

# Postgraduate Certificate

## Practical Methodology in Pilates



## Postgraduate Certificate Practical Methodology in Pilates

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-certificate/practical-methodology-pilates](http://www.techtute.com/us/medicine/postgraduate-certificate/practical-methodology-pilates)

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# 01

# Introduction

In the current era, characterized by an increase in pathologies requiring rehabilitation and a worrying decrease in physical activity, Pilates methodology is presented as an effective response to address this problem. This is why health professionals are increasingly integrating this method into their practice as a complement to their treatments. For this reason, TECH has created this program that offers an update on session planning, Pilates study software, and the latest scientific evidence in this field. A 100% online program that provides flexibility of access to its extensive content developed over 6 weeks of duration.





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Get a complete update in *Practical Methodology in Pilates* "in 6 weeks"

Muscle strengthening, improved flexibility, and postural correction have made Pilates techniques a valuable tool to complement medical treatments in the field of rehabilitation. In addition, the combination of controlled, low-impact exercise and mindful attention to breathing allows patients to work on their recovery safely and efficiently.

In this context, it is essential to know the planning and development of this method in order to incorporate it into the therapeutic process of each patient and specific pathology. This provides significant benefits since it provides a holistic approach and promotes the mind-body connection.

Accordingly, TECH has designed this university program of 150 teaching hours, which provides the doctor with an update on the methods of preparation and implementation of Pilates classes, the initial assessment of the patient, and the initiation exercises in the technique. You will also be able to expand your knowledge of general protocols, exercise progressions and regressions, and the main Pilates study software.

Professionals have an excellent opportunity to effectively update their competencies through an innovative and flexible academic proposal. All you need is a digital device (cell phone, tablet, or computer) with an Internet connection to view the content hosted on the virtual platform at any time of the day. Likewise, thanks to the Relearning system, the graduate will remember complex concepts in less time and in an effective way.

This **Postgraduate Certificate in Practical Methodology in Pilates** 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 specialists in Pilates
- ♦ 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 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



*Thanks to this Postgraduate Certificate, you will learn in-depth how to perform postural evaluation and coordination in the Pilates Methodology"*

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*You will implement the Pilates Methodology in your therapeutic sessions; you will correct the position of your patients thanks to the case studies of this program"*

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

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Enhance your skills in choosing the most appropriate methodology for your Pilates sessions.*

*You will delve into the progressions and regressions of the exercises and adapt them to the treatment of each patient.*



# 02 Objectives

The main objective of this program is to provide medical professionals with up-to-date knowledge and skills in the field of Pilates Methodology. In this sense, the graduate will be able to complement other medical treatments and help improve the quality of life of their patients. Likewise, thanks to the pedagogical tools provided in this program, you will obtain the most accurate and recent information on the scientific studies related to this discipline.





