

# Postgraduate Diploma

## Pilates Method on the Floor



## Postgraduate Diploma Pilates Method on the Floor

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

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

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# 01

# Introduction

Patients' lack of awareness of the benefits of complementary Pilates treatments may be attributed to insufficient dissemination of its advantages by health professionals. For this reason, it is crucial that doctors keep up to date and include this therapeutic option to treat problems of the Spine and upper and Lower Limbs. In response to this need, TECH has developed this program designed to offer professionals an update on the adaptation of Pilates exercises for each pathology, practices on the floor, and central and joint stabilization techniques. In addition, the program is 100% delivered, giving the alternative of connecting to it anytime, anywhere.



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*You will update your knowledge of Pilates Methods on the Floor with this 100% online TECH program"*

Often, patients tend to opt for more conventional treatments due to their lack of knowledge about the existence of effective complementary therapies to address problems related to the Spine and Upper and Lower Limbs. In this case, the lack of awareness on the part of the patient about the powers of Pilates therapy may be related to a lack of disclosure. For this reason, physicians should be aware of the latest scientific evidence regarding the techniques and models of this type of exercise.

In this context, TECH has developed this Postgraduate Diploma, which offers clinicians a complete update on how Pilates techniques can improve spinal, upper, and lower limb disorders and the various existing pathologies.

This program will allow students to expand their skills in the adaptation of positions and exercises with this type of therapy, the evaluation of the capabilities of patients with various conditions, and their adaptation to Pilates exercises. All of this is complemented by a wide variety of multimedia materials available in a virtual library, which can be accessed unlimitedly during the course of this specialized program.

In addition, this academic option offers flexibility to the professional since it can be accessed at any time and from anywhere. In addition, this program incorporates the *Relearning* system in its methodology, which allows the graduate to more efficiently remember the most relevant concepts in a shorter period of time.

This **Postgraduate Diploma in Pilates Method on the Floor** 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



*Incorporate into your clinical practice the Pilates techniques that most favor the recovery of alterations in the upper and lower limbs"*



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*You will delve with the best didactic material in the versatility of Pilates exercises on machines and how to adapt them to each pathology”*

*You will offer personalized solutions to your patients and apply the most innovative techniques of Pilates therapy.*

*You will treat Shoulder, Elbow, Wrist, Knee, and Ankle pain with specific Pilates protocols.*

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, students will be assisted by an innovative interactive video system developed by renowned experts.



# 02 Objectives

The main objective of this program is to provide physicians with the most up-to-date information on the Pilates Methods on the Floor, enabling them to use this discipline as an effective therapeutic tool in the treatment of various pathologies. Likewise, by integrating the principles and techniques of this physical activity into their clinical practice, practitioners will offer their patients a complementary treatment option that promotes the health and well-being. In addition, this program uses innovative multimedia resources, such as in-focus videos with high-quality images.







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*You will delve into neurological conditions addressed with Pilates, such as Multiple Sclerosis, Stroke, Parkinson's, and Cerebral Palsy”*



## 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
- ♦ 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. Pilates in Spine disorders

- ◆ Inquire into the main problems of the Spine and their approach
- ◆ Update knowledge on the main problems of the Spine and their approach
- ◆ Apply specific exercise protocols for the injury recovery process

### Module 2. Pilates in Upper Limb disorders

- ◆ Identify the pathologies of the Shoulder and their management
- ◆ Develop knowledge about the pathology of the Elbow and its approach
- ◆ Delve into the pathology of the Wrist and its approach

### Module 3. Pilates in Lower Limb disorders

- ◆ Detect distinctive characteristics of each injury
- ◆ Address the alterations through exercises based on the Pilates Method
- ◆ Adapt specific exercise protocols for the injury recovery process

### Module 4. General pathology and its treatment with Pilates

- ◆ Master the characteristics of each pathology
- ◆ Identify the main alterations of each pathology
- ◆ Address the alterations through exercises based on the Pilates Method





03

# Course Management

TECH is distinguished by its focus on generating cutting-edge, top-quality content. To achieve this goal, it has brought together renowned professionals with extensive experience in Physiotherapy and Pilates. In this way, physicians have access to an advanced syllabus created by genuine experts in this highly popular method. This opportunity offers graduates an exceptional updating their knowledge with leading specialists in the field.





