

# Postgraduate Diploma Pilates Instructor for Nursing



## Postgraduate Diploma Pilates Instructor for Nursing

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

Website: [www.techtute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-pilates-instructor-nursing](http://www.techtute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-pilates-instructor-nursing)

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# 01

# Introduction

Recent studies have shown that regular Pilates practice can help Parkinson's patients improve their balance, coordination, and mobility. For this reason, an experienced and up-to-date Pilates instructor can greatly help those seeking to improve their health and well-being. For this reason, TECH has designed a program that offers the clinician an update on the adaptation of Pilates exercises for this pathology; neurological assessment focused on this discipline and the approach from this discipline in pregnant patients, and scientific evidence in this practice. A 100% online qualification that offers the professional total flexibility and adaptation of this update with their daily activities.



“

*A Postgraduate Diploma 100% online with which you will be up to date with the most effective techniques to work with Pilates neurological pathologies and pregnant patients”*

The holistic perspective of Pilates has been shown to be highly beneficial in decreasing the symptoms of rigidity and bradykinesia common in Parkinson's disease. This results in increased confidence in their physical abilities and reduced anxiety related to the challenges of the disease. For this reason, it is essential for the nursing professional to be at the forefront of the latest techniques applied by a Pilates instructor. In this way, they will be able to offer additional therapeutic resources to improve the attention and care of patients with this or other pathologies.

For this reason, TECH has developed this program designed to offer the professional a complete update on the scientific evidence that supports the incorporation of the Pilates Monitor in clinical practices such as Nursing.

In this sense, the nurse will be able to expand their knowledge of the Nervous System and the benefits of Pilates in neurological pathologies, as well as sensitivity assessments, tests, and scales. In addition, you will have the opportunity to delve into the most relevant and scientifically supported Nervous System diseases in the context of Pilates. You will also delve into how to select the appropriate environment and space for an effective and safe Pilates practice.

Likewise, this qualification will dedicate a module to the approach of pregnant women in their different stages, the appropriate techniques for postpartum problems, and their preparation for childbirth.

All this, in a 100% online format, which will guarantee the nursing professional a complete update in a flexible way with their other daily activities since they will not be subject to strict schedules. In addition, this qualification implements the *Relearning* system in its methodology, which will ensure that you remember the concepts more efficiently and without investing long hours in the updating process. In addition, it will offer the graduate a series of innovative multimedia resources to which they will have unrestricted access throughout this academic itinerary.

This **Postgraduate Diploma in Pilates Instructor 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 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



*You will implement the equipment used by Pilates instructors, such as the Foam Roller and the Fit Ball, to your nursing work”*

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*You will delve into the Central and Peripheral Nervous System and the application of Pilates in pathologies that affect this area of the body”*

*You will delve into the neurological evaluations to apply the most suitable Pilates techniques.*

*You will adapt the exercises most commonly used by the Pilates instructor to treat the most prevalent neurological pathologies.*

The program's teaching staff includes professionals from the sector who contribute their work experience to this training 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.



# 02 Objectives

The objective of this qualification is to update the knowledge of the nursing professional in the strategies most used by the Pilates instructor. In this context, this program provides the opportunity to explore in detail the exercises adapted to each stage of pregnancy, identify the main alterations in each neurological pathology, and address them through this discipline. To this end, TECH has made available to the healthcare professional a series of multimedia resources, such as detailed videos, available 24 hours a day, 7 days a week.





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*You will expand your skills in the management of pelvic floor problems and urinary incontinence, as well as the appropriate exercises for pregnant women”*



## 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 during Pregnancy, Childbirth, and Postpartum

- ◆ Differentiate the different phases of pregnancy
- ◆ Determine specific exercises for each phase
- ◆ Orient the woman during pregnancy, childbirth, and postpartum

### Module 2. 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

### Module 3. The Pilates gym

- ◆ Describe the space where Pilates is performed
- ◆ Be aware of the machines to do Pilates
- ◆ Expose protocols and exercise progressions



*You will explore in detail the changes that occur at various stages of pregnancy and the benefits of the Pilates method during the pregnancy process”*

03

# Course Management

To carry out this Postgraduate Diploma, TECH has chosen leading specialists in the field of Physiotherapy and Pilates specialists. In this way, professionals will have the opportunity to participate in a cutting-edge program developed by true leaders in this discipline. In addition, given their proximity, graduates will have the opportunity to resolve any doubts that may arise regarding the content of this program throughout the 6-month duration.





