

# Postgraduate Diploma

## Application of the Pilates Method





## Postgraduate Diploma Application of the Pilates Method

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

Website: [www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-application-pilates-method](http://www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-application-pilates-method)

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# 01

# Introduction

Nowadays, the application of Pilates techniques offers the possibility of improving health and physical well-being, using it in the functional recovery of various pathologies and the treatment of injuries. For this reason, it is essential for medical specialists to keep up to date on the new mechanisms for implementing Pilates in the healthcare setting as a complementary therapy. With this objective in mind, TECH has developed this 100% online program, which provides an update on therapeutic techniques, the latest technology in the study of Pilates, and the different types of breathing and postures. All this, with total freedom of access to the content from any electronic device with an Internet connection.



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*You will actively apply the Pilates Method in your professional practice, taking advantage of its benefits to improve the health and physical well-being of your patients"*

In recent decades, Pilates has become a popular exercise method for improving physical health and well-being. In this way, it is increasingly being used in the functional recovery of various pathologies and the treatment of injuries. This is why medical specialists recognize its effectiveness as a complementary therapy and, therefore, need to update their knowledge about the new mechanisms of Pilates implementation in order to integrate it into their clinical practice.

This is why medical specialists recognize its effectiveness as a complementary therapy and, therefore, need to update their knowledge about the new mechanisms of Pilates implementation in order to integrate it into their clinical practice. All this, over 6 months and 450 intensive hours.

It is a program that will allow the graduate to delve into the differences between classical and modern Pilates, explore both Pilates Floor and Pilates Machines, as well as address the fundamentals of Therapeutic Pilates.

Consequently, this Postgraduate Diploma will provide the professional with a complete update through exhaustive content and with the best didactic material of the present academic panorama. In addition, it offers the possibility of combining personal and work activities with a university proposal, which is not subject to strict schedules, and offers a Relearning system, which allows the graduate to remember concepts quickly and efficiently.

This **Postgraduate Diploma in Application of the 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 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 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



*You will broaden your knowledge of the Pilates Method, its historical background, evolution, and therapeutic applications in the medical field"*

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*You will delve into the fundamentals of Pilates Floor and Pilates Machines, with which you will offer a variety of training options to your patients”*

*You will delve into the differences between Classical and Modern Pilates, acquiring the skills necessary to apply both approaches effectively.*

*You will implement the latest scientific research on Pilates thanks to this Postgraduate Diploma that only TECH offers you.*

The program's teaching staff includes professionals from the sector who bring to this training the experience of their work, as well as renowned specialists from reference 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.



# 02 Objectives

This degree has been designed to provide the physician with an update on the application of the Pilates Method in the healthcare environment. In this way, the expert will be able to integrate this modality of exercise and rehabilitation in their clinical practice, taking advantage of the benefits it offers in terms of improving mobility, muscle strength, posture, and physical function in general. All this will be achieved thanks to a program that provides the flexibility that the professional needs to coordinate their daily activities with those of their update, since they will not be subject to sessions with strict schedules.







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*Maintain with TECH an updated knowledge on the latest advances in the approach of pathologies through Pilates"*



## 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 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
- ♦ To 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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### Module 1. The Pilates Method

- ♦ Delve into the background of Pilates
- ♦ Delve into the history of Pilates
- ♦ Describe the Pilates methodology

### Module 2. Fundamentals of the Pilates Method

- ♦ Delve into fundamentals of Pilates
- ♦ Identify the most relevant exercises
- ♦ Explain the Pilates positions to be avoided

### Module 3. Methodology in the practice of the Pilates Method

- ♦ 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



*The case studies will give you a close look at the most effective methodology for conducting Pilates sessions"*

03

# Course Management

In order to maintain the quality standard that characterizes TECH programs, this program has a faculty made up of recognized specialists in the field of Physical Therapy, as well as experts in the Pilates Method. As a result, the medical professional will be guaranteed to receive cutting-edge updates from specialists who are active and constantly evolving in this field.





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*You will enjoy an elite faculty that will allow you to evaluate and design personalized Pilates sessions, adapting the exercises to the individual needs of your patients"*

## Management



### Mr. González Arganda, Sergio

- ♦ Physiotherapist of Atlético de Madrid Football Club
- ♦ CEO Fisis Domicilio Madrid
- ♦ Lecturer in the Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- ♦ Lecturer in the Postgraduate Diploma 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 and Rehabilitation by the Royal Spanish Gymnastics Federation
- ♦ Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ♦ Graduate in Physiotherapy from Comillas Pontifical University

## Professors

### Ms. Díaz Águila, Estrella

- ♦ Physiotherapist at H3
- ♦ Physiotherapist at Physiotherapy Castilla Clinic
- ♦ Physiotherapist at Fiosiomagna Clinic
- ♦ Physiotherapist at CEMAJ Medical Center
- ♦ Master's Degree in Osteopathy at Alcalá University
- ♦ Musculoskeletal ultrasound course for physiotherapists at MV Clinic
- ♦ PHL Back School Course: Therapeutic Pilates, hypopressive and functional exercise at the College of Physiotherapists of Andalusia
- ♦ Postgraduate Certificate in Physiotherapy at the University of Alcalá



# 04

## Structure and Content

This Postgraduate Diploma in Application of the Pilates Method is a program aimed at physicians seeking to keep abreast of advances in this field. Therefore, during the course of this program, graduates will get an update on the structuring of the sessions and the different existing typologies. In addition, you will delve into the different types of breathing or the importance of the Core and its relationship with the pelvis. For this, the graduate will have additional teaching resources, such as videos of real case studies, accessible from any device with an Internet connection.





