

# Postgraduate Certificate

## Practical Methodology in Pilates for Nursing



## Postgraduate Certificate Practical Methodology in Pilates for Nursing

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

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

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# 01

# Introduction

With age and a sedentary lifestyle, the body loses its freedom of movement. It is no longer able to do such natural things as running or jumping. This is ultimately a loss of freedom. Pilates increases this freedom, achieving to do things that before were not able, not because they were forbidden but because the body itself did not allow it. In this sense and according to the importance that this subfield has been taking over the years, this program has been created in order to provide the professional with relevant content related to the systematization of the sessions based on the Pilates Method. This will be supported by the *Relearning* methodology, in addition to the pedagogical format of the 100% online modality.



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*This Postgraduate Certificate will contribute to your professional growth and positioning in a sector that is currently booming”*

In Therapeutic Pilates, the supervision of the expert is necessary for the respective monitoring of the patient according to the exercises performed, the postures and movements to be performed. Being an activity that has more than 600 movements, each and every one of them can be used for the progression of the physical form or for the corporal rehabilitation of a person. Therefore, studies and research have been developing, managing to implement numerous exercises for multiple purposes without causing deficiency in the applicability of any of its purposes or objectives.

Based on this, research, tests and studies have advanced, managing to apply the Pilates Method in an optimal way in the patient's health care, confirming that the professionals in this field should be up to date with the updates on the sector to be treated. In this way, this Postgraduate Certificate will provide the graduates with knowledge and innovative tools regarding postural, flexibility and coordination evaluation, as well as session planning.

Students will reinforce their competences in different areas related to the definition of types of sessions based on the Pilates Method. On the other hand, this university program integrates a specialized teaching team with a great background, in addition to having the support of a high quality multimedia content and a load of 180 hours that can be distributed in any way to present their academic sessions at any time.

In this way, TECH coordinates efficiency and excellence in the best way, offering the most complete and first level update, positioning its students with the best academic standards at the end of the program. The students will only need an electronic device with Internet coverage and easily access the virtual platform from the comfort of their home.

This **Postgraduate Certificate in Practical Methodology in Pilates 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



*This program will provide the graduates with a solid foundation and innovative tools in the Practical Methodology in Pilates for Nursing"*

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*The progressions and regressions of the exercises are some of the competencies that, without a doubt, you will master at the end of this Postgraduate Certificate"*

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.

*In TECH you will expand your skills regarding the analysis and functions of the protocol through the video summaries that the program will provide you with.*

*Stand out in the sector applying in an optimal way from the knowledge in patient typology in Pilates.*



# 02 Objectives

This Postgraduate Certificate in Practical Methodology in Pilates for Nursing, will allow the students to acquire the essential skills and, to couple the necessary updates to the profession and the challenges that the same has in the area of the Pilates Method. Likewise, the students will have at their disposal different first level tools, guaranteeing the success of the program. At the end of the program, the graduates will have expanded their knowledge in the indications of the exercises where the characteristics of initial position, contraindications of the exercises and verbal and tactile aids are highlighted.







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*With this program you will develop specialized knowledge in various exercises and treatments in the Practical Methodology in Pilates for Nursing”*



## 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
- ◆ Delimit the progressions and regressions of the exercises according to the different phases in the recovery process of an injury
- ◆ Handle in depth the apparatus used in the Pilates Method
- ◆ Analyze the needs and improvements of Pilates equipment in a therapeutic space destined to Pilates exercise
- ◆ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method





## Specific Objectives

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

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*You will achieve your goals thanks to the solid knowledge and dynamic tools provided by TECH”*

# 03

# Course Management

TECH is at the forefront of education and therefore, offers a first class update for the students who attend its programs with the support of didactic tools that successfully carry out the development of each of its programs. In this way, students will have access to a series of materials created by a faculty specialized in the most advanced techniques for rehabilitation, recovery and physical maintenance and Pilates Rehabilitation. Their robust experience and their great background in the sector, will allow the questions that are generated throughout the program to have a solution and answer.





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*If you want to succeed, do it with the best and update the necessary skills to excel in the Pilates Method”*

## 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

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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. Sergio González Arganda

- ◆ Physiotherapist of Atlético de Madrid Football Club (2005-2023)
- ◆ CEO Físio Domicilio Madrid
- ◆ Teacher in the Master's Degree in Physical Preparation and Sports Readaptation in Football
- ◆ Teacher in the Postgraduate Diploma in Clinical Pilates
- ◆ Teacher in the Master's Degree in Biomechanics and Sports Physiotherapy
- ◆ Master's Degree in Osteopathy of the Locomotor System from the Madrid School of Osteopathy
- ◆ Expert in Pilates and Rehabilitation from the Royal Spanish Gymnastics Federation.
- ◆ Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ◆ Graduate in Physiotherapy from the Universidad Pontificia de Comillas





04

# Structure and Content

This academic program offers a syllabus that provides an exclusive content in Practical Methodology in Pilates for Nursing, according to the most recent research in the field of Therapeutic Pilates. This Postgraduate Certificate is focused on providing the students with advanced material on the most significant advances in the study of Pilates. All this by means of multiple audiovisual tools that offer dynamism and a greater attractiveness to this university qualification.



