

# Postgraduate Certificate Pilates Method

Endorsed by the NBA





## Postgraduate Certificate Pilates Method

- » Modality: online
- » Duration: 12 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-method](http://www.techtute.com/us/sports-science/postgraduate-certificate/pilates-method)

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# 01

# Introduction

The increased awareness of society in relation to the realization of physical activity, has made people of different ages seek options such as the Pilates Method to work the muscles or flexibility to prevent injuries or treat them. A wide field of action, which brings important health benefits and leads sports professionals to be up to date with the exercises, their adaptation and the different existing types. A progression that is evident in this 100% online program, which leads the graduates to obtain a complete update in just 6 weeks and through the most innovative multimedia content of the current academic scene.



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*A 100% online Postgraduate Certificate that will allow you in just 6 weeks to get a complete update on the Pilates Method"*

To perform physical activity is important to advance in the aspect of physical condition, where you can strengthen each of your muscles, providing a better execution of the exercises. In this way, Pilates achieves these purposes even without reaching excessive fatigue and thought in the care of the body. For this reason, physical trainers of different disciplines have begun to implement this activity in their workouts in which they have discovered the benefits from strengthening, to the same physical recovery after a game, a fight or round, depending on the discipline practiced by the athlete.

Likewise, it is a field that is constantly under research, which requires that experts are willing to update and acquire new training methods of Pilates. Therefore, this Postgraduate Certificate will provide the professionals with the most recent developments in the Pilates Method and will go deeper into the fundamentals and background of Pilates.

The specialists will reinforce their knowledge in important areas such as the key points of classical Pilates and the contributions of modern Pilates, as well as the fundamentals and evolution of Pilates on the floor. This is a program that integrates a specialized teaching team and at the same time, supported with an exclusive multimedia content of the highest quality that offers dynamism and comfort with the 100% online modality.

This Postgraduate Certificate gives the students the option to carry out their academic sessions from the place and time of their choice. Students will only need a device with Internet access, guaranteeing the professional flexibility in all aspects, providing them with updated material, successfully completing the Pilates Method qualification.

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

- ◆ The development of practical cases presented by experts in Physiotherapy focused on the Pilates Method
- ◆ The graphic, schematic, and practical content with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Physical trainers from different disciplines have begun to implement Pilates in their workouts, discovering the benefits from strengthening to physical recovery"*



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*This Postgraduate Certificate will provide the professionals with the most recent news about the Core of Joseph Pilates and the scientific evidences”*

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 you want into the exercises to promote body stability from Pilates through an exclusive multimedia content of the highest quality.*

*With TECH you can carry out your academic sessions from the place and time you want thanks to the 100% online modality.*



# 02 Objectives

With this program the objective is to provide the students with the best and most innovative tools for the promotion of professional competencies in the field of the PilatesMethod. For this reason, TECH has created a program that allows the graduates to be updated on the evolution and development of this discipline, from a theoretical-practical perspective, throughout 150 teaching hours. In addition, thanks to the proximity of the specialized faculty, students will be able to resolve any questions they may have about the content during the course of this program.







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*TECH offers you the best and most innovative pedagogical tools to increase your scope of action with the Pilates Method"*



## 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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- ◆ Delve into the background of Pilates
- ◆ Go deeper into the history of Pilates
- ◆ Describe the methodology of Pilates
- ◆ Delve into the fundamentals of Pilates
- ◆ Identify the most relevant exercises
- ◆ Explain the Pilates positions to avoid



*Delve into alignments of the body segments and the articulation of the spine and its biomechanics, from any digital device with an Internet connection"*

03

# Course Management

TECH has a team of experienced and renowned teachers in the area of Physiotherapy and the Pilates Method. Their excellent professional background is evident in this intensive syllabus, which will allow students to strengthen their skills during the course of this Postgraduate Certificate. In this way, the students have the guarantees they need to specialize at an international level in a booming sector.





“TECH has a team of experienced and renowned teachers in the area of Physiotherapy and the Pilates Method”

## 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

## Professors

### Ms. Valiente Serrano, Noelia

- ♦ Physiotherapist in Físio Domicilio Madrid and Keiki Fisioterapia
- ♦ Physiotherapist at Keiki Fisioterapia
- ♦ Physiotherapist in Jemed Importaciones

### Mr. Longás de Jesús, Antonio

- ♦ Physiotherapist in Físio Domicilio Madrid and Lagasca Clinic
- ♦ Physiotherapist in Físio Domicilio Madrid
- ♦ Physiotherapist at Club de Rugby Veterinary





# 04

## Structure and Content

This Postgraduate Certificate has been designed and conceived according to the most recent research in the field of the Pilates Method, establishing a curriculum that provides a great content around this discipline. In this way, this academic program is oriented to provide advanced content on the evolution of this physical activity, on the exercises used for the pelvis as a center of stability and movement with purposes in the Core or the biomechanics of the spine. All this, by means of multiple multimedia tools that offer dynamism and a greater attractiveness to this university program.