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*You will learn how Pilates can be an effective tool in the treatment of Osteoporosis and Pelvic Floor problems from renowned experts in the field of Physiotherapy”*



## 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 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

## Professors

### Ms. Cortés Lorenzo, Laura

- ♦ Physiotherapist at Fiosiomon Clinic
- ♦ Physiotherapist in the Technification Center of the Hockey Federation of Madrid
- ♦ Physiotherapist in companies through Fisiowork S.L.
- ♦ Traumatology physiotherapist in Artros Clinic
- ♦ Physiotherapist in Club SPV51 and Club Valdeluz Hockey Club
- ♦ Diploma in Physiotherapy at the Complutense University of Madrid

### Mr. Pérez Costa, Eduardo

- ♦ CEO of Move2Be Physiotherapy and Readaptation
- ♦ Independent physiotherapist, home treatment in Madrid
- ♦ Physiotherapist Natal Clinic San Sebastian de los Reyes
- ♦ Sports readaptor of Club Baloncesto Zona Press
- ♦ Physiotherapist in the UD Sanse's subsidiary team
- ♦ Physiotherapist on the field with the Marcet Foundation.
- ♦ Physiotherapist at Pascual & Muñoz Clinic
- ♦ Physiotherapist at the Fisisio Life Plus clinic
- ♦ Master in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- ♦ Degree in Physiotherapy at the University of Alcalá

### Ms. García Ibáñez, Marina

- ♦ Physiotherapist at Foundation Multiple Sclerosis of Madrid and private consultation at home
- ♦ Physiotherapist for home treatment in pediatrics and adults with neurological pathology
- ♦ Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Physiotherapist and Psychologist in Kinés Clinic
- ♦ Physiotherapist in San Nicolás Clinic
- ♦ Master's Degree in Neurological Physiotherapy: Techniques of Assessment and Treatment at the European University of Madrid
- ♦ Expert in Neurological Physiotherapy at the European University of Madrid
- ♦ Degree in Psychology from the National University of Distance Education

# 04

## Structure and Content

This Postgraduate Diploma offers an update in the field of the Pilates Method on the Floor, offering the specialist the opportunity to broaden their knowledge and delve into the biomechanics of the spine, central stabilization exercises, and disc syndromes. In addition, you will explore specific exercises for upper and lower-limb nerve disorders and dissociation. All this, with the flexibility provided by being a 100% online program, allows medical professionals to participate in this activity without having to adjust to a pre-established schedule and without interfering with their daily responsibilities.



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*An academic program developed with the most effective pedagogical methodology, 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. Pilates in Upper Limb disorders

- 2.1. Basic anatomical recall
  - 2.1.1. Osteology of the Upper Limb
  - 2.1.2. Myology of the Upper Limb
  - 2.1.3. Biomechanics of the Upper Limb
  - 2.1.4. Good practices
- 2.2. Stabilization exercises
  - 2.2.1. Introduction to stabilization exercise
  - 2.2.2. MATT stabilization exercises
  - 2.2.3. Machine stabilization exercises
  - 2.2.4. Best stabilization exercises





- 2.3. Joint mobilization exercises
  - 2.3.1. Introduction to joint mobility exercises
  - 2.3.2. Joint mobility exercises MATT
  - 2.3.3. Joint mobility exercises on machine
  - 2.3.4. Best joint mobility exercises
- 2.4. Strengthening exercises
  - 2.4.1. Introduction to strengthen exercises
  - 2.4.2. MATT strengthen exercises
  - 2.4.3. Machine strengthen exercises
  - 2.4.4. Best strengthen exercises
- 2.5. Functional exercises
  - 2.5.1. Introduction to functional exercises
  - 2.5.2. MATT functional exercises
  - 2.5.3. Machine stabilization exercises
  - 2.5.4. Best functional exercises
- 2.6. Shoulder Pathology Specific protocols
  - 2.6.1. Painful Shoulder
  - 2.6.2. Frozen shoulder
  - 2.6.3. Shoulder hypomobility
  - 2.6.4. Shoulder exercises
- 2.7. Elbow pathology Specific protocols
  - 2.7.1. Articular Pathology
  - 2.7.2. Muscle–tendon Pathology
  - 2.7.3. Post-traumatic or post-surgical elbow
  - 2.7.4. Elbow Exercises
- 2.8. Wrist Pathology
  - 2.8.1. Main syndromes
  - 2.8.2. Wrist pathology types
  - 2.8.3. Wrist Exercises
  - 2.8.4. Conclusions

