

Postgraduate Certificate Pilates Method for Nursing





Postgraduate Certificate Pilates Method for Nursing

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Credits: 12 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/nursing/postgraduate-certificate/pilates-method-nursing

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 18

05

Methodology

p. 24

06

Certificate

p. 32

01

Introduction

The Pilates Method in the nursing sector has a direct focus on the health and well-being of the patient through physical exercise. In this case, this discipline is aimed at athletes who have undergone surgery and must attend rehabilitation. According to the relevance of this subfield of study, this academic program has been opened to provide the nursing professionals with a content of the highest standards regarding the enhancement of knowledge and professional skills in the practice and teaching of Pilates exercises. All this in a pedagogical format 100% online and with a team of teachers of the highest level.



“

TECH brings you great content with emphasis on the Pilates Method of the highest academic standards"

The Pilates Method has developed and has given rise to a large number of different styles and applications. In this way it has positioned itself as one of the most important and famous disciplines in the world, where it has revolutionized training and physical rehabilitation techniques. Professionals have focused their efforts and studies on perfecting the patient's recovery methods according to their pathology. Over time they have achieved this, integrating movements and implements based on Pilates, achieving excellent results in millions of patients.

In this sense, research in this field has made great strides in improving recovery techniques and making it clear that nursing professionals must continue to be at the forefront in this area of knowledge. In this way, this Postgraduate Certificate will offer the professional updates on the Pilates Method from the focus on therapeutic aspects.

Students will reinforce their knowledge in important points related to the differentiation in the applications of Pilates exercises and the adaptations to be made for each patient. This is a program that integrates a teaching staff with extensive experience along with high quality multimedia material that offers dynamism and comfort with the online modality.

In this way, TECH thinks in comfort and excellence, so this program offers the most complete and high standards update, being a program of great flexibility by only needing a device with Internet connection to easily access the virtual platform from the comfort of the place where you are.

This **Postgraduate Certificate in Pilates Method for Nursing** 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 specialists
- ◆ 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



The most complete update on the Pilates Method for Nursing can only be offered by TECH"

“

With this program you will have the support of a highly qualified professional team and, in addition, you will have access to dozens of hours of innovative audiovisual content"

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

Update your knowledge related to the history of Pilates and its background in patients with the best theoretical, practical and additional content.

In this university program you will only need a device with an Internet connection to access the virtual platform.



02 Objectives

This Postgraduate Certificate in Pilates Method for Nursing has been developed primarily to provide the professionals with the latest developments in the field of Nursing. For this reason, TECH offers a variety of innovative technological tools, guaranteeing the successful development of the program. At the end of this program, the students will have strengthened their skills in delimiting the progressions and regressions of the exercises according to the different phases in the recovery process of an injury.



“

With TECH you will develop your university qualification in an optimal way with the support of academic innovation tools"



General Objectives

- 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





Specific Objectives

Module 1. Pilates Method

- ◆ Delve into the background of Pilates
- ◆ Go deeper into the history of Pilates
- ◆ Describe the methodology of Pilates

Module 2. Pilates Method Fundamentals

- ◆ Delve into the fundamentals of Pilates
- ◆ Identify the most relevant exercises
- ◆ Explain the Pilates positions to avoid



One of TECH's objectives is for you to achieve your goals with the most advanced Pilates Method in Nursing program"



03

Course Management

TECH offers an elite update for the graduates who are pursuing their programs thanks to the didactic resources that successfully accompany the development of each of its academic programs. In this sense, the specialists will have access to material designed by a professional team specialized in Osteopathy, Osteopathy of the Locomotor System and rehabilitation protocols. Their extensive experience and in-depth knowledge will allow them to resolve any doubts that may arise during the course of the program.



“

TECH integrates a highly qualified and specialized teaching staff in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy"

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. Laskowski, Edward

- ♦ *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*

“

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

Management



Mr. Sergio González Arganda

- ♦ Physiotherapist of Atlético de Madrid Football Club
- ♦ CEO Fisio Domicilio Madrid
- ♦ Teacher in the Professional Master's Degree in Physical Preparation and Sports Readaptation in Soccer
- ♦ Teacher in the Postgraduate Diploma Pilates Clinical Pilates
- ♦ Teacher in the Professional Master's Degree in Biomechanics and Sports Physiotherapy
- ♦ Professional Master's Degree in Osteopathy of the Locomotor System from 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 Pontifical University of Comillas

Professors

Ms. Valiente Serrano, Noelia

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

Mr. Longás de Jesús, Antonio

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



04

Structure and Content

This program has been designed and oriented according to the most recent research in the field of Nursing, establishing a syllabus that offers great content on the Pilates Method for Nursing. This Postgraduate Certificate is guided to provide exclusive and advanced content regarding Classical vs. Contemporary/Modern Pilates. All this, through the various multimedia tools that offer dynamism and a greater attractiveness to this university program.





