

# Postgraduate Certificate Pilates Practical Methodology

Endorsed by the NBA





## Postgraduate Certificate Pilates Practical Methodology

- » 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-practical-methodology](http://www.techtute.com/us/sports-science/postgraduate-certificate/pilates-practical-methodology)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 16*

05

Methodology

---

*p. 20*

06

Certificate

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*p. 28*

# 01

# Introduction

Pilates is the result of the need to create a system of exercises where mind and body establish the necessary synergies to provide harmony, balance and strength. At the same time, it implements exercises designed to provide wellness to the body through flexibility, coordination and muscle strengthening. According to the importance that this discipline has achieved in recent times, this academic program has been created to provide the professionals with a first level content related to the development of actions that improve the effectiveness of Pilates exercises based on the principles of the method. All this is developed in a 100% online pedagogical format and with the best multimedia didactic material.





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*In TECH you will find the most complete and exclusive advances regarding the Pilates Practical Methodology"*

The practice of Pilates is undoubtedly one of the most effective methods when it comes to intervene specific muscle groups, from the point of view of physical preparation or rehabilitation after some trauma caused in a training session. Therefore, it is relevant to emphasize the importance of guiding the training with the help of an expert, in order to execute the respective exercises in a good way, avoiding discomfort or injuries in the future. In this sense, specialists have taken this discipline to other levels, implementing this practice in sports and specifically in the processes of elite athletes based on breathing control to precision in the execution of movements.

Therefore, this university program is focused on providing the professionals with the most complete update on the practice of the Pilates Method with emphasis on the correct and analytical performance of the exercises based on the Pilates Method. In this way, this Postgraduate Certificate will provide the graduates with the most recent novelties related to the planning of the session and the contraindications of the exercises.

The trainer will enhance their competencies in specific aspects of how this physical activity has revolutionized the area of Sports Sciences becoming a subfield of study. In this aspect, this course will lead students to delve into concepts related to knowledge and professional skills in the practice and teaching of Pilates exercises. All this with high quality multimedia content, accessible at any time of the day, from a digital device with an Internet connection.

Also, TECH thinks about comfort and excellence, that is why this program offers the most recent and highest quality innovations, being a program of great flexibility that allows to reconcile daily activities with an avant-garde update.

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

- ◆ The development of practical cases presented by experts in Physiotherapy and Pilates
- ◆ Graphic, schematic, and practical contents which 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



*This program has been developed by recognized specialists in the field of the Pilates Method"*



*This university program will provide you with the best innovations in the practice of the Pilates method"*

The program's teaching staff includes professionals from the sector who contribute their work experience to this training 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.

*In TECH you will go deeper in the development of actions that improve the effectiveness of Pilates exercises.*

*With the support of the most advanced and innovative multimedia material you will take your professional career to another level.*



# 02 Objectives

In this academic program the specialists will enhance their theoretical knowledge and practical skills through the most current content in the Pilates Practical Methodology. Therefore, TECH integrates various tools of technological innovation, successfully ensuring the updating process in this university program. In this sense, the graduates of this Postgraduate Certificate will be up to date in the systematization and definition of the types of sessions based on the Pilates Method.







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*Thanks to the audiovisual tools that only TECH has for you, you will strengthen your skills in progressions and regressions of the exercises"*



## 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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- ◆ Systematize sessions based on the Pilates Method
- ◆ Define types of sessions based on the Pilates Method
- ◆ Delve into the controversies and the Pilates Method well applied



*In this Postgraduate Certificate you will have the possibility to go in depth into the handling of the implements used in the Pilates Method"*

# 03

## Course Management

TECH is at the forefront of education, providing the students with a specialized and highly qualified teaching staff in the field of Pilates. Due to their extensive background in the field, the professionals have developed a specialized syllabus in physical recovery and maintenance, advanced techniques for physical rehabilitation and rehabilitative Pilates. Their strong background and mastery in this discipline will allow the graduates to obtain a complete update and resolve any doubts that may arise during the course of this program.



