

Internship Program Therapeutic Pilates

Endorsed by the NBA





Internship Program
Therapeutic Pilates

Index

01

Introduction to the Program

p. 4

02

Why Study at TECH?

p. 6

03

Teaching Objectives

p. 10

04

Internship

p. 12

05

Internship Centers

p. 14

06

General Conditions

p. 18

07

Certificate

p. 20

01 Introduction to the Program

Therapeutic Pilates has emerged as an essential discipline in physical rehabilitation, offering significant benefits in improving joint mobility, reducing chronic pain, and preventing injuries. According to a report by the World Health Organization, it is estimated that 31% of adults worldwide do not meet the recommended levels of physical activity, representing approximately 1.8 billion people at risk of inactivity-related diseases. In this context, the university program from TECH Universidad has been designed to provide in-depth and updated knowledge of this discipline. Additionally, its fully practical methodology allows professionals to acquire advanced technical skills in a real clinical environment.



Thanks to this fully practical training, professionals will develop advanced skills in Therapeutic Pilates"





Contemporary physical rehabilitation has made significant strides through techniques that integrate movement, breathing, and body awareness, among which Therapeutic Pilates stands out. This discipline has become a highly effective strategy for improving joint mobility, reducing chronic pain, and preventing injuries, while also enhancing postural stability and general well-being. For these reasons, Therapeutic Pilates is considered an essential resource in various clinical settings, where adapting exercises to individual needs helps optimize therapeutic results and ensure comprehensive recovery for patients.

To meet these demands, TECH Global University's curriculum offers an in-depth and specialized approach that integrates the principles of the Pilates method, an understanding of general pathology, and how to address it through this discipline, as well as specific guidelines for pregnancy. This structure enables professionals to understand the scientific foundation of the method, identify conditions that require adaptations, and apply safe and effective strategies based on each person's unique characteristics. This approach ensures the comprehensive development of the necessary competencies to intervene in various clinical and population-based settings.

The methodology applied by TECH Global University is distinguished by its highly practical focus, providing professionals with the opportunity to learn directly in a prestigious institution equipped with cutting-edge technology, under the supervision of a highly specialized tutor. This design allows for the consolidation of advanced technical skills, the integration of theoretical knowledge with clinical practice, and the development of individualized intervention strategies. By combining direct exposure to real cases with expert guidance, professionals are able to optimize their performance, ensuring precise, high-impact interventions that enhance patient well-being.

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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TECH combines Relearning and the Case Method in all its university programs to guarantee excellent theoretical and practical learning by studying when you want and from wherever you want”



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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

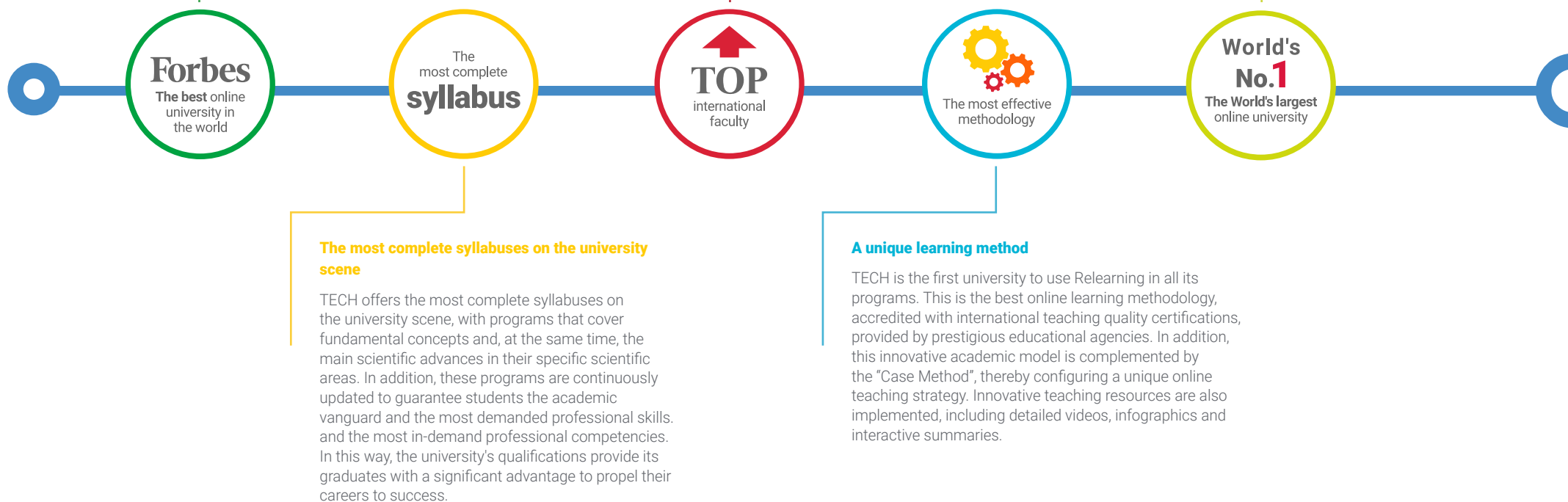
The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer 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