- 2.9. Pathology of the Hand
  - 2.9.1. Main syndromes
  - 2.9.2. Type of pathology Hand
  - 2.9.3. Hand Exercises
  - 2.9.4. Conclusions
- 2.10. Nerve entrapments in the upper limb
  - 2.10.1. Brachial plexus
  - 2.10.2. Peripheral nerves
  - 2.10.3. Type of pathology
  - 2.10.4. Exercises for nervous treatments in the upper limb

### Module 3. Pilates in Lower Limb disorders

- 3.1. Basic anatomical recall
  - 3.1.1. Osteology of the Lower Limb
  - 3.1.2. Myology of the Lower Limb
  - 3.1.3. Biomechanics of the Lower Limb
  - 3.1.4. Good Practices
- 3.2. Frequent pathologies susceptible to treatment with Pilates
  - 3.2.1. Growth pathologies
  - 3.2.2. Pathologies in the athlete
  - 3.2.3. Other Types of Pathologies
  - 3.2.4. Conclusions
- 3.3. Exercises indicated on Mat, Machines, and Implements. General protocol
  - 3.3.1. Dissociation exercises
  - 3.3.2. Mobilization exercises
  - 3.3.3. Strengthening exercises
  - 3.3.4. Functional exercises
- 3.4. Hip Pathology
  - 3.4.1. Articular Pathology
  - 3.4.2. Musculotendinous pathology
  - 3.4.3. Surgical pathology. Prosthesis
  - 3.4.4. Hip Exercises

- 3.5. Knee Pathology
  - 3.5.1. Articular Pathology
  - 3.5.2. Muscle-tendon Pathology
  - 3.5.3. Surgical pathology. Prosthesis
  - 3.5.4. Knee Exercises
- 3.6. Ankle Pathology
  - 3.6.1. Articular Pathology
  - 3.6.2. Musculotendinous pathology
  - 3.6.3. Surgical Pathology
  - 3.6.4. Ankle Exercises
- 3.7. Foot Pathology
  - 3.7.1. Joint and fascial pathology
  - 3.7.2. Musculotendinous pathology
  - 3.7.3. Surgical pathology
  - 3.7.4. Foot Exercises
- 3.8. Nerve entrapments in the Lower Limb
  - 3.8.1. Brachial plexus
  - 3.8.2. Peripheral Nerves
  - 3.8.3. Types of pathologies
  - 3.8.4. Exercises for nerve entrapments in the Lower Limb
- 3.9. Analysis of the anterolateral chain of the lower limb.
  - 3.9.1. What is the anterolateral chain, and how important is it for the patient?
  - 3.9.2. Important aspects for assessment
  - 3.9.3. The relationship of the chain with pathology already described
  - 3.9.4. Exercises for training of the anterolateral chain
- 3.10. Analysis of the posteromedial chain of the lower limb.
  - 3.10.1. What is the posterior-medial chain, and how important is it for the patient?
  - 3.10.2. Important aspects for assessment
  - 3.10.3. The relationship of the complex with pathology already described
  - 3.10.4. Exercises for training of the posteromedial chain