“

An expertly crafted syllabus and high standard content with an emphasis on Therapeutic Pilates”

Module 1. Pilates Method

1. 1. Joseph Pilates
 - 1.1.1. Joseph Pilates
 - 1.1.2. Books and Postulates
 - 1.1.3. Legacy
 - 1.1.4. Origin of the Personalized Exercise
- 1.2. Background of the Pilates Method
 - 1.2.1. References
 - 1.2.2. Evolution
 - 1.2.3. Current Situation
 - 1.2.4. Conclusions
- 1.3. Evolution of the Method
 - 1.3.1. Improvements and Modifications
 - 1.3.2. Contributions to the Pilates Method
 - 1.3.3. Therapeutic Pilates
 - 1.3.4. Pilates and Physical Activity
- 1.4. Pilates Method Principles
 - 1.4.1. Definition of the Principles
 - 1.4.2. Evolution of the Principles
 - 1.4.3. Levels of Progression
 - 1.4.4. Conclusions
- 1.5. Classical vs. Contemporary/Modern Pilates
 - 1.5.1. Key Points in Classical Pilates
 - 1.5.2. Modern/Classical Pilates Analysis
 - 1.5.3. Contributions of Modern Pilates
 - 1.5.4. Conclusions
- 1.6. Pilates Floor and Pilates Machines
 - 1.6.1. Fundamentals in Pilates Floor
 - 1.6.2. Evolution of Pilates Floor
 - 1.6.3. Fundamentals in Pilates Machines
 - 1.6.4. Evolution in Pilates Machines