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*The graduates will obtain a syllabus designed by a professional team specialized in Pilates”*

## 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 program has been designed and conceived according to the most recent research in the area of Pilates Method, establishing a syllabus that provides a great content on the Pilates Practical Methodology. This Postgraduate Certificate is guided to provide innovative material regarding the latest technology in the study of Pilates and the most significant advances of the same. All this, by means of multiple multimedia tools that offer dynamism and a greater attractiveness to this university qualification.







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*This Postgraduate Certificate includes the most innovative aspects of the software for the study of Pilates”*

## Module 1. Methodology in the Practice of the Pilates Method

- 1.1. The Initial Session
  - 1.1.1. Initial Assessment
  - 1.1.2. Informed Consent
  - 1.1.3. Related Words and Orders in Pilates
  - 1.1.4. Beginning in the Pilates Method
- 1.2. The Initial Evaluation
  - 1.2.1. Postural Evaluation
  - 1.2.2. Evaluation of Flexibility
  - 1.2.3. Coordinative Evaluation
  - 1.2.4. Session Planning. Pilates Card
- 1.3. The Pilates Class
  - 1.3.1. Initial Exercises
  - 1.3.2. Grouping of Students
  - 1.3.3. Positioning, Voice, Corrections
  - 1.3.4. The Break
- 1.4. Pupil-Patients
  - 1.4.1. Typology of the Pilates Student
  - 1.4.2. Personalized Commitment
  - 1.4.3. The Student's Objectives
  - 1.4.4. The Choice of the Method
- 1.5. Progressions and Regressions of the Exercises
  - 1.5.1. Introduction to Progressions and Regressions
  - 1.5.2. Progressions
  - 1.5.3. Regressions
  - 1.5.4. The Evolution of the Treatment
- 1.6. General Protocol
  - 1.6.1. A Generalized Basic Protocol
  - 1.6.2. Respecting Pilates Fundamentals
  - 1.6.3. Protocol Analysis
  - 1.6.4. Functions of the Protocol



- 1.7. Exercise Indications
  - 1.7.1. Characteristics of the Initial Position
  - 1.7.2. Contraindications of the Exercises
  - 1.7.3. Verbal, Tactile Aids
  - 1.7.4. Programming of the Classes
- 1.8. The Teacher/Monitor
  - 1.8.1. Student Analysis
  - 1.8.2. Types of Teachers
  - 1.8.3. Generation of a Suitable Environment
  - 1.8.4. Student Follow-up
- 1.9. The Basic Program
  - 1.9.1. Pilates for Beginners
  - 1.9.2. Pilates for Medium Level
  - 1.9.3. Pilates for Experts
  - 1.9.4. Professional Pilates
- 1.10. Pilates Studio Software
  - 1.10.1. Main Softwares for Pilates Study
  - 1.10.2. Application for Pilates
  - 1.10.3. Latest Technology in the Pilates Studio
  - 1.10.4. Most Significant Advances in Pilates Studio



*The 100% online format gives the graduates the greatest comfort by only needing a device with an Internet connection"*



# 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.





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*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.*



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

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.