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*This academic program is oriented to provide advanced content on the pelvis as a center of stability and movement”*

## Module 1. Pilates Method

- 1.1. Joseph Pilates
  - 1.1.1. Joseph Pilates
  - 1.1.2. Books and Postulates
  - 1.1.3. Legacy
  - 1.1.4. Origin of 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. Pilates Method Principles
  - 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 vs. Contemporary/Modern Pilates
  - 1.5.1. Key Points in Classical Pilates
  - 1.5.2. Modern/Classical Pilates Analysis
  - 1.5.3. Contributions of Modern Pilates
  - 1.5.4. Conclusions
- 1.6. Pilates Floor and Pilates Machines
  - 1.6.1. Fundamentals in Pilates Floor
  - 1.6.2. Evolution of Pilates Floor
  - 1.6.3. Fundamentals in Pilates Machines
  - 1.6.4. Evolution in Pilates Machines

- 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. Applications for Pilates
- 1.8. Pilates Method Orientations
  - 1.8.1. National Trends
  - 1.8.2. International trends
  - 1.8.3. Trend Analysis
  - 1.8.4. Conclusions
- 1.9. Schools
  - 1.9.1. Pilates Training Schools
  - 1.9.2. Magazines
  - 1.9.3. Evolution of Pilates Schools
  - 1.9.4. Conclusions
- 1.10. The Pilates Associations and Federations
  - 1.10.1. Definitions
  - 1.10.2. Benefits
  - 1.10.3. Objectives
  - 1.10.4. LDC

## Module 2. Pilates Method Fundamentals

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



- 2.3. The Pelvis as the Center of Stability and Movement
  - 2.3.1. The Core of Joseph Pilates
  - 2.3.2. The Scientific Core
  - 2.3.3. Anatomical Foundation
  - 2.3.4. Core in Recovery Processes
- 2.4. The Organization of the Shoulder Girdle
  - 2.4.1. Anatomical Review
  - 2.4.2. Biomechanics of the Shoulder Girdle
  - 2.4.3. Applications in Pilates
  - 2.4.4. Conclusions
- 2.5. The Organization of Lower Limb Movement
  - 2.5.1. Anatomical Review
  - 2.5.2. Biomechanics of the Lower Limb
  - 2.5.3. Applications in Pilates
  - 2.5.4. Conclusions
- 2.6. The Articulation of the Spine
  - 2.6.1. Anatomical Review
  - 2.6.2. Biomechanics of the Spine
  - 2.6.3. 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. Fundamentals of Therapeutic Pilates
  - 2.9.1. History of Therapeutic Pilates
  - 2.9.2. Concepts in Therapeutic Pilates
  - 2.9.3. Criteria in Therapeutic Pilates
  - 2.9.4. Examples of Injuries or Pathologies
- 2.10. Classic Pilates and Therapeutic Pilates
  - 2.10.1. Differences Between Both Methods
  - 2.10.2. Justification
  - 2.10.3. Progressions
  - 2.10.4. Conclusions



*This Postgraduate Certificate has been designed and conceived according to the most recent research in the field of the Pilates Method"*

# 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.

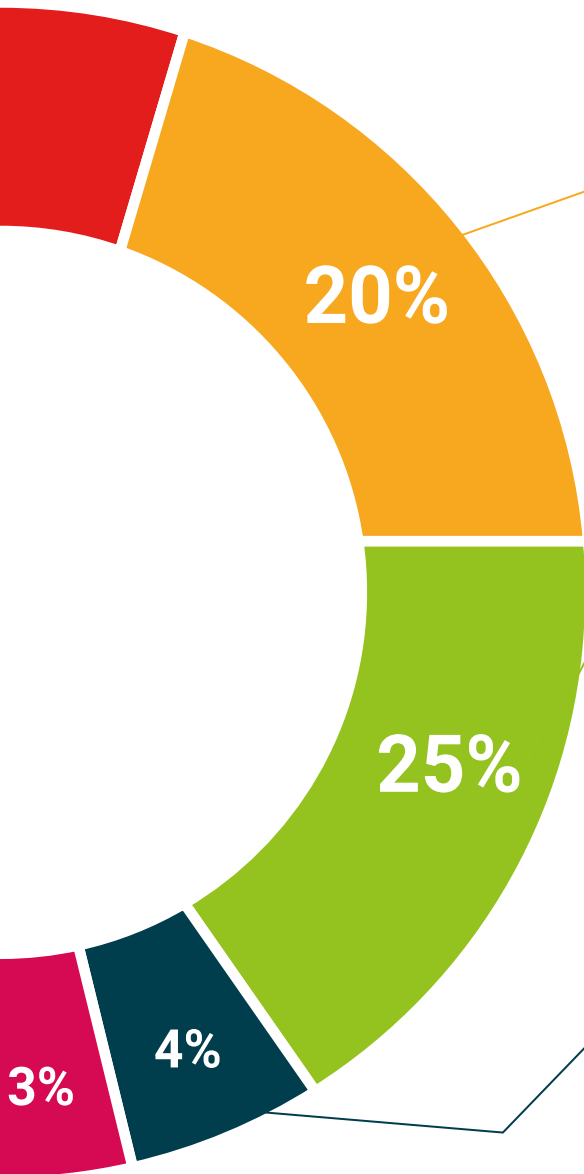


### Additional Reading

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 Method 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 Method** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate 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 Method**

Official N° of Hours: **300 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 language  
virtual classroom



## Postgraduate Certificate Pilates Method

- › Modality: online
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