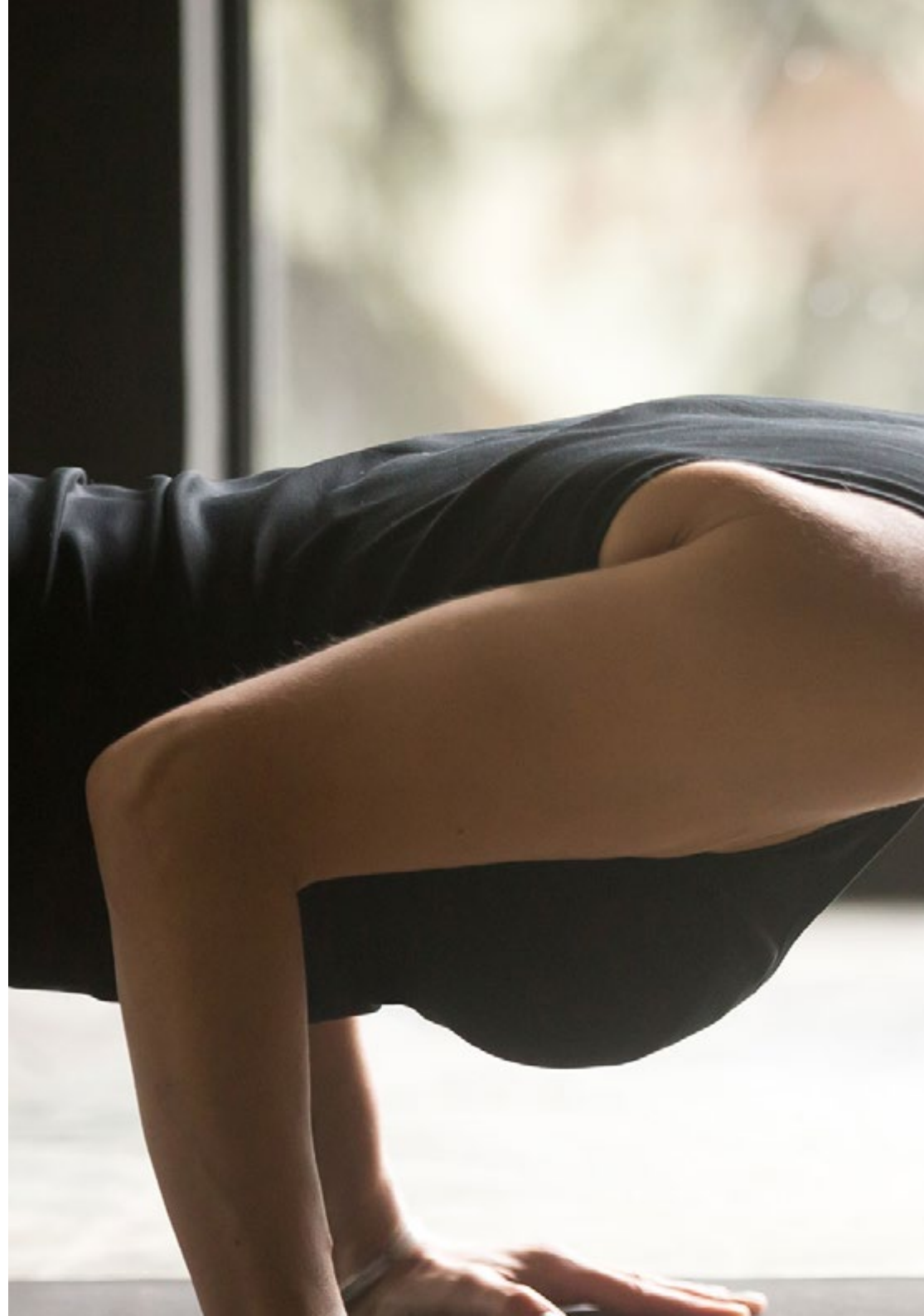


- 1.7. Scientific Evidence
 - 1.7.1. Scientific Journals Related to Pilates
 - 1.7.2. Doctoral Theses on Pilates
 - 1.7.3. Pilates Publications
 - 1.7.4. Applications for Pilates
- 1.8. Pilates Method Orientations
 - 1.8.1. National Trends
 - 1.8.2. International Trends
 - 1.8.3. Trend Analysis
 - 1.8.4. Conclusions
- 1.9. Schools
 - 1.9.1. Pilates Training Schools
 - 1.9.2. Magazines
 - 1.9.3. Evolution of Pilates Schools
 - 1.9.4. Conclusions
- 1.10. The Pilates Associations and Federations
 - 1.10.1. Definitions
 - 1.10.2. Benefits
 - 1.10.3. Objectives
 - 1.10.4. LDC

Module 2. Pilates Method Fundamentals

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

- 2.3. The Pelvis as the Center of Stability and Movement
 - 2.3.1. The Core of Joseph Pilates
 - 2.3.2. The Scientific Core
 - 2.3.3. Anatomical Foundation
 - 2.3.4. Core in Recovery Processes
- 2.4. The Organization of the Shoulder Girdle
 - 2.4.1. Anatomical Review
 - 2.4.2. Biomechanics of the Shoulder Girdle
 - 2.4.3. Applications in Pilates
 - 2.4.4. Conclusions
- 2.5. The Organization of Lower Limb Movement
 - 2.5.1. Anatomical Review
 - 2.5.2. Biomechanics of the Lower Limb
 - 2.5.3. Applications in Pilates
 - 2.5.4. Conclusions
- 2.6. The Articulation of the Spine
 - 2.6.1. Anatomical Review
 - 2.6.2. Biomechanics of the Spine
 - 2.6.3. Applications in Pilates
 - 2.6.4. Conclusions
- 2.7. Alignments of Body Segments
 - 2.7.1. Posture
 - 2.7.2. Posture in Pilates
 - 2.7.3. Segmental Alignments
 - 2.7.4. Muscular and Fascial Chains



- 2.8. Functional Integration
 - 2.8.1. Concept of Functional Integration
 - 2.8.2. Implications in Different Activities
 - 2.8.3. The Task
 - 2.8.4. The Context
- 2.9. Fundamentals of Therapeutic Pilates
 - 2.9.1. History of Therapeutic Pilates
 - 2.9.2. Concepts in Therapeutic Pilates
 - 2.9.3. Criteria in Therapeutic Pilates
 - 2.9.4. Examples of Injuries or Pathologies
- 2.10. Classic Pilates and Therapeutic Pilates
 - 2.10.1. Differences Between Both Methods
 - 2.10.2. Justification
 - 2.10.3. Progressions
 - 2.10.4. Conclusions



This academic program is designed with the purpose of providing the graduates with competencies related to the alignments of the body segments"



05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





“

Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing practice.