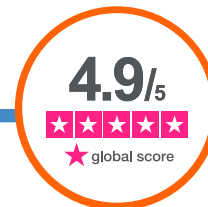
TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each 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

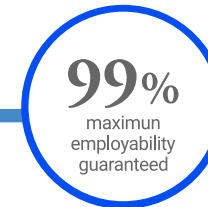
TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology 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

Teaching Objectives

The goal of this university program is to equip professionals with key tools in Therapeutic Pilates. Through its fully practical approach, professionals will develop advanced skills that will allow them to apply knowledge directly in practice, optimizing recovery and patient well-being while strengthening their understanding of functional anatomy, exercise adaptation for specific pathologies, and the integration of innovative techniques that enhance mobility, posture, and injury prevention in various therapeutic contexts.



General Objectives

- Enhance knowledge and professional competencies in the practice and teaching of Pilates exercises on the mat, with machines, and using implements
- Differentiate the applications and adaptations of Pilates exercises based on each patient's needs
- Establish exercise protocols adapted to the symptoms and pathology of patients
- Define progressions and regressions of exercises according to the phases of injury recovery
- Identify and avoid contraindicated exercises based on the patient's prior assessment
- Master the advanced use of equipment used in the Pilates method





Specific Objectives

- ♦ Analyze the fundamental principles of the Pilates method and its evolution over time
- ♦ Examine the effects of breathing on physical performance, as well as the different types and their application in Pilates
- ♦ Identify the benefits and common mistakes in using equipment such as the reformer and Cadillac
- ♦ Evaluate the importance of the initial assessment and informed consent in Pilates
- ♦ Propose specific protocols for treating cervical and dorsal pathologies with Pilates
- ♦ Develop specific protocols for treating shoulder pathologies, such as painful shoulder and frozen shoulder, through Pilates
- ♦ Apply exercises for dissociation and strengthening on Mat and machines targeted at the lower limbs
- ♦ Assess the neurological capabilities of patients to adapt Pilates exercises to their specific needs
- ♦ Evaluate the physical and physiological changes in each trimester of pregnancy to adapt Pilates exercises to the mother's needs
- ♦ Design Pilates programs to optimize performance in racquet sports, focusing on mobility and core stability improvement

04

Internship

The practical training period of this university program in Therapeutic Pilates takes place in a prestigious institution, always under the supervision of a specialized tutor. This experience allows graduates to apply their knowledge in a real-world setting, working alongside experts in the field, using advanced techniques for the recovery, strengthening, and functional improvement of patients.

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.

In this way, the university program presents a unique opportunity for professionals to deepen their knowledge of Therapeutic Pilates within an environment equipped with cutting-edge technology. Additionally, they will be able to integrate the procedures learned into real clinical scenarios, enhancing their skills and ensuring precise, effective, and safe interventions in therapeutic practice.

The practical phase will involve the active participation of the student in performing activities and procedures in each area of competence (learning to learn and learning to do), with the accompaniment and guidance of professors and fellow trainees, facilitating teamwork and multidisciplinary integration 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

05 Internship Centers

Below are some of the internship centers selected by TECH for this university program. However, if none of them meet your expectations or needs, TECH is committed to facilitating the formalization of an agreement with an entity that aligns with your preferences, ensuring a fully personalized experience.

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The most effective way to acquire advanced skills in the various applications of Therapeutic Pilates”





The student will be able to do this program at the following centers:



