

Postgraduate Certificate Gym Pilates for Nursing



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- » 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/gym-pilates-nursing

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01

Introduction

The promotion of physical and psychological health through Pilates has become a recommended practice within the nursing field. It is a clinical strategy through which these professionals have managed to promote the prevention and management of certain pathologies, contributing, therefore, to the reduction of the workload in health care services. However, the exercises that can be carried out are multiple, so TECH has developed the present program with the aim that the nurse can adapt their practical plans to the tools and scenarios of the gym. This is a 100% online academic experience with which you can get up to date in machinery and exercises in only 180 hours.





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A qualification at the forefront of Nursing that will allow you to implement into your practice the best exercises to be carried out in the Pilates gym"

The benefits of Pilates in the management of various clinical pathologies, as well as for rehabilitation and pain prevention, have positioned this practice among one of the most recommended in the healthcare field. In this context, nursing professionals have found in this method an alternative tool to promote health and improve the quality of life of their patients through a comprehensive care approach and working in collaboration with other specialists. However, it is a practice that includes an infinite catalog of possibilities depending on the needs of the person and the environment in which the exercise will be performed.

For this reason, TECH, in collaboration with the best experts, has developed this Postgraduate Certificate in Gym Pilates for Nursing. It is an innovative, comprehensive and complete qualification that includes the latest news on the most effective exercises, their benefits and the mistakes to avoid in their recommendation and during practice. All this adapted to the context and the tools at your disposal. You will be able to delve into techniques such as the chair, the barrel, combo models, the reformer and many more! In addition, you will be updated on the most effective strategies to adapt the plans to the environment and its characteristics, always seeking comfort and efficiency for the patient.

All this through 180 hours of the best theoretical, practical and additional content, the latter presented in various formats: in focusvideos, images, dynamic summaries, self-awareness exercises, research articles, news, diagrams... On the other hand, the 100% online modality will allow you to access the program's course from any device with an Internet connection, providing flexibility to the academic experience. Therefore, the graduates who enroll in this program will opt for an update of the highest level that adapts to the demands of Nursing, while ensuring a comfortable update and adapted to the needs of each graduate.

This **Postgraduate Certificate in Gym 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



Learn about the benefits of the different exercises and update your catalog of guidelines with this Postgraduate Certificate"

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The reformer, the chair, the barrel? In this program you will find a list of recommended techniques to develop with your patients according to their clinical needs."

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.

The program includes a comprehensive review of the main errors in Pilates, so you can get up to date in their prevention

You will have access to 180 hours of the best theoretical, practical and additional content compacted in a convenient 100% online format



02 Objectives

TECH and its team of experts have developed this Postgraduate Certificate in Gym Pilates for Nursing with the aim of making available to the graduate the most innovative information related to this field of action. In addition, it aims to facilitate its update by giving you the opportunity to enjoy all the content 100% online, as well as providing unlimited access to the 180 hours of content during the 6 weeks in which this qualification is developed.





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Would you like to get up to date on the latest elements implemented in the Pilates Method? Enroll in this program and discover them all”



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
- 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 destined to Pilates exercise
- Perform correctly and analytically the exercises based on the Pilates Method





Specific Objectives

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



A Postgraduate Certificate of the highest level designed by the best experts in Pilates and adapted to the most advanced pedagogical methodology"

03

Course Management

For the design of the teaching staff of this program TECH has selected the best faculty. This is one of the priorities of this University. Therefore, it offers academic experiences of the highest level in terms of content and with the added bonus of having the support of experts in the area in which the degree is focused, in this case, the knowledge of the Gym and the Pilates Method. In addition, the graduates will be able to resolve any doubts that may arise during the course of the program.





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The teaching team has been in charge of elaborating all the content, including practical cases extracted from their day to day”

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*

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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

