

# Postgraduate Certificate Pilates Gym

Endorsed by the NBA





## Postgraduate Certificate Pilates Gym

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

Website: [www.techtute.com/us/sports-science/postgraduate-certificate/pilates-gym](http://www.techtute.com/us/sports-science/postgraduate-certificate/pilates-gym)

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# 01

# Introduction

In the last decade, the Pilates Method has experienced an important progression, incorporating different devices to work on flexibility, strength and mental control in patients of all ages. In the field of high performance sports, this discipline has been successfully integrated due to its benefits and scientific support. Given the advances in this field, TECH has created this program that will provide the professionals with high quality content on the benefits and main exercises of Pilates and the different equipment used. All this, under a 100% online format, developed by an experienced teaching team which has demonstrated its deep experience and expertise in this field. A unique opportunity to update, through a flexible academic proposal.





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*Get a complete update in just 6 weeks on  
the main equipment used in the practice of  
Pilates Method”*



It is important to highlight that Pilates can not only be used in fitness rooms, physiotherapy centers, but also in the physical preparation of athletes of different disciplines. This discipline has become a very popular tool for high performance athletes, as it focuses on the core muscles, helps improve their sports skills and allows them to have a longer career.

In this sense, bringing the execution of this discipline to different sports with successful results, leads coaches to incorporate into their preparatory sessions the advances in exercises and equipment used for it. To facilitate this update, TECH has designed this 100% online Postgraduate Certificate, which will provide the professionals with the most advanced information in Pilates Gym.

In this way, students will delve into concepts related to the benefits in the use of the Spine Corrector, in the environment and space for physical activity, the use of Foam Roller, Fit Ball and elastic bands. All this, in addition, with high quality multimedia didactic material, specialized readings and case studies that you will be able to access, comfortably, whenever and wherever you want, from an electronic device with an Internet connection.

In this way, TECH provides students with a program with the highest standards of academic excellence and with the greatest convenience to take it thanks to the online mode. A unique opportunity to keep abreast of progress in this field, integrating it into your daily performance, through a unique academic proposal in only 6 weeks of duration.

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

- ◆ The development of case studies presented by experts in Sports Science focused on Pilates Gym
- ◆ 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 self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Pilates has become an essential tool for high performance athletes, it can be for you too"*

“

*TECH offers this Postgraduate Certificate with the most complete update in Pilates Gym, in addition to providing great flexibility with the online modality”*

The program’s teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The 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 immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Delve whenever and wherever you wish into the different Pilates exercises in which you will use Foam Roller, Fit Ball and elastic bands.*

*The theoretical-practical approach of this program will allow you to avoid mistakes in the execution of Spine Corrector exercises.*