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. Villalonquejar

Business management consultant in Madrid

Related internship programs:
- Therapeutic Personal Training
- Sports Nutrition



Sports Science

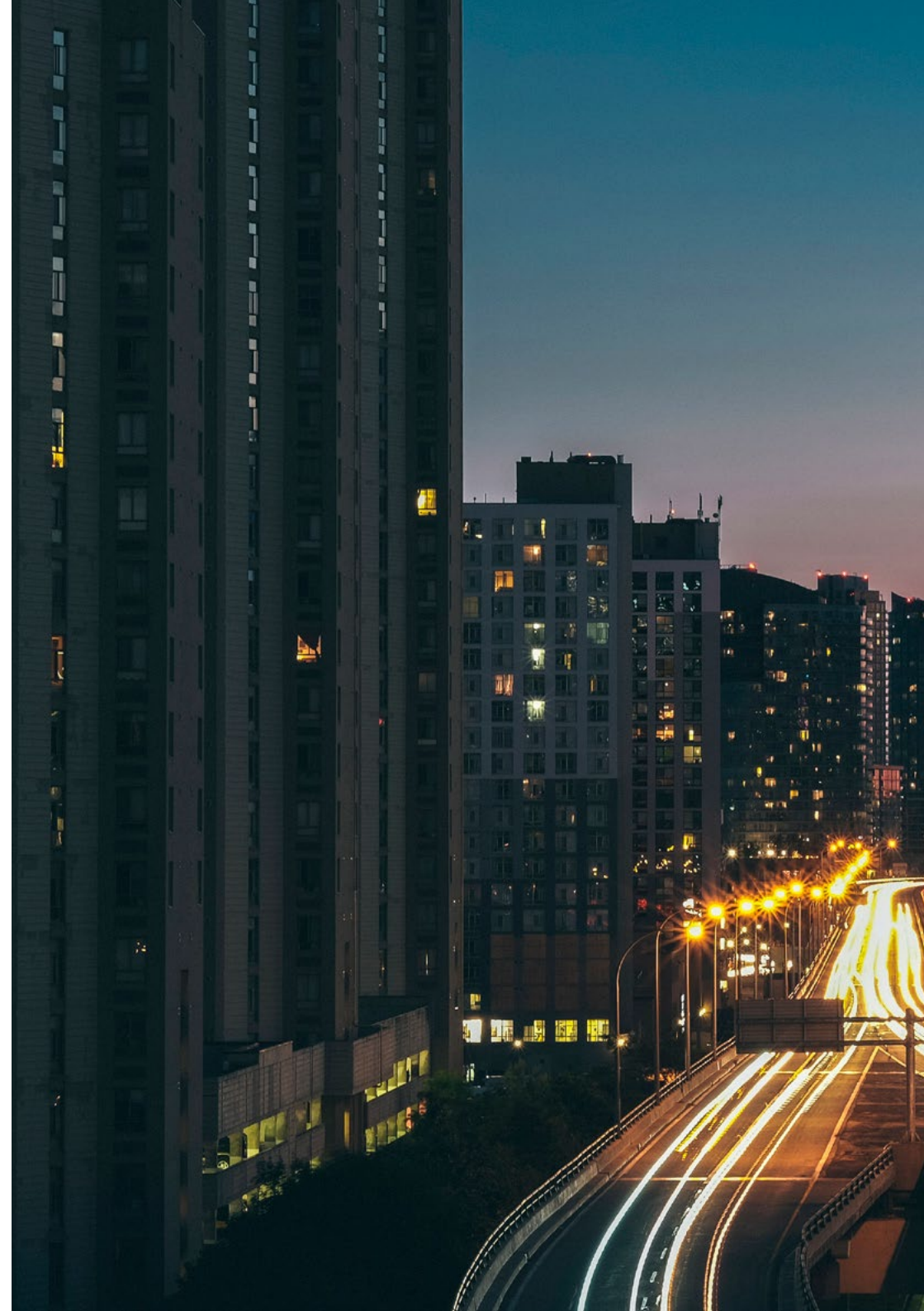
Centro Sano Paseo de la Isla

Country	City
Spain	Burgos

Address: Paseo la Isla, 7. 09003. Burgos

Business management consultant in Madrid

Related internship programs:
- Therapeutic Personal Training
- Sports Nutrition





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You will learn firsthand the reality of working in the area, in a demanding and rewarding environment.”

06

General Conditions

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 Internship Program, 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, 5 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 Internship Program, 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 pass the Internship Program will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Internship Program shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION Some centers may require a certificate of prior education for the Internship Program. 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. 3.- DOES NOT INCLUDE: The Internship Program 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.

07 Certificate

This private qualification will allow you to obtain a diploma for the **Internship Program in Therapeutic Pilates** endorsed by **TECH Global University**, the world's largest online university.

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

This private qualification from **TECH Global University** is a European continuing education and professional development program that guarantees the acquisition of competencies in its area of expertise, providing significant curricular value to the student who successfully completes the program.

Title: **Internship Program in Therapeutic Yoga**

Duration: **3 weeks**

Attendance: **Monday to Friday, 8-hour shifts, consecutive shifts**

Credits: **4 ECTS**



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

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