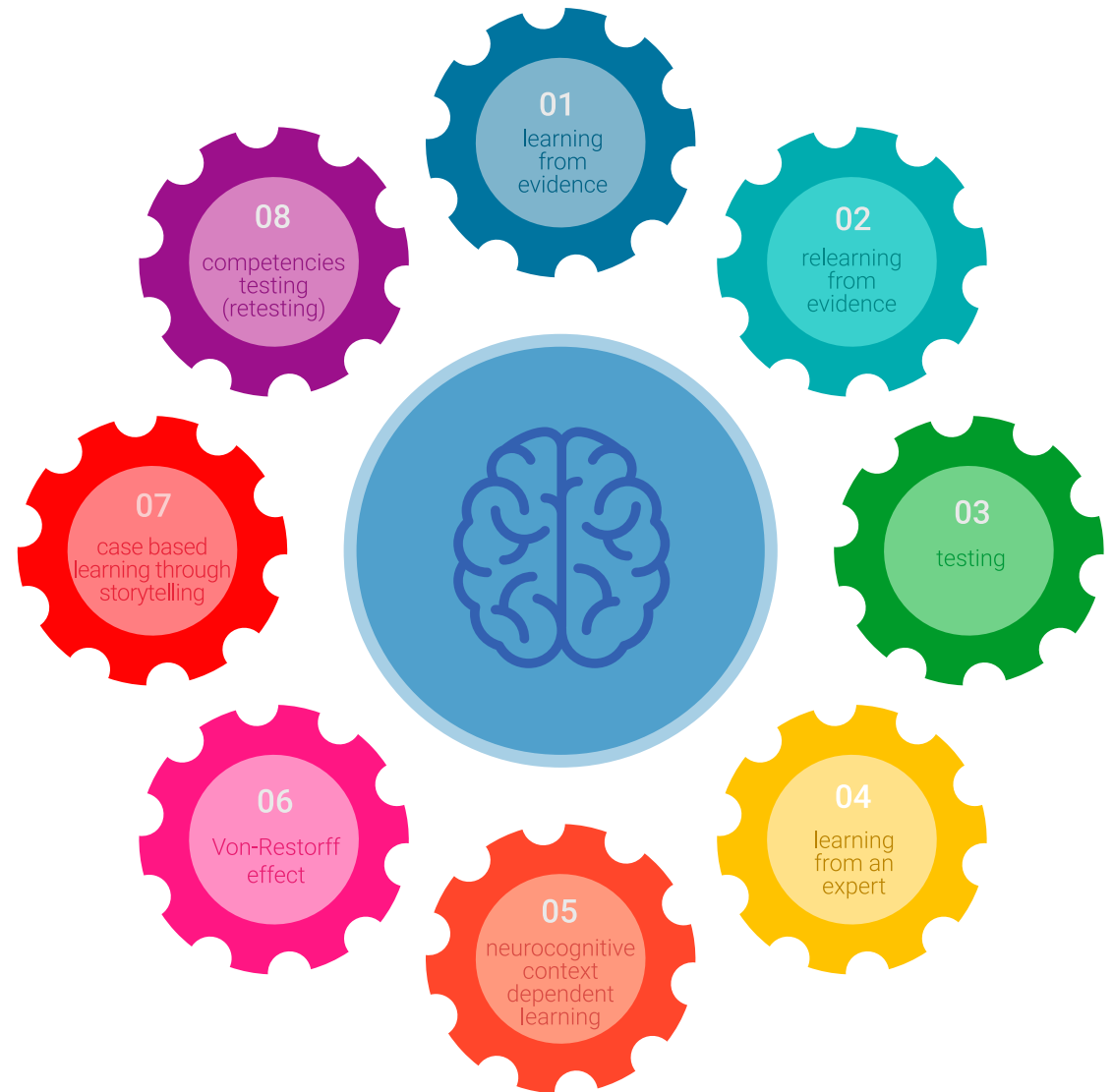
Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

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.



A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule"

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that assess real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student 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.

The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

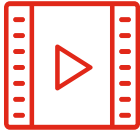
The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.

You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.