**Module 4. General pathology and its treatment with Pilates**

- 4.1. Nervous system
  - 4.1.1. Central Nervous System
  - 4.1.2. Peripheral Nervous System
  - 4.1.3. Brief description of neural pathways
  - 4.1.4. Benefits of Pilates in neurological pathology
- 4.2. Neurological assessment focused on Pilates
  - 4.2.1. Medical History
  - 4.2.2. Strength and tone assessment
  - 4.2.3. Sensitivity assessment
  - 4.2.4. Tests and scales
- 4.3. Most prevalent neurological pathologies and scientific evidence in Pilates
  - 4.3.1. Brief description of the pathologies
  - 4.3.2. Basic principles of Pilates in neurological pathology
  - 4.3.3. Adaptation of Pilates positions
  - 4.3.4. Adaptation of Pilates Exercises
- 4.4. Multiple Sclerosis
  - 4.4.1. Pathology description
  - 4.4.2. Assessment of the patient's capabilities
  - 4.4.3. Adaptation of Pilates exercises on floor
  - 4.4.4. Adaptation of Pilates exercises with elements
- 4.5. Stroke
  - 4.5.1. Pathology description
  - 4.5.2. Assessment of the patient's capabilities
  - 4.5.3. Adaptation of Pilates exercises on floor
  - 4.5.4. Adaptation of Pilates exercises with elements
- 4.6. Parkinson's Disease
  - 4.6.1. Pathology description
  - 4.6.2. Assessment of the patient's capabilities
  - 4.6.3. Adaptation of Pilates exercises on the floor
  - 4.6.4. Adaptation of Pilates exercises with elements
- 4.7. Cerebral Palsy
  - 4.7.1. Pathology description
  - 4.7.2. Assessment of the patient's capabilities
  - 4.7.3. Adaptation of Pilates exercises on floor
  - 4.7.4. Adaptation of Pilates exercises with elements
- 4.8. Older adults
  - 4.8.1. Age-related pathologies
  - 4.8.2. Assessment of the patient's capabilities
  - 4.8.3. Indicated exercises
  - 4.8.4. Contraindicated exercises
- 4.9. Osteoporosis
  - 4.9.1. Pathology description
  - 4.9.2. Assessment of the patient's capabilities
  - 4.9.3. Indicated exercises
  - 4.9.4. Contraindicated exercises
- 4.10. Pelvic Floor Disorders: Urinary Intinence
  - 4.10.1. Pathology description
  - 4.10.2. Incidence and Prevalence
  - 4.10.3. Indicated exercises
  - 4.10.4. Contraindicated exercises



*You'll get unlimited access to a virtual library of multimedia materials to support your updates anytime, anywhere"*

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

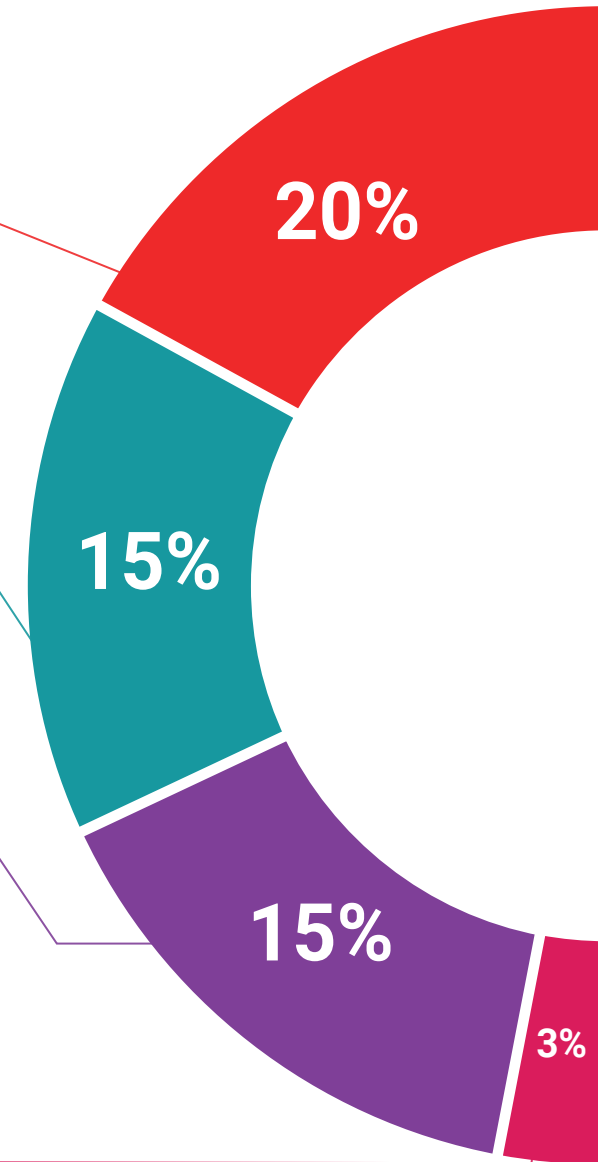
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

