# Postgraduate Diploma

## Pilates on the Floor Method for Nursing

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# Postgraduate Diploma
## Pilates on the Floor Method for Nursing

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

Website: www.techtitute.com/us/nursing/postgraduate-diploma/postgraduate-diploma-pilates-floor-method-nursing

# Index

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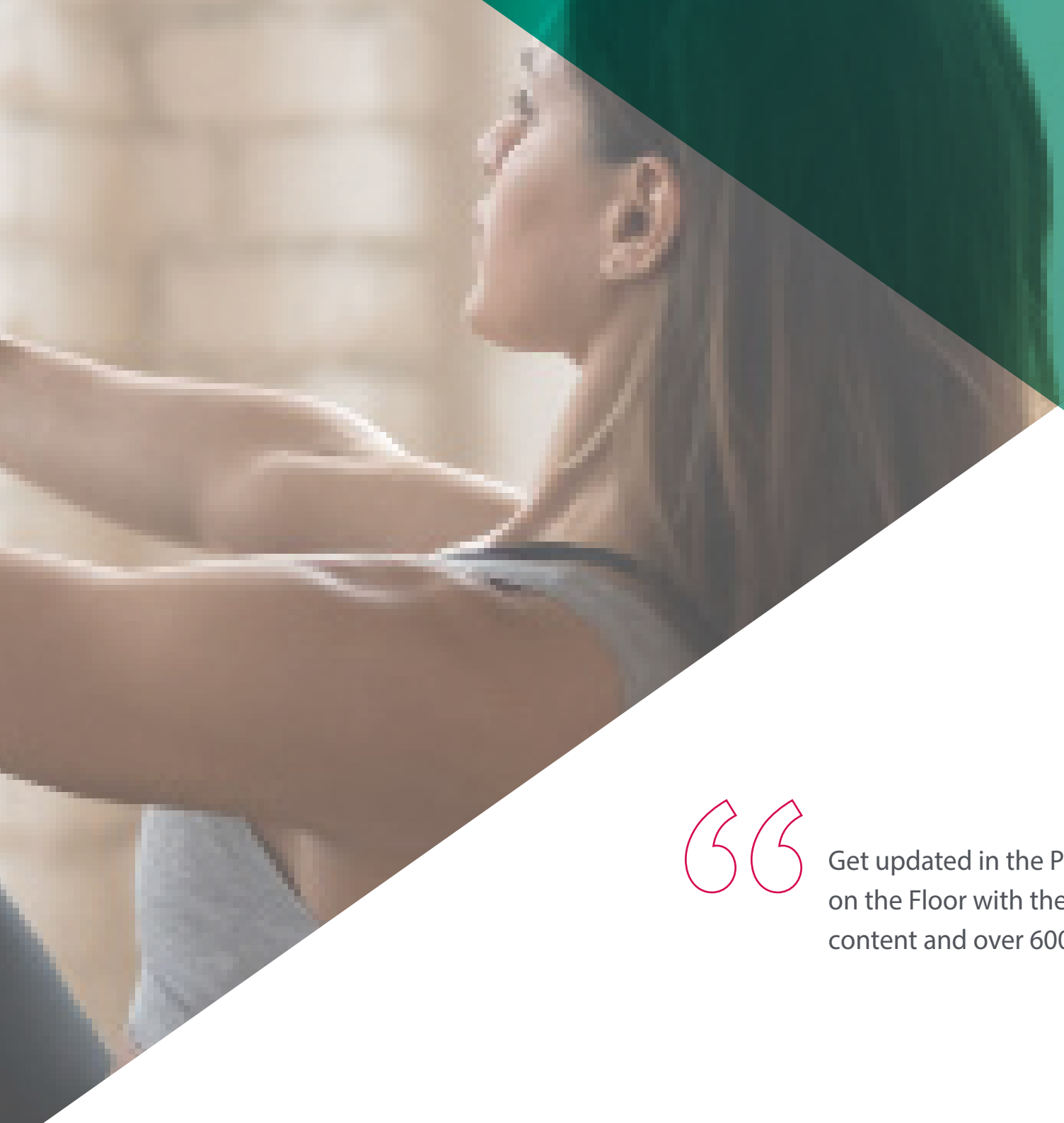
# Introduction

The evolution of the Pilates Method, its study, and the evidence of its benefits for certain musculoskeletal pathologies have made it increasingly valued in the health sector. For this reason, clinical spaces integrate this discipline as an effective therapeutic strategy and complementary to other treatments. Therefore, this 100% TECH qualification was born, which provides the nurse with an update on the therapeutic approach of this physical activity for the treatment of different pathologies, providing specific tools to address problems of the spine, upper and lower limbs, and various conditions in general. All , this through innovative multimedia content that can be accessed 24 hours a day, from any digital device with an Internet connection.