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*You will have the best teaching staff with whom you will incorporate pelvic exercises and their preparation for childbirth and postpartum into your clinical practice”*

## Management



### Mr. González Arganda, Sergio

- Physiotherapist of Atlético de Madrid Football Club
- CEO Fisio 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. Parra Nebreda, Virginia

- Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- Pelvic Floor Physiotherapist at Letfisio Clinic
- Physiotherapist at Orpea Nursing Home
- Master's Degree in Physiotherapy in Pelviperineology at the University of Castilla-La Mancha
- Functional Ultrasound Training in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT
- Hypopressive training at LOW PRESSURE FITNES
- Degree in Physiotherapy from the Complutense University of Madrid

### 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

With this Postgraduate Diploma in Pilates Instructor, the professional will be updated on the methods, techniques, and equipment used in the sessions carried out by the Pilates instructor. In addition, the content will allow you to update knowledge in the approach to pregnant patients with pre and postpartum difficulties and people with pathologies in their Nervous System. All this can be achieved thanks to the 100% online methodology, with an extensive variety of multimedia resources that will allow an efficient update.





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*Through the Relearning method, you will be able to improve your updating process by reducing the long hours of study and reinforcing your long-term memory"*

## Module 1. Pilates during Pregnancy, Childbirth, and Postpartum

- 1.1. First Trimester
  - 1.1.1. Changes in the first quarter
  - 1.1.2. Benefits and objectives
  - 1.1.3. Indicated exercises
  - 1.1.4. Contraindications
- 1.2. Second quarter
  - 1.2.1. Changes in the Second quarter
  - 1.2.2. Benefits and objectives
  - 1.2.3. Indicated exercises
  - 1.2.4. Contraindications
- 1.3. Third Trimester
  - 1.3.1. Changes in the third quarter
  - 1.3.2. Benefits and objectives
  - 1.3.3. Indicated exercises
  - 1.3.4. Contraindications
- 1.4. Birth
  - 1.4.1. Dilation and delivery phase
  - 1.4.2. Benefits and objectives
  - 1.4.3. Recommendations
  - 1.4.4. Contraindications
- 1.5. Immediate Postpartum
  - 1.5.1. Recovery and puerperium
  - 1.5.2. Benefits and objectives
  - 1.5.3. Indicated exercises
  - 1.5.4. Contraindications
- 1.6. Urinary Incontinence and Pelvic Floor
  - 1.6.1. Anatomy involved
  - 1.6.2. Pathophysiology
  - 1.6.3. Indicated exercises
  - 1.6.4. Contraindications
- 1.7. Problems in pregnancy and approach through the Pilates Method
  - 1.7.1. Body statics change
  - 1.7.2. Most Frequent Problems
  - 1.7.3. Indicated exercises
  - 1.7.4. Contraindications
- 1.8. Pregnancy preparation
  - 1.8.1. Benefits of physical training during pregnancy
  - 1.8.2. Recommended physical activity
  - 1.8.3. Indicated exercises for the first pregnancy
  - 1.8.4. Preparation during the search for the second and subsequent
- 1.9. Late Postpartum
  - 1.9.1. Long-term anatomical changes
  - 1.9.2. Preparation for the return to physical activity
  - 1.9.3. Indicated exercises
  - 1.9.4. Contraindications
- 1.10. Post-partum alterations
  - 1.10.1. Abdominal diastasis
  - 1.10.2. Static pelvic-prolapse shift
  - 1.10.3. Alterations of deep abdominal musculature
  - 1.10.4. Indications and contraindications in cesarean section

## Module 2. General pathology and its treatment with Pilates

- 2.1. Nervous system
  - 2.1.1. Central Nervous System
  - 2.1.2. Peripheral Nervous System
  - 2.1.3. Brief description of neural pathways
  - 2.1.4. Benefits of Pilates in neurological pathology
- 2.2. Neurological assessment focused on Pilates
  - 2.2.1. Medical History
  - 2.2.2. Strength and tone assessment
  - 2.2.3. Sensitivity assessment
  - 2.2.4. Tests and scales