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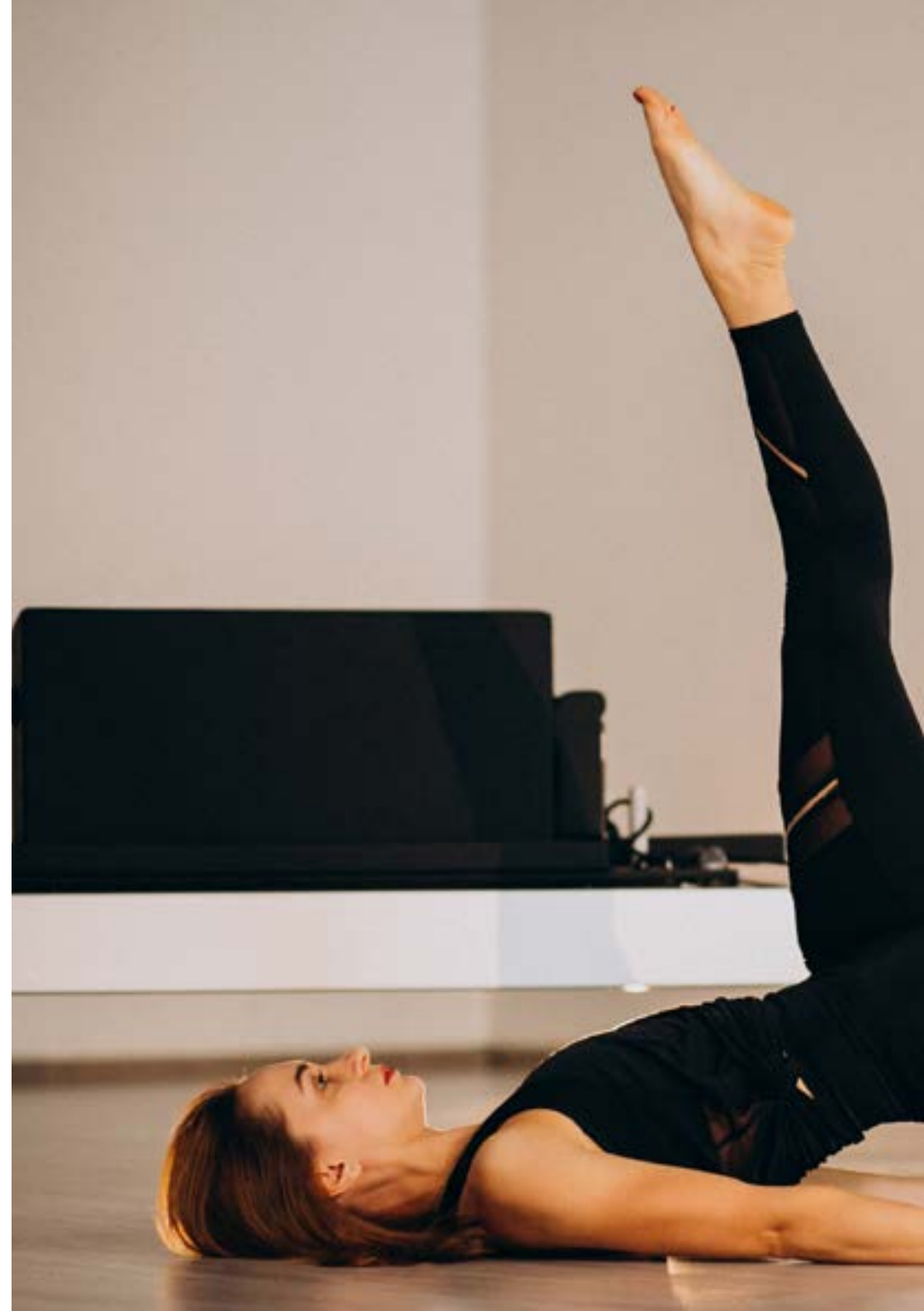
*You will explore the general Pilates protocol in detail, analyze its function, and apply it effectively in your therapeutic sessions”*



## General Objectives

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- ♦ Enhance the knowledge and professional skills in the practice and teaching of Pilates and teaching of the exercises of the Pilates method 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 symptomatology and pathology of each patient
- ♦ Delineate the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- ♦ Avoidance of contraindicated exercises based on prior 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 for Pilates exercise
- ♦ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- ♦ Perform correctly and analytically exercises based on the Pilates Method
- ♦ Analyze the physiological and postural changes that affect pregnant women
- ♦ 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 well applied Pilates Method



*You will have an exclusive update on the indications and contraindications of using certain Pilates techniques"*

03

# Course Management

In order to maintain the academic excellence that characterizes TECH, an outstanding faculty has been selected to develop the syllabus of this Postgraduate Certificate. In this way, this program is composed of recognized specialists in the field of Physiotherapy, with a specific specialization in the Pilates Method. These highly qualified and experienced experts guarantee an exceptional update for physicians, offering them cutting-edge knowledge backed by the main referents in this discipline.



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*You will analyze the various clinical cases thanks to the case studies provided by the outstanding faculty that TECH has prepared for you"*

## 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. Edward Laskowski

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- Director, 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, Salt Lake City, United States
- 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

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Mr. González Arganda, Sergio

- Physiotherapist of Atlético de Madrid Football Club
- CEO Fisio Domicilio Madrid
- Lecturer in the Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- Lecturer in the University Expert in Clinical Pilates
- Lecturer in the Master of Biomechanics and Sports Physiotherapy
- Master in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- Expert in Pilates Rehabilitation by the Royal Spanish Gymnastics Federation
- Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- Physiotherapy Graduate at Comillas Pontifical in University





# 04

## Structure and Content

This program offers innovative content in Pilates Methodology, ensuring a complete update to the clinical specialist. In this way, you will delve into the Pilates class, the initial session, the progressions and regressions of the exercises, and the general Pilates protocol. In addition, you will be aware of the use of technological tools for the study of this method and the indications for the realization of each technique. All this is complemented by the best didactic material.