Get updated in the Pilates Method on the Floor with the most advanced content and over 600 teaching hours"

Currently, research on the Pilates Method and its benefits for the health and well-being of people has led to the incorporation of this discipline in the therapeutic treatments of many clinical spaces. A reality in which the highly qualified nursing professional is not indifferent to offering optimal assistance to patients with musculoskeletal or neurological injuries.

In this context, this low-impact physical activity has been integrated into rehabilitation processes, evolving and perfecting its techniques according to each patient and pathology. Therefore, health professionals must be aware of the advances in this field and the indications and contraindications of each exercise. In this line, this Postgraduate Diploma in TECH is distinguished by its 100% online methodology, flexibility, and numerous innovative didactic materials.

This is an intensive program with a theoretical-practical perspective that will lead the professional to obtain a complete update on the approach to patients with spine, back, upper, and lower limb disorders. Likewise, thanks to the video summaries of each topic, the videos in detail, the specialized readings, or the case studies, you will be able to delve in a dynamic way into the treatment of patients with Parkinson's, Alzheimer's, Cerebral Palsy, among others, from the Pilates perspective.

A unique opportunity to achieve an effective and unique update compatible with daily personal and professional activities. All you need is an Digital device with an Internet connection to view, at any time of the day, the content hosted on the virtual platform. An academic experience of updating that is at the forefront.

This Postgraduate Diploma in Pilates on the Floor Method for Nursing contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of case studies presented by experts in medicine, sports science, 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 the self-assessment process can be carried out to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection

> Thanks to the Relearning system, you won't have to invest long hours of study, and the key concepts will be consolidated in a much simpler way”

Delve into the specific Pilates exercise protocols for the injury recovery process through multimedia pills"

Get the specific tools to address spinal problems from the Pilates Method on the Floor.

TECH adapts to you and has created a flexible qualification compatible with your most demanding professional responsibilities.

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

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

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

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# Objectives

This 6-month university qualification has been developed by a specialized faculty that brings its deep knowledge of Pilates to offer students a complete update in this field. In this way, at the end of this academic itinerary, students will have enhanced their skills and abilities to plan sessions in this discipline and to plan exercises according to the different existing musculoskeletal pathologies.

Specialized readings will allow you to extend further the information provided by this expert on Pilates in Upper Limb disorders."

## 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 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
- Avoid 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