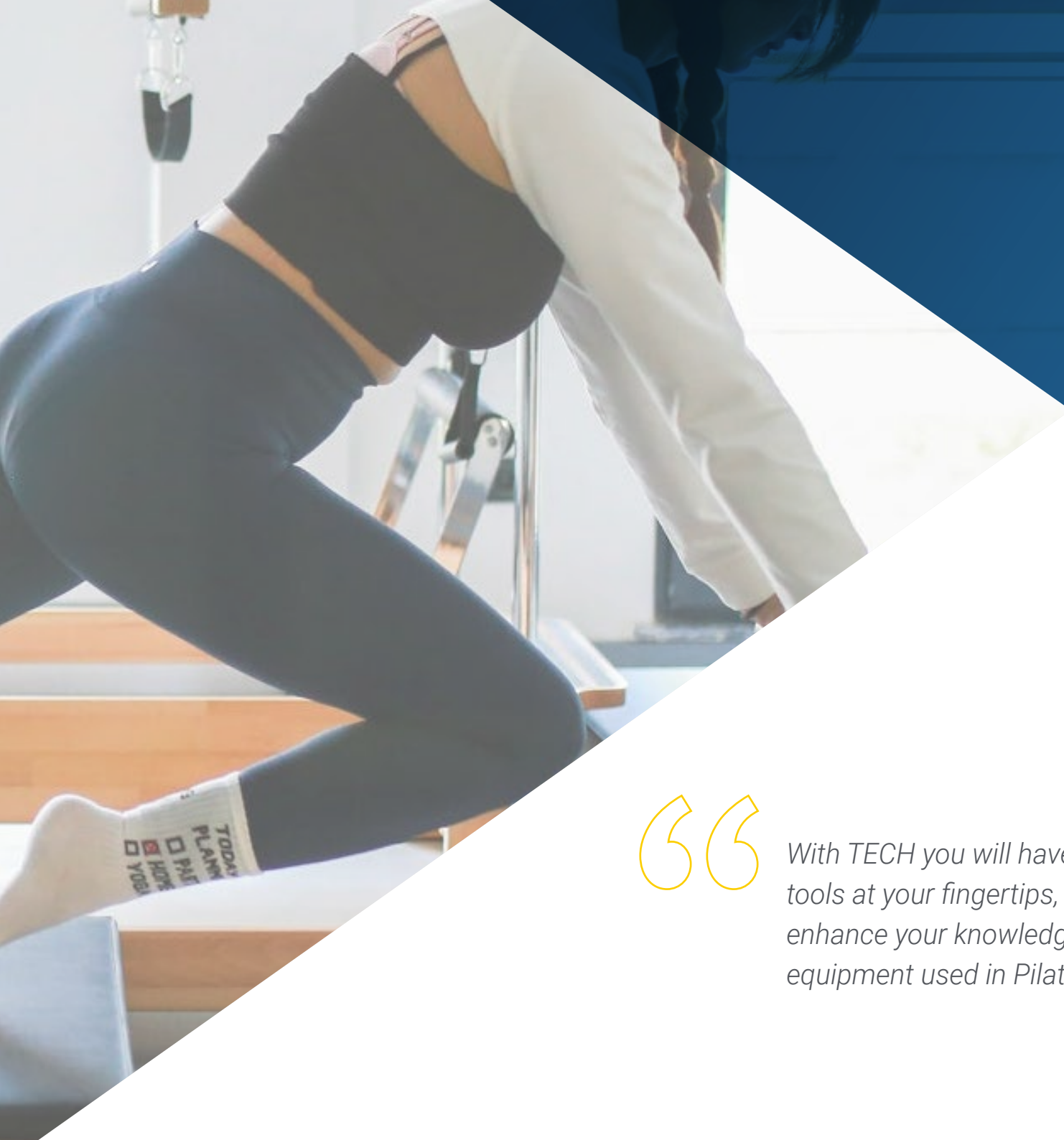


# 02 Objectives

The purpose of this Postgraduate Certificate in Pilates Gym is to allow students to strengthen their competencies through the updates offered by the program in the area of the Pilates Method. That is why TECH provides the best tools of academic innovation allowing a successful development of this qualification. Upon completion of this program, the graduates will have increased their skills in relation to the main exercises and errors in the execution of techniques of this discipline with machines.







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*With TECH you will have innovative didactic tools at your fingertips, with which you will enhance your knowledge of the different equipment used in Pilates Gym”*



## General Objectives

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- ◆ Enhance knowledge and professional skills in the practice and teaching of Pilates exercises on the floor, on different machines and with implements
- ◆ Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- ◆ Establish an exercise protocol adapted to the symptoms and pathology of each patient
- ◆ Delimit the progressions and regressions of the exercises according to the different phases in the recovery process of an injury
- ◆ Avoiding exercises that are contraindicated according to the previous assessment of patients and clients
- ◆ Handle in depth the apparatus used in the Pilates Method
- ◆ 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 destined to Pilates exercise
- ◆ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- ◆ Perform correctly and analytically the exercises based on the Pilates Method
- ◆ Analyze the physiological and postural changes that affect the pregnant woman
- ◆ Design exercises adapted to the woman in the course of pregnancy until delivery
- ◆ Describe the application of the Pilates Method in high-level athletes





## Specific Objectives

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



*This program will allow the graduates to reinforce their competences related to the Pilates Method"*




03

# Course Management

With the intention of offering a first class teaching for all students, TECH has selected a highly experienced and renowned faculty in the field of Physiotherapy and in the field of Pilates. Therefore, this Postgraduate Certificate has a highly qualified team, which will offer the most solid pedagogical tools that facilitate this update on this discipline and its development in different areas of physical activity. In this way, the students will have the guarantee of obtaining a complete update from the hand of authentic experts.