As such, the best educational materials, thoroughly prepared, will be available in this program:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



Interactive Summaries

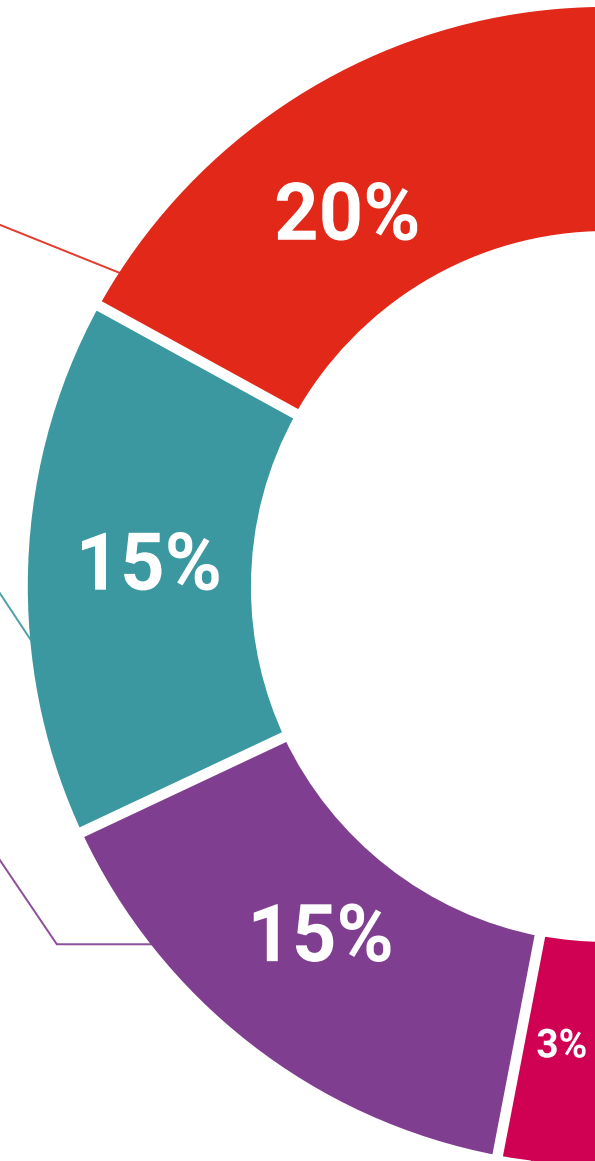
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