### 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

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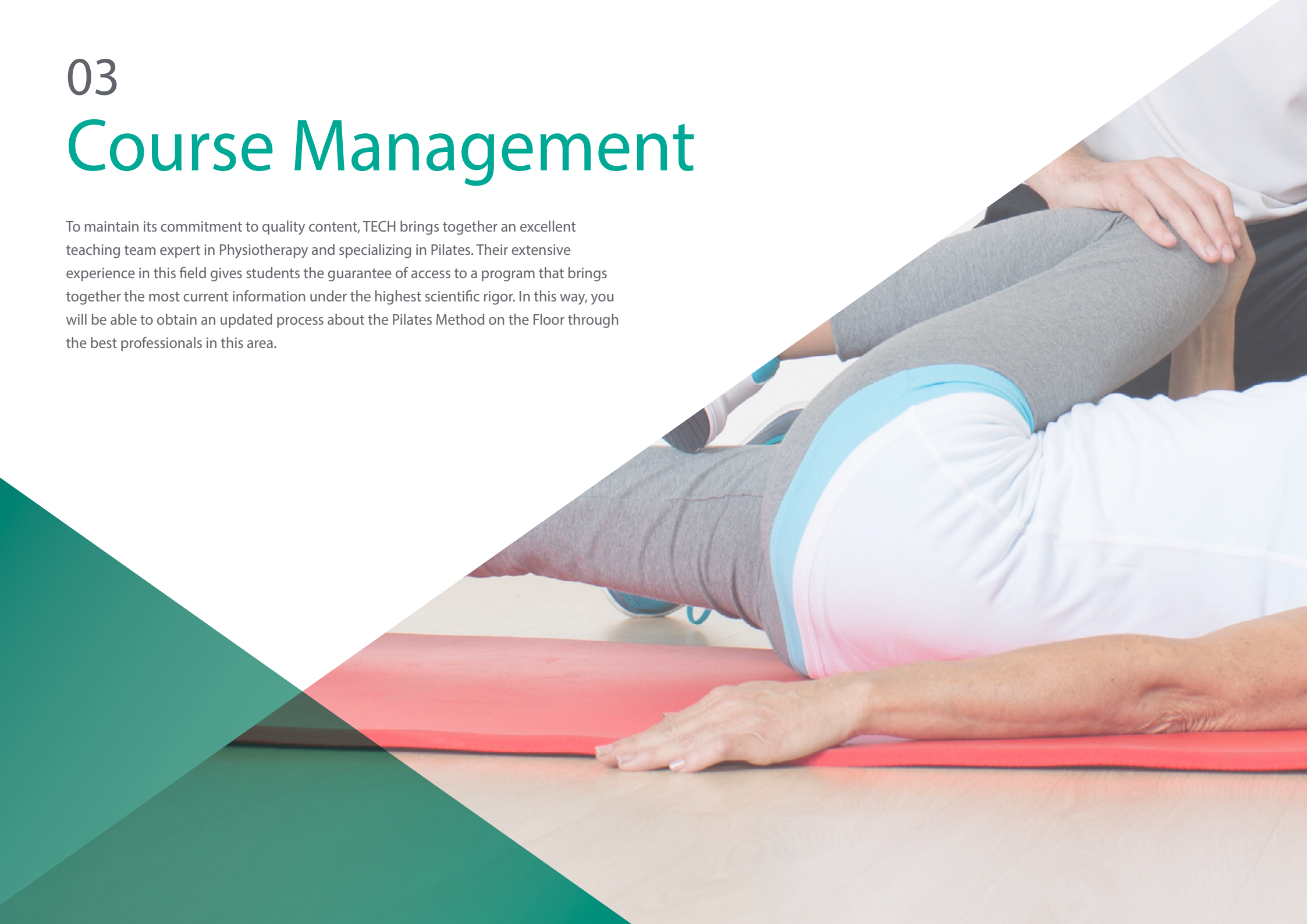
# Course Management

To maintain its commitment to quality content, TECH brings together an excellent teaching team expert in Physiotherapy and specializing in Pilates. Their extensive experience in this field gives students the guarantee of access to a program that brings together the most current information under the highest scientific rigor. In this way, you will be able to obtain an updated process about the Pilates Method on the Floor through the best professionals in this area.



You will be able to solve any doubts you may have about the content of this Postgraduate Diploma thanks to the excellent teaching staff specialized in Pilates"

## 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. González Arganda, Sergio

- 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

### 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 Fisio 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. 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. Complutense University of Madrid



Ms. García Ibáñez, Marina

- 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

> A unique, key, and decisive educational experience to boost your professional development"

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# Structure and Content

Thanks to the numerous didactic materials offered by this qualification, the graduate will obtain an update on the Pilates on the Floor Method for Nursing in a dynamic and attractive way. In addition, the Relearning system will allow you to consolidate the concepts in a much simpler and optimal way. This is a unique opportunity to keep abreast of progress in the care of patients with various pathologies through this booming discipline.

A comprehensive curriculum featuring the highest quality teaching materials in the academic landscape"

## 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. Hand pathology types
- 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. Types of pathologies
- 2.10.4. Exercises for nerve entrapments 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. Muscle-tendon 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. Muscle-tendon 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. Muscle-tendon 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 posterior-medial 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 posterior-medial 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 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 incontinence
- 4.10.1. Pathology description
- 4.10.2. Incidence and Prevalence
- 4.10.3. Indicated exercises
- 4.10.4. Contraindicated exercises

> With this university qualification, you will be up to date with the indicated and contraindicated exercises to work the pelvic floor"

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:

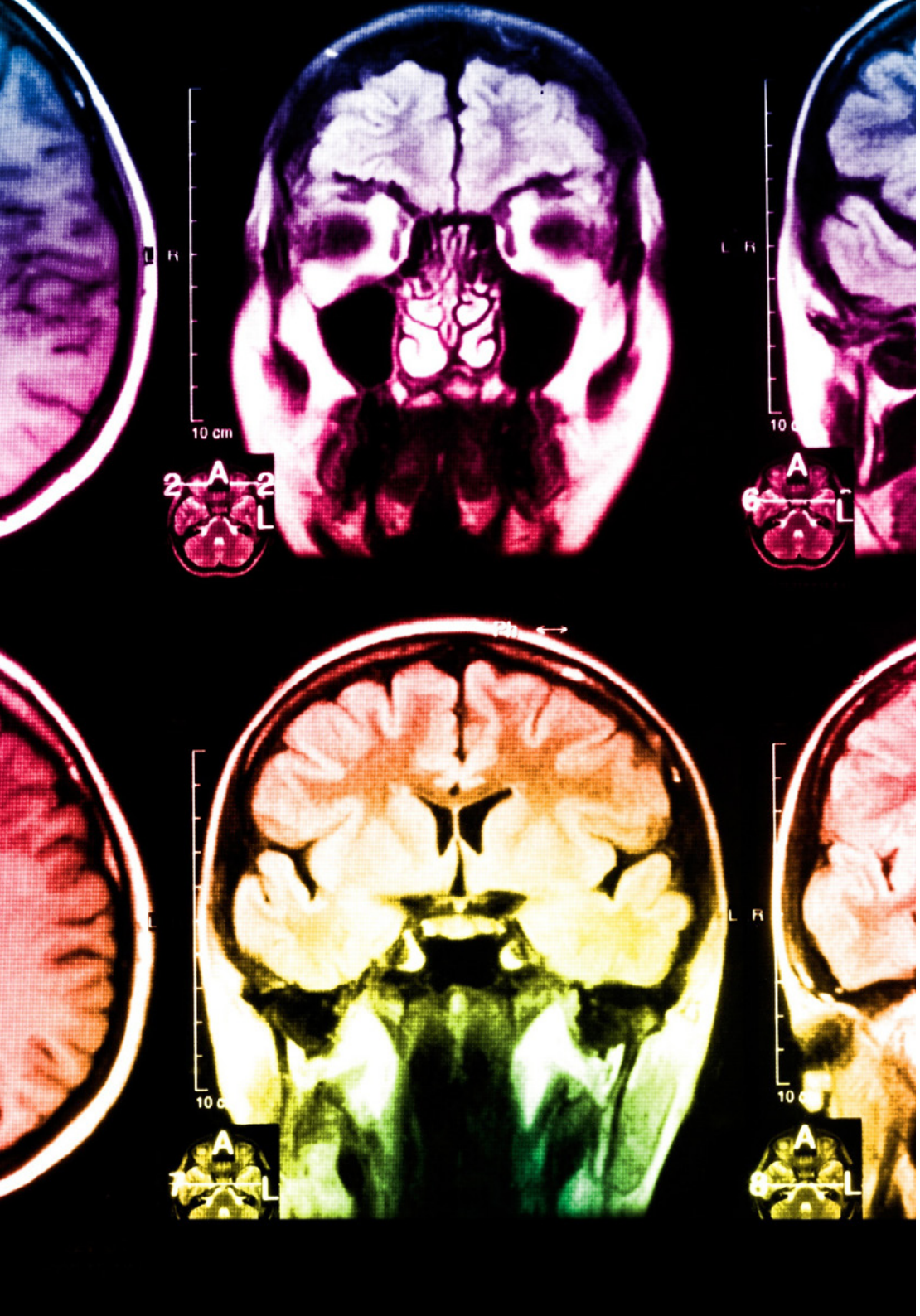
1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into 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.