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*With the Relearning method, you will optimize your study time by focusing efficiently on the most relevant concepts”*

## 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. Words and commands related to Pilates
  - 1.1.4. Onset on the Pilates Method
- 1.2. Initial Assessment
  - 1.2.1. Postural assessment
  - 1.2.2. Flexibility assessment
  - 1.2.3. Evaluación coordinativa
  - 1.2.4. Session planning. Pilates card
- 1.3. Pilates class
  - 1.3.1. Initial exercises
  - 1.3.2. Student groupings
  - 1.3.3. Positioning, voice, corrections
  - 1.3.4. Resting
- 1.4. Student-patients
  - 1.4.1. Pilates student typology
  - 1.4.2. Personalized commitment
  - 1.4.3. Student objectives
  - 1.4.4. The choice of method
- 1.5. Exercise progressions and regressions
  - 1.5.1. Introduction to progressions and regressions
  - 1.5.2. Progressions
  - 1.5.3. Regressions
  - 1.5.4. The evolution of treatment
- 1.6. General protocol
  - 1.6.1. A basic generalized protocol
  - 1.6.2. Respect Pilates fundamentals
  - 1.6.3. Protocol analysis
  - 1.6.4. Protocol functions



- 1.7. Indications of the exercises
  - 1.7.1. Characteristics of initial position
  - 1.7.2. Contraindications of the exercises
  - 1.7.3. Verbal, tactile aids
  - 1.7.4. Class scheduling
- 1.8. The teacher/monitor
  - 1.8.1. Student analysis
  - 1.8.2. Types of teachers
  - 1.8.3. Generation of an adequate environment
  - 1.8.4. Student follow-up
- 1.9. The basic program
  - 1.9.1. Pilates for beginners
  - 1.9.2. Pilates for intermediates
  - 1.9.3. Pilates for experts
  - 1.9.4. Professional Pilates
- 1.10. Software for pilates studio
  - 1.10.1. Main pilates studio software
  - 1.10.2. Application for pilates practicing
  - 1.10.3. Latest technology in the pilates studio
  - 1.10.4. Most significant advances in Pilates studio

“ You will have an update on Pilates studio technology and the main software and applications that will help you in your medical practice”



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"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.



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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

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 evaluate 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.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*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.*

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.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



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.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### 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".



#### 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.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**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.



**Classes**

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Practical Methodology in Pilates 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”*

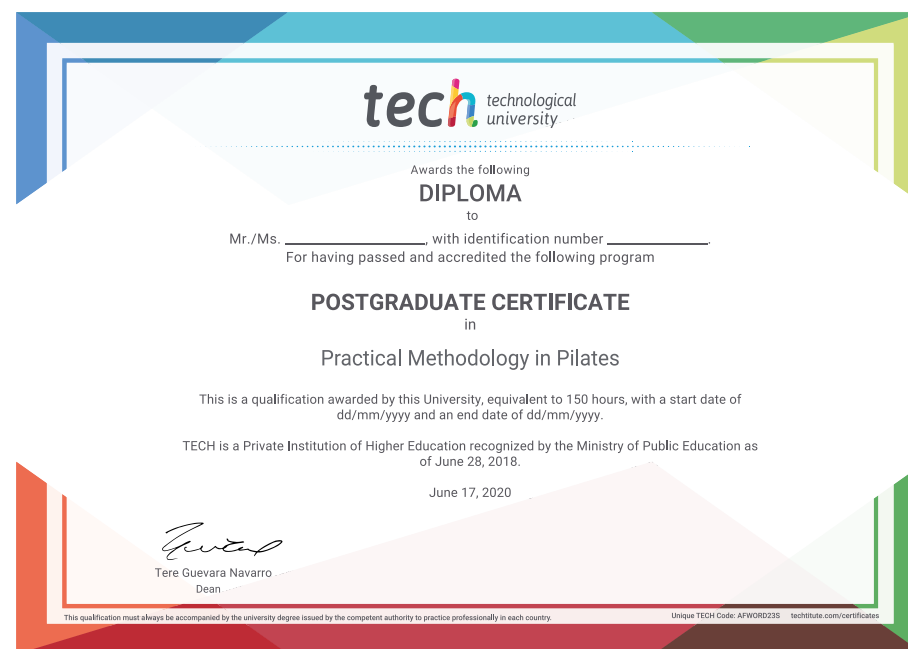
This **Postgraduate Certificate in Practical Methodology in Pilates** contains the most complete and up-to-date scientific on the market.

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 Practical Methodology in Pilates**

Official N° of Hours: **150 h.**



\*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.





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