“TECH has for you a highly specialized team guaranteeing the success of your updating process during the 6 weeks of this program”



## Management



### Mr. Sergio González Arganda

- Physiotherapist of Atlético Madrid Football Club
- CEO Physio Domicilio Madrid
- Professor in the Professional Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- Professor in the Postgraduate Diploma in Clinical Pilates
- Professor in the Professional Master's Degree in Biomechanics and Sports Physiotherapy
- Professional Master's Degree in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- Postgraduate Diploma in Pilates and Rehabilitation by the Royal Spanish Gymnastics Federation
- Professional Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- Graduate in Physiotherapy from the Comillas Pontifical University



04

# Structure and Content

This academic program provides a syllabus with a first level theoretical and practical content on Pilates Gym, which has been created according to the most recent studies and their influence in the field of Sports Science. This Postgraduate Certificate is oriented to provide advanced information about the different machines and implements that help a better practice of Pilates as a method of physical preparation and recovery in high performance sports. Finally, the multiple audiovisual tools will be the complement that will offer the students dynamism in the solution of problems throughout this university proposal.





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*This Postgraduate Certificate offers you the best and most complete syllabus in Pilates Gym designed according to the great impact on high performance athletes"*



## Module 1. The Pilates Gym/Studio

- 1.1. The Reformer
  - 1.1.1. Introduction to the Reformer
  - 1.1.2. Benefits of the Reformer
  - 1.1.3. Main Exercises on the Reformer
  - 1.1.4. Main Errors on the Reformer
- 1.2. The Cadillac or Trapeze Table
  - 1.2.1. Introduction to the Cadillac
  - 1.2.2. Benefits of the Cadillac
  - 1.2.3. Main Exercises in the Cadillac
  - 1.2.4. Main Errors in the Cadillac
- 1.3. The Chair
  - 1.3.1. Introduction to the Chair
  - 1.3.2. Benefits of the Chair
  - 1.3.3. Main Exercises in the Chair
  - 1.3.4. Main Errors in the Chair
- 1.4. The Barrel
  - 1.4.1. Introduction to the Barrel
  - 1.4.2. Benefits of the Barrel
  - 1.4.3. Main Exercises in the Barrel
  - 1.4.4. Main Errors in the Barrel
- 1.5. Combo Models
  - 1.5.1. Introduction to the Combo Model
  - 1.5.2. Benefits of the Combo Model
  - 1.5.3. Main Exercises in the Combo Model
  - 1.5.4. Main Errors in the Combo Model
- 1.6. The Flexible Hoop
  - 1.6.1. Introduction to the Flexible Hoop
  - 1.6.2. Benefits of the Flexible Hoop
  - 1.6.3. Main Exercises in the Flexible Hoop
  - 1.6.4. Main Errors in the Flexible Hoop







- 1.7. The Corrective *Spine*
  - 1.7.1. Introduction to the Corrective *Spine*
  - 1.7.2. Benefits of the Corrective *Spine*
  - 1.7.3. Main Exercises in the Corrective *Spine*
  - 1.7.4. Main Errors in the Corrective *Spine*
- 1.8. Implements Adapted to the Method
  - 1.8.1. *Foam Roller*
  - 1.8.2. *Fit Ball*
  - 1.8.4. Elastic Bands
  - 1.8.5. Bosu
- 1.9. The Space
  - 1.9.1. Equipment Preferences
  - 1.9.2. The Pilates Space
  - 1.9.3. Pilates Equipment
  - 1.9.4. Best Practices in Terms of Space
- 1.10. The Environment
  - 1.10.1. Concept of the Environment
  - 1.10.2. Characteristics of Different Environments
  - 1.10.3. Choice of Environment
  - 1.10.4. Conclusions

“ *TECH provides you with a series of first class multimedia content, which you will use as support in the development of this university program*”

# 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"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

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*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

**“** *Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.



## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*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.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



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 highly 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.



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

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



### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### 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.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



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



#### 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.





# 06 Certificate

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







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

This **Postgraduate Certificate in Pilates Gym** contains the most complete and up-to-date scientific program on the market.

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

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

Title: **Postgraduate Certificate in Pilates Gym**

Official N° of Hours: **150 h.**

**Endorsed by the NBA**



\*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 languages  
virtual classroom



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