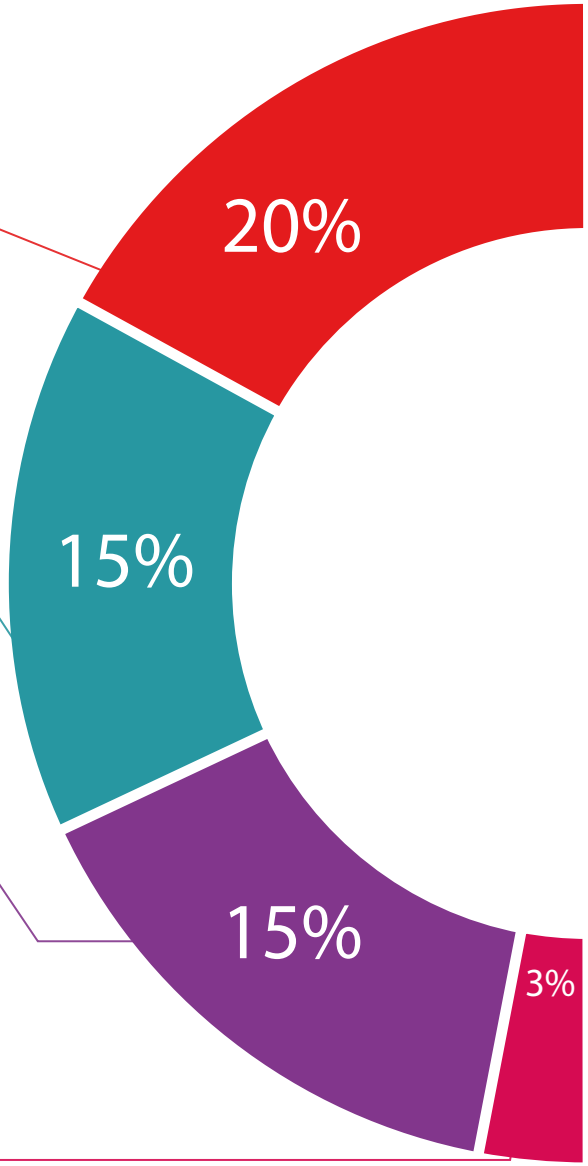
### Interactive Summaries

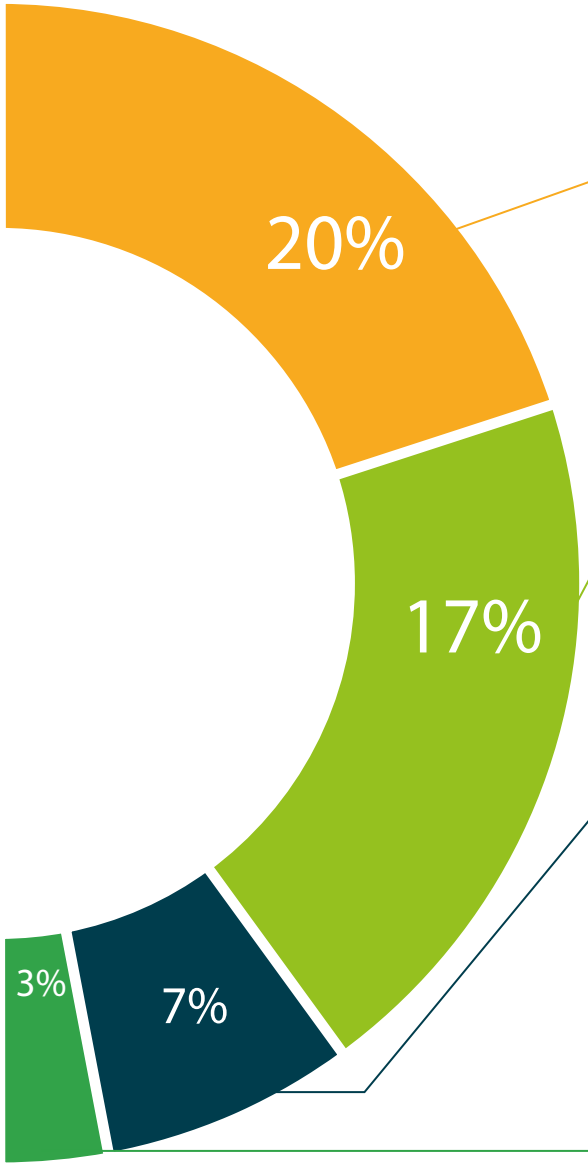
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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.

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# Certificate

The Postgraduate Diploma in Pilates on the Floor Method for Nursing guarantees, in addition to the most rigorous and updated training, access to a Postgraduate Diploma issued by TECH Technological University.

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

This Postgraduate Diploma in Pilates on the Floor Method for Nursing 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 diploma 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 on the Floor Method for Nursing

Official No. of Hours: 600 h..


tech technological university

Awards the following

DIPLOMA

to

Mr./Ms. _____, with identification number _____.

For having passed and accredited the following program

POSTGRADUATE DIPLOMA

in

Pilates on the Floor Method for Nursing

This is a qualification awarded by this University, equivalent to 600 hours, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH is a Private Institution of Higher Education recognized by the Ministry of Public Education as of June 28, 2018.

June 17, 2020

Tere Guevara Navarro
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country.

Unique TECH Code: AFWORD23S techtitute.com/certificates

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

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## Pilates on the Floor Method for Nursing

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- Exams: online

# Postgraduate Diploma

## Pilates on the Floor Method for Nursing

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