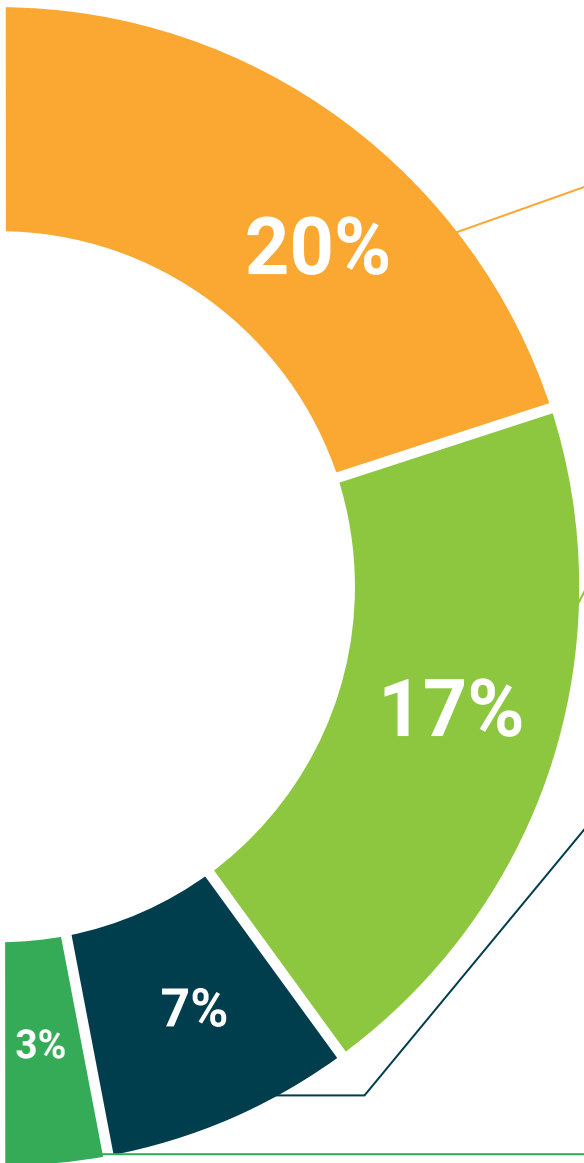


#### Additional Reading

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 Pilates Method on the Floor 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”*

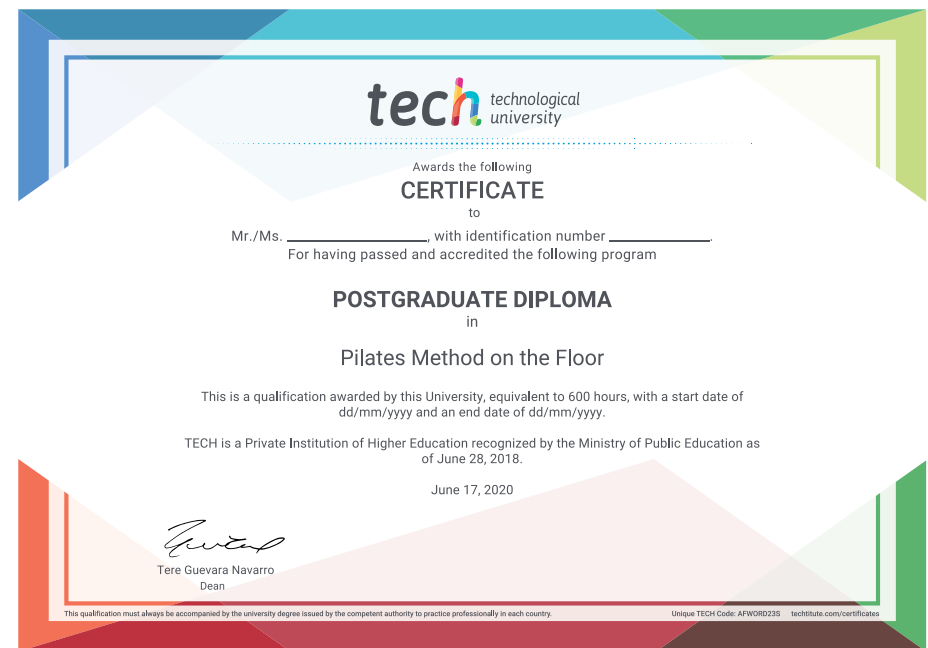
This **Postgraduate Diploma in Pilates Method on the Floor** contains the most complete and up-to-date scientific on the market.

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 Pilates Method on the Floor**

Official N° of Hours: **600 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 quality

online training

development languages  
virtual classroom

**tech** technological  
university

## Postgraduate Diploma Pilates Method on the Floor

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