“

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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



Interactive Summaries

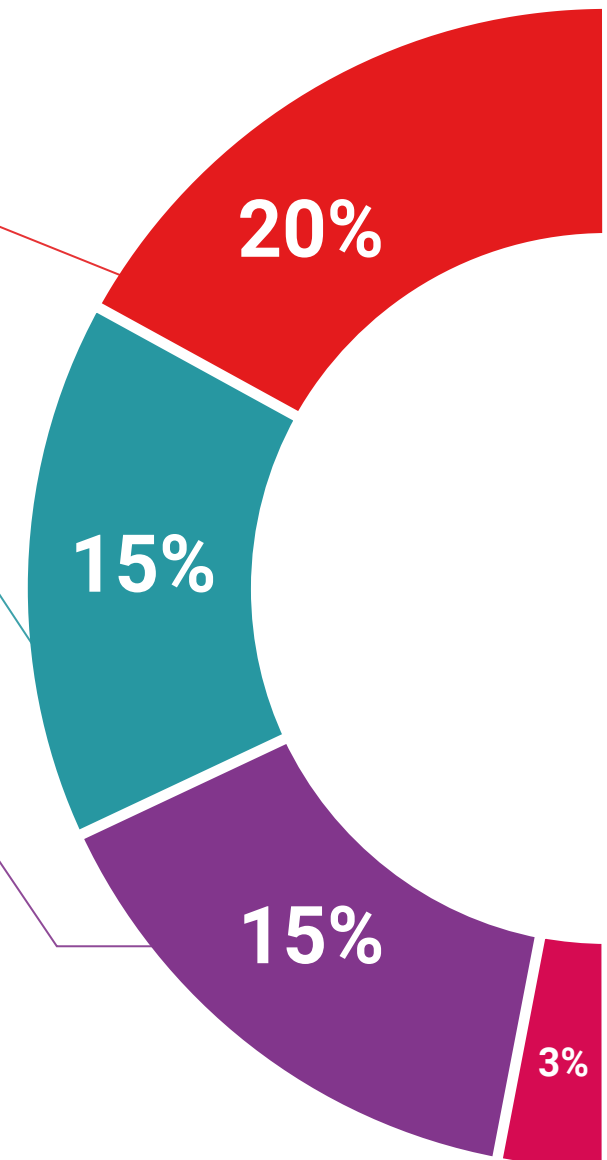
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

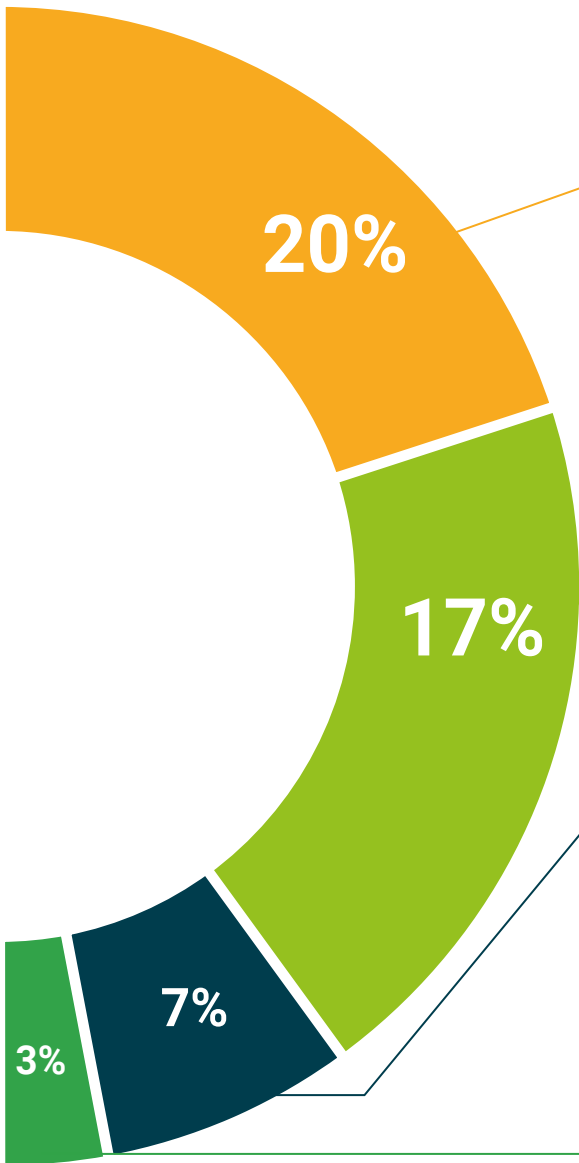
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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 suggesting that observing third-party experts can be useful.

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 Pilates Method for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



“

Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"

This program will allow you to obtain your **Postgraduate Certificate in Pilates Method for Nursing** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (*official bulletin*). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Pilates Method for Nursing**

Modality: **online**

Duration: **12 weeks**

Accreditation: **12 ECTS**



*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present quality
development languages
virtual classroom



Postgraduate Certificate Pilates Method for Nursing

- » Modality: online
- » Duration: 12 weeks
- » Certificate: TECH Global University
- » Credits: 12 ECTS
- » Schedule: at your own pace
- » Exams: online

Postgraduate Certificate Pilates Method for Nursing