- 2.3. Most prevalent neurological pathologies and scientific evidence in Pilates
  - 2.3.1. Brief description of the pathologies
  - 2.3.2. Basic principles of Pilates in neurological pathology
  - 2.3.3. Adaptation of Pilates positions
  - 2.3.4. Adaptation of Pilates Exercises
- 2.4. Multiple Sclerosis
  - 2.4.1. Pathology description
  - 2.4.2. Assessment of the patient's capabilities
  - 2.4.3. Adaptation of Pilates exercises on floor
  - 2.4.4. Adaptation of Pilates exercises with elements
- 2.5. Stroke
  - 2.5.1. Pathology description
  - 2.5.2. Assessment of the patient's capabilities
  - 2.5.3. Adaptation of Pilates exercises on floor
  - 2.5.4. Adaptation of Pilates exercises with elements
- 2.6. Parkinson's Disease
  - 2.6.1. Pathology description
  - 2.6.2. Assessment of the patient's capabilities
  - 2.6.3. Adaptation of Pilates exercises on floor
  - 2.6.4. Adaptation of Pilates exercises with elements
- 2.7. Cerebral Palsy
  - 2.7.1. Pathology description
  - 2.7.2. Assessment of the patient's capabilities
  - 2.7.3. Adaptation of Pilates exercises on floor
  - 2.7.4. Adaptation of Pilates exercises with elements
- 2.8. Older adults
  - 2.8.1. Age-related pathologies
  - 2.8.2. Assessment of the patient's capabilities
  - 2.8.3. Indicated exercises
  - 2.8.4. Contraindicated exercises

- 2.9. Osteoporosis
  - 2.9.1. Pathology description
  - 2.9.2. Assessment of the patient's capabilities
  - 2.9.3. Indicated exercises
  - 2.9.4. Contraindicated exercises
- 2.10. Pelvic Floor Disorders: urinary incontinence
  - 2.10.1. Pathology description
  - 2.10.2. Incidence and Prevalence
  - 2.10.3. Indicated exercises
  - 2.10.4. Contraindicated exercises

### Module 3. The gym/Pilates studio

- 3.1. The Reformer
  - 3.1.1. Introduction to the Reformer
  - 3.1.2. Reformer Benefits
  - 3.1.3. Main exercises on the Reformer
  - 3.1.4. Main errors on the Reformer
- 3.2. The Cadillac or Trapeze table
  - 3.2.1. Introduction to Cadillac
  - 3.2.2. Cadillac Benefits
  - 3.2.3. Main exercises on the Cadillac
  - 3.2.4. Main errors on the Cadillac
- 3.3. The chair
  - 3.3.1. Introduction to the chair
  - 3.3.2. Chair benefits
  - 3.3.3. Main exercises on the chair
  - 3.3.4. Main Errors on the chair
- 3.4. The Barrel
  - 3.4.1. Introduction to the Barrel
  - 3.4.2. Barrel Benefits
  - 3.4.3. Main exercises on the Barrel
  - 3.4.4. Main errors on the Barrel

- 3.5. "Combo" models
  - 3.5.1. Introduction to the Combo model
  - 3.5.2. Combo model benefits
  - 3.5.3. Main exercises on the Combo model
  - 3.5.4. main errors in the Combo model
- 3.6. The flexible ring
  - 3.6.1. Introduction to flexible ring
  - 3.6.2. Flexible ring benefits
  - 3.6.3. Main exercises on the flexible ring
  - 3.6.4. Main Errors on the flexible ring
- 3.7. The Spine Corrector
  - 3.7.1. Introduction to Spine corrector
  - 3.7.2. Spine corrector benefits
  - 3.7.3. Main exercises on the Spine corrector
  - 3.7.4. Main Errors on the Spine corrector
- 3.8. Implements adapted to the method
  - 3.8.1. Foam roller
  - 3.8.2. Fit Ball
  - 3.8.4. Elastic bands
  - 3.8.5. Bosu
- 3.9. The Space
  - 3.9.1. Equipment preferences
  - 3.9.2. The Pilates space
  - 3.9.3. Pilates instruments
  - 3.9.4. Best practices in terms of space
- 3.10. The Environment
  - 3.10.1. Environment concept
  - 3.10.2. Characteristics of different environments
  - 3.10.3. Environment choice
  - 3.10.4. Conclusions





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*You will have at your fingertips case studies with which you will have a complete update on the most successful strategies around the use of Pilates techniques in the clinical setting”*

# 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 Diploma in Pilates Instructor for Nursing 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 Instructor 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 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 Instructor for Nursing**

Official No. of Hours: **450 h.**



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



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



**Postgraduate Diploma**  
Pilates Instructor  
for Nursing

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

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