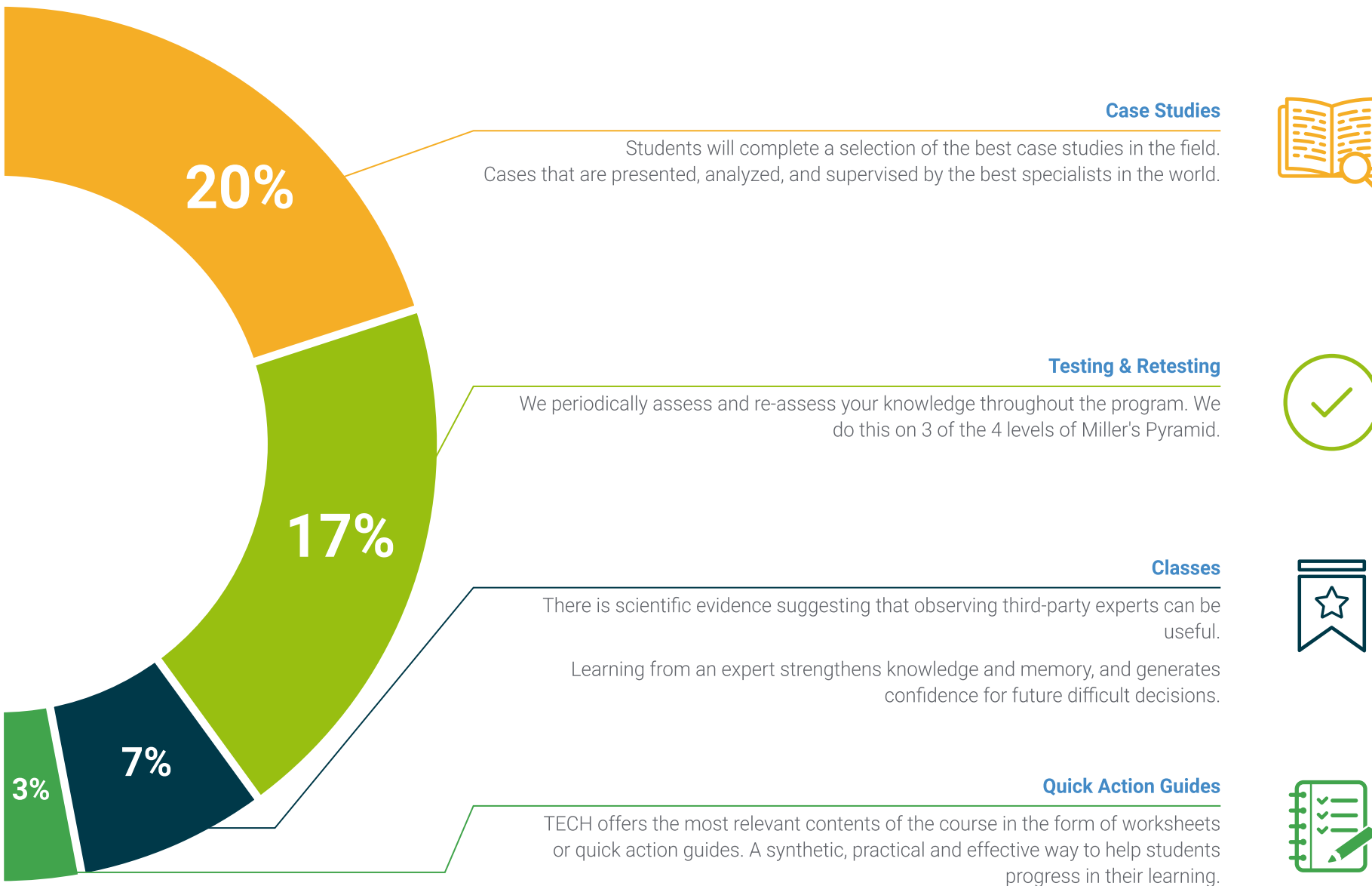
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.





09

Teaching Staff

The experts selected by TECH Global University for this exclusive university program combine a strong academic background with extensive practical experience in Therapeutic Pilates. They have worked extensively in applying advanced techniques for rehabilitation and physical well-being, gaining deep knowledge about the integration of exercises adapted to different functional needs. As such, they will not only share their knowledge with the students but also strengthen their professional development, preparing them to excel in specialized environments.



“

With an academic focus of excellence, you will have the support of a highly dedicated faculty committed to your continuous updating, ensuring that your professional development is effective”

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

- Director of the 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
- 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 the Atlético Madrid Football Club (2005- 2023)
- CEO Fisio Domicilio Madrid
- Professor in the Master's Degree in Physical Preparation and Sports Rehabilitation in Football
- Professor in the University Expert in Clinical Pilates
- Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- Master's Degree in Osteopathy of the Locomotor System by the Madrid School of Osteopathy.
- Master's Degree in Biomechanics Applied to Injury Assessment from the Comillas Pontifical University
- Expert in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation.
- Degree in Physiotherapy from the Comillas Pontifical University

Faculty

Ms. Cortés Lorenzo, Laura

- Physiotherapist at Fisio Domicilio Madrid clinic and in the Madrid Hockey Federation
- Physiotherapist at the Fiosiomon clinic
- Physiotherapist at the Technification Center of the Madrid Hockey Federation
- Physiotherapist at Fisio Domicilio Madrid
- Traumatology physiotherapist at Artros Clinic
- Physiotherapist in Club SPV51 and Club Valdeluz Field Hockey
- Diploma in Physiotherapy. Complutense University of Madrid

Ms. Valiente Serrano, Noelia

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

Mr. Longás de Jesús, Antonio

- Physiotherapist at the Lagasca clinic
- Physiotherapist at Fisio Domicilio Madrid
- Physiotherapist at Club de Rugby Veterinary