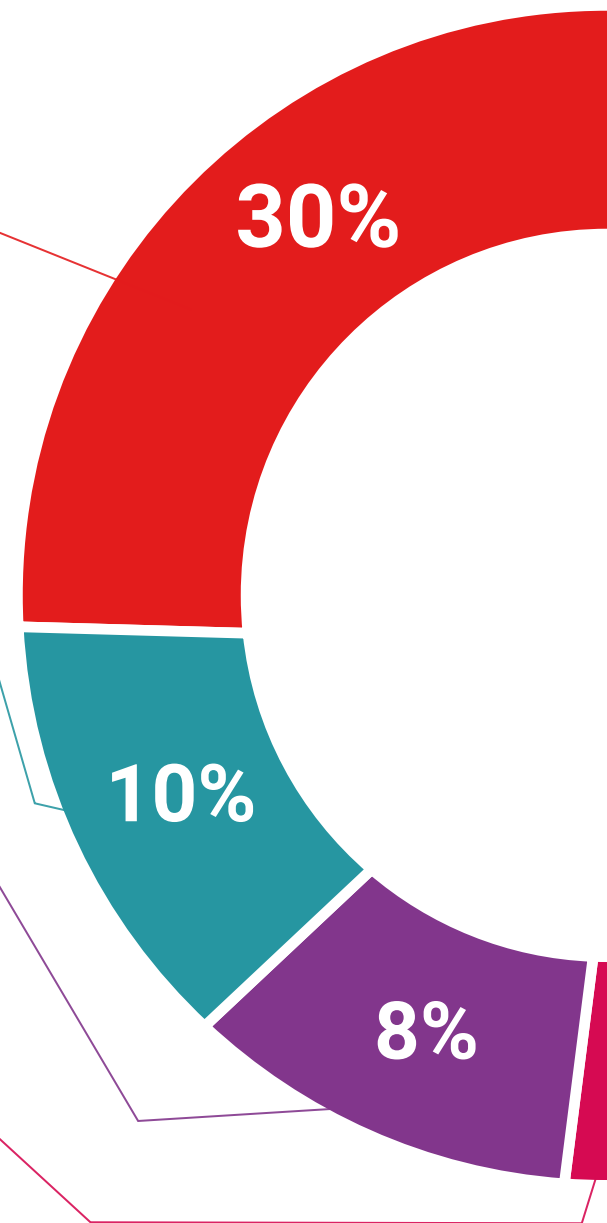
### Practising Skills and Abilities

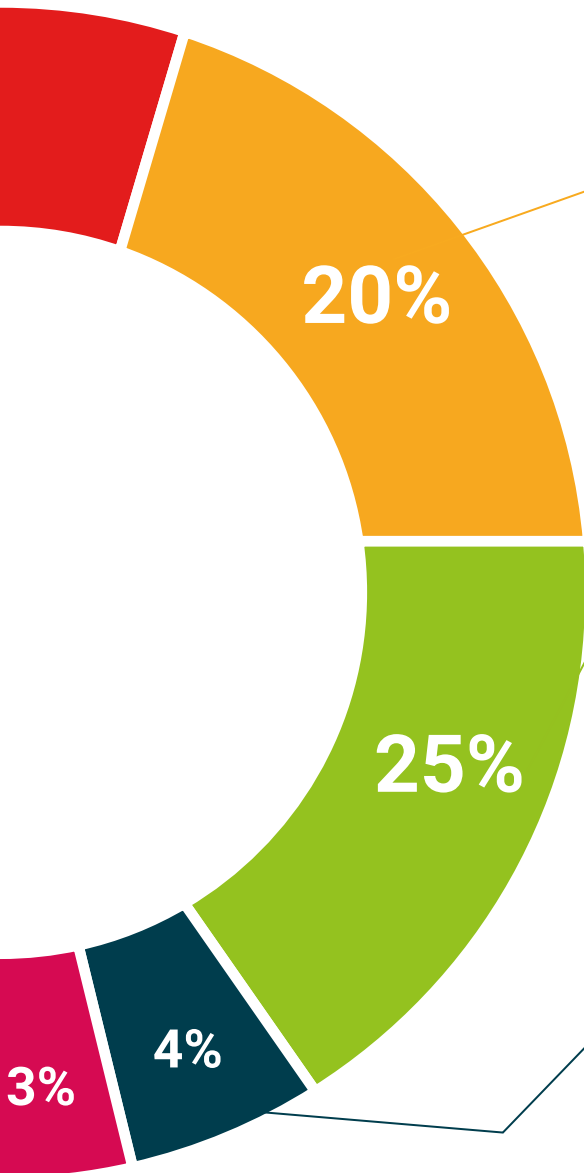
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



### 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 Practical Methodology 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 Practical Methodology** 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 Practical Methodology**

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  
development languages  
virtual classroom



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