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*You will obtain faster and more effective results by assimilating complex concepts efficiently with the Relearning method"*

## 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 customized 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. Method Evolution
  - 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. Principles Pilates Method
  - 1.4.1. Definition of Principles
  - 1.4.2. Evolution of Principles
  - 1.4.3. Progression levels
  - 1.4.4. Conclusions
- 1.5. Classical versus 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 on the Floor and Pilates on Machines
  - 1.6.1. Fundamentals of Floor Pilates
  - 1.6.2. Evolution of Pilates on floor
  - 1.6.3. Fundamentals of Pilates on Machines
  - 1.6.4. Evolution of Pilates on Machines

- 1.7. Scientific Evidence
  - 1.7.1. Scientific journals related to Pilates
  - 1.7.2. Doctoral thesis on Pilates
  - 1.7.3. Pilates Publications
  - 1.7.4. Pilates applications
- 1.8. Orientations of the Pilates Method
  - 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. Pilates Associations and Federations
  - 1.10.1. Definitions
  - 1.10.2. Benefits
  - 1.10.3. Objectives
  - 1.10.4. PMA

## Module 2. Fundamentals of the Pilates Method

- 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. Subsequent 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. Pelvis as the core of stability and movement
  - 2.3.1. The Joseph Pilates Core
  - 2.3.2. The Scientific Core
  - 2.3.3. Anatomical basis
  - 2.3.4. Core in recovery processes
- 2.4. The organization of the shoulder girdle
  - 2.4.1. Anatomical Review
  - 2.4.2. Shoulder Girdle Biomechanics
  - 2.4.3. Pilates applications
  - 2.4.4. Conclusions
- 2.5. The organization of lower limb movement
  - 2.5.1. Anatomical Review
  - 2.5.2. Biomechanics the Lower Limb
  - 2.5.3. Pilates applications
  - 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. Pilates applications
  - 2.6.4. Conclusions
- 2.7. Body segment alignments
  - 2.7.1. Posture
  - 2.7.2. Posture in Pilates
  - 2.7.3. Segmental alignments
  - 2.7.4. Muscle and fascial chains
- 2.8. Functional integration
  - 2.8.1. Concept of functional Integration
  - 2.8.2. Implications on 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. Pilates clásico y Pilates terapéutico
  - 2.10.1. Differences between both methods
  - 2.10.2. Justification
  - 2.10.3. Progressions
  - 2.10.4. Conclusions

### Module 3. Methodology in the practice of the Pilates Method

- 3.1. The initial session
  - 3.1.1. Initial Assessment
  - 3.1.2. Informed Consent
  - 3.1.3. Words and commands related to Pilates
  - 3.1.4. Onset on the Pilates Method
- 3.2. Initial Assessment
  - 3.2.1. Postural assessment
  - 3.2.2. Flexibility assessment
  - 3.2.3. Evaluación coordinativa
  - 3.2.4. Session planning. Pilates card
- 3.3. Pilates class
  - 3.3.1. Initial exercises
  - 3.3.2. Student groupings
  - 3.3.3. Positioning, voice, corrections
  - 3.3.4. Resting
- 3.4. Student-patients
  - 3.4.1. Pilates student typology
  - 3.4.2. Personalized commitment
  - 3.4.3. Student objectives
  - 3.4.4. The choice of method

- 3.5. Exercise progressions and regressions
  - 3.5.1. Introduction to progressions and regressions
  - 3.5.2. Progressions
  - 3.5.3. Regressions
  - 3.5.4. The evolution of treatment
- 3.6. General protocol
  - 3.6.1. A basic generalized protocol
  - 3.6.2. Respect Pilates fundamentals
  - 3.6.3. Protocol analysis
  - 3.6.4. Protocol functions
- 3.7. Indications of the exercises
  - 3.7.1. Characteristics of initial position
  - 3.7.2. Contraindications of the exercises
  - 3.7.3. Verbal, tactile aids
  - 3.7.4. Class scheduling
- 3.8. The teacher/monitor
  - 3.8.1. Student analysis
  - 3.8.2. Types of teachers
  - 3.8.3. Generation of an adequate environment
  - 3.8.4. Student follow-up
- 3.9. The basic program
  - 3.9.1. Pilates for beginners
  - 3.9.2. Pilates for intermediates
  - 3.9.3. Pilates for experts
  - 3.9.4. Professional Pilates
- 3.10. Software for pilates studio
  - 3.10.1. Main pilates studio software
  - 3.10.2. Application for pilates practicing
  - 3.10.3. Latest technology in the pilates studio
  - 3.10.4. Most significant advances in Pilates studio





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*With this university program  
you will be up to date with the  
main pilates study software”*

# 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 Diploma in Application of the Pilates Method guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma 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 Diploma in Application of the 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 Diploma** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Diploma in Application of the Pilates Method**

Official N° of Hours: **450 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate 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 language  
virtual classroom



## Postgraduate Diploma

Application of the  
Pilates Method

- » Modality: online
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# Postgraduate Diploma

## Application of the Pilates Method