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*A study plan carried out by a specialized professional team of Pilates Therapeutics with which you will reach the most ambitious objectives in the work field"*

## Module 1. Practical Methodology in Pilates for Nursing

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





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



*A Postgraduate Certificate  
designed and formulated  
for the best. Enroll now!"*

# 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 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.



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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. 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

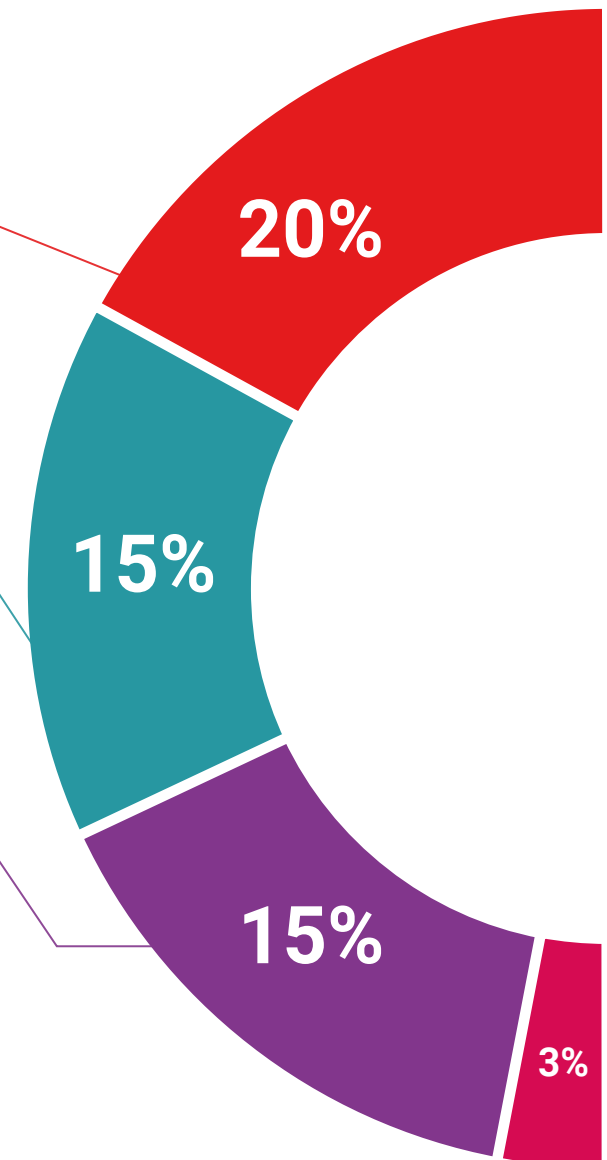
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

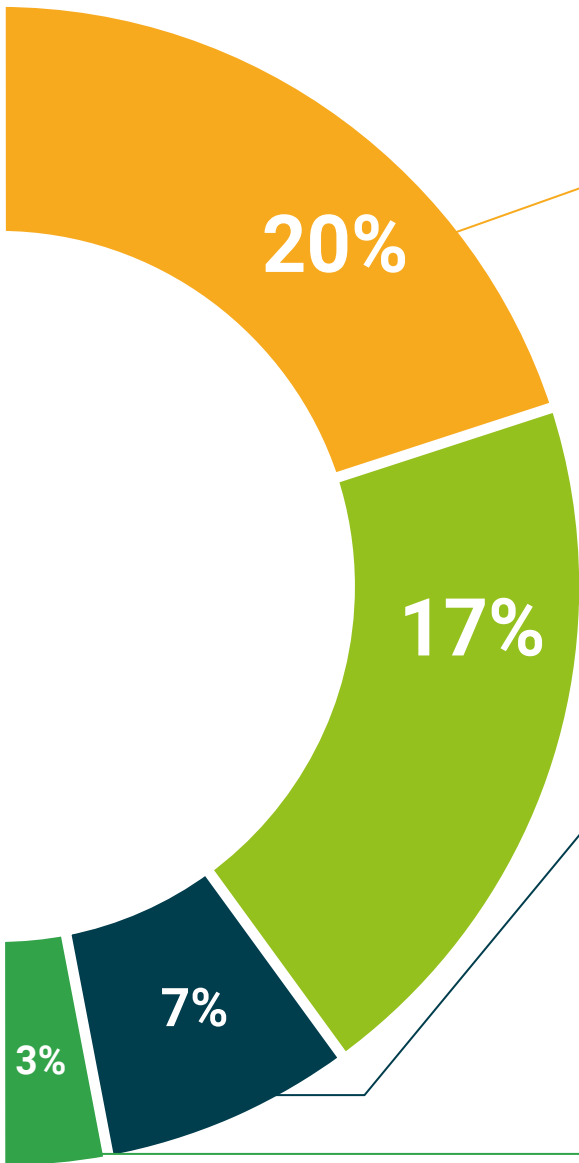
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### 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 Practical Methodology in Pilates 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 Practical Methodology in Pilates 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 Practical Methodology in Pilates for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





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health confidence people  
education information tutors  
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institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



**Postgraduate Certificate**  
Practical Methodology  
in Pilates for Nursing

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## Practical Methodology in Pilates for Nursing