Mr. Pérez Costa, Eduardo

- ♦ CEO of Move2Be Physiotherapy and Readaptation
- ♦ Freelance physiotherapist, home treatment in Madrid
- ♦ Physiotherapist Natal Clinic San Sebastian de los Reyes
- ♦ Sports rehabilitation of the Zona Press Basketball Club
- ♦ Physiotherapist in the subsidiary of the UD Sanse
- ♦ Physiotherapist on the field with the Marcet Foundation
- ♦ Physiotherapist at Pascual & Muñoz clinic
- ♦ Physiotherapist at Fisio Life Plus clinic.
- ♦ Master's Degree in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- ♦ Degree in Physiotherapy from the University of Alcala

Ms. García Ibáñez, Marina

- ♦ Physiotherapist at the Multiple Sclerosis Foundation of Madrid and private practice at home
- ♦ Physiotherapist in home treatments in pediatrics and adults with neurological pathology
- ♦ Physiotherapist in Multiple Sclerosis Foundation of Madrid
- ♦ Physiotherapist at Kinés Clinic
- ♦ Physiotherapist at San Nicolás Clinic
- ♦ Expert in Neurological Physiotherapy at the European University of Madrid
- ♦ Master's Degree in Neurological Physiotherapy: Assessment and Treatment Techniques at the European University of Madrid.
- ♦ Degree in Physiotherapy from the University of Alcala

Ms. Parra Nebreda, Virginia

- ♦ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Pelvic Floor Physiotherapist at Letfisio Clinic
- ♦ Physiotherapist at Orpea Elderly Care Home
- ♦ Master's Degree of Physiotherapy in Pelviperineology at the University of Castilla-la Mancha
- ♦ Training in Functional Ultrasound in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT Formation
- ♦ Training in Hypopressive in LOW PRESSURE FITNES
- ♦ Graduate in Physiotherapy by the Complutense University of Madrid.



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10 Certificate

The Hybrid Master's Degree in Therapeutic Pilates guarantees students, in addition to the most rigorous and up-to-date education, access to a diploma for the Hybrid Master's Degree 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"

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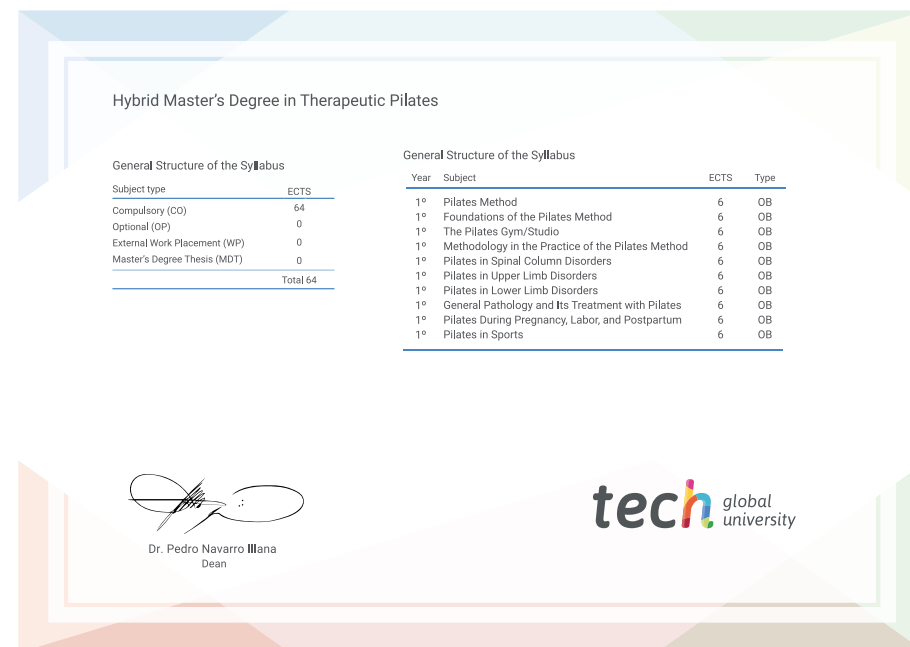
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Duration: **12 months.**

Credits: **60 + 4 ECTS**





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