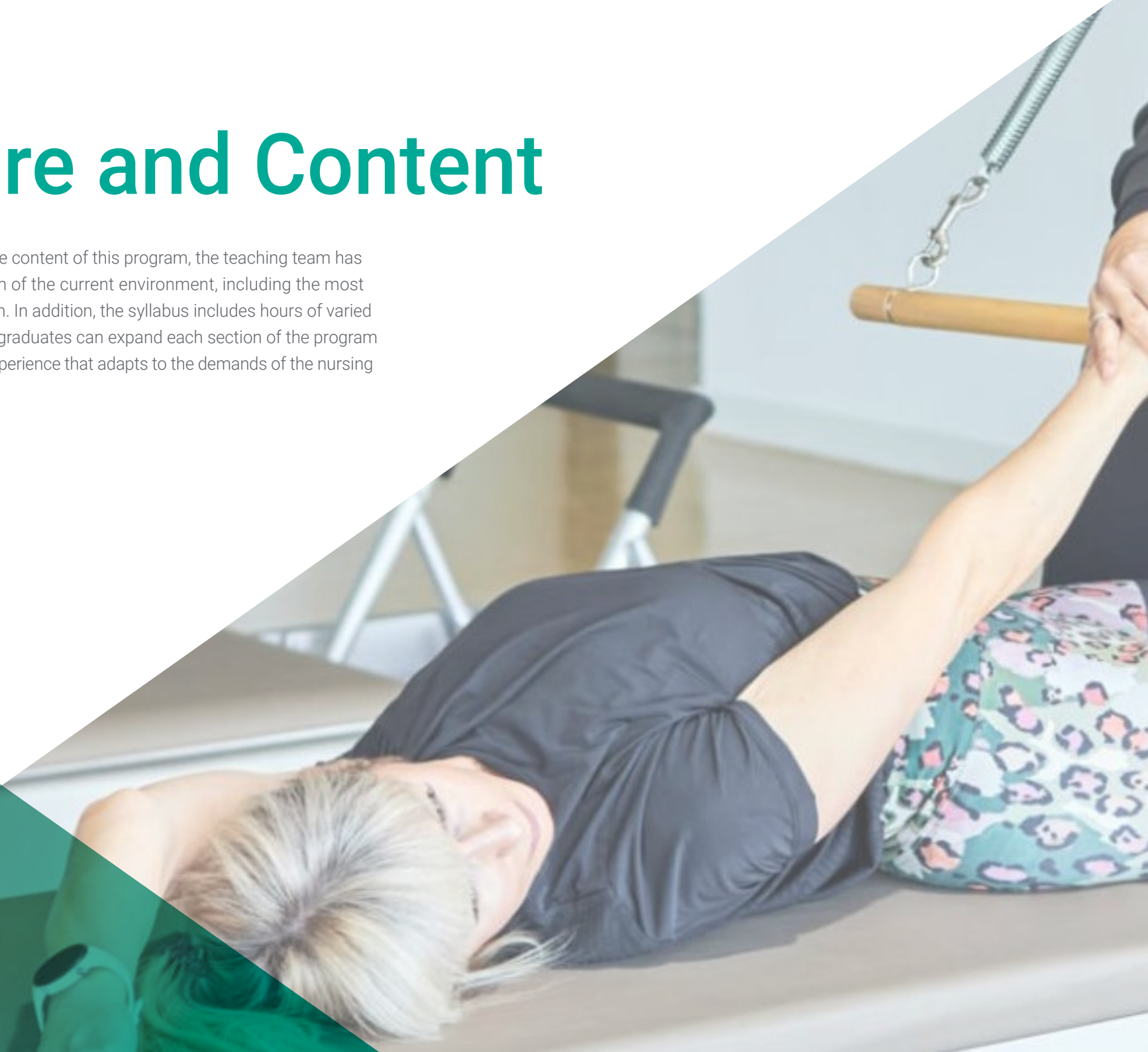
- ◆ Physiotherapist of Atlético de Madrid Football Club
- ◆ CEO Fisio Domicilio Madrid
- ◆ Teacher in the Professional Master's Degree in Physical Preparation and Sports Readaptation in Soccer
- ◆ Teacher in the Postgraduate Diploma Pilates Clinical Pilates
- ◆ Teacher in the Professional Master's Degree 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



04

Structure and Content

For the design and structuring of the content of this program, the teaching team has carried out a thorough investigation of the current environment, including the most complete and advanced information. In addition, the syllabus includes hours of varied additional material. In this way, the graduates can expand each section of the program in a personalized way, offering an experience that adapts to the demands of the nursing environment and to their own.





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You will be able to access the TECH virtual platform from any device with an Internet connection, from anywhere and without predefined schedules”

Module 1. The Gym/Pilates Studio

- 1.1. The Reformer
 - 1.1.1. Introduction to the Reformer
 - 1.1.2. Benefits of the Reformer
 - 1.1.3. Main Exercises on the Reformer
 - 1.1.4. Main Errors on the Reformer
- 1.2. The Cadillac or Trapeze Table
 - 1.2.1. Introduction to the Cadillac
 - 1.2.2. Benefits of the Cadillac
 - 1.2.3. Main Exercises in the Cadillac
 - 1.2.4. Main Errors in the Cadillac
- 1.3. The Chair
 - 1.3.1. Introduction to the Chair
 - 1.3.2. Benefits of the Chair
 - 1.3.3. Main Exercises in the Chair
 - 1.3.4. Main Errors in the Chair
- 1.4. The Barrel
 - 1.4.1. Introduction to the Barrel
 - 1.4.2. Benefits of the Barrel
 - 1.4.3. Main Exercises in the Barrel
 - 1.4.4. Main Errors in the Barrel
- 1.5. Combo Models
 - 1.5.1. Introduction to the Combo Model
 - 1.5.2. Benefits of the Combo Model
 - 1.5.3. Main Exercises in the Combo Model
 - 1.5.4. Main Errors in the Combo Model
- 1.6. The Flexible Hoop
 - 1.6.1. Introduction to the Flexible Hoop
 - 1.6.2. Benefits of the Flexible Hoop
 - 1.6.3. Main Exercises in the Flexible Hoop
 - 1.6.4. Main Errors in the Flexible Hoop





- 1.7. The Corrective Spine
 - 1.7.1. Introduction to the Corrective Spine
 - 1.7.2. Benefits of the Corrective Spine
 - 1.7.3. Main Exercises in the Corrective Spine
 - 1.7.4. Main Errors in the Corrective Spine
- 1.8. Implements Adapted to the Method
 - 1.8.1. Foam Roller
 - 1.8.2. Fit Ball
 - 1.8.3. Elastic Bands
 - 1.8.4. Bosu
- 1.9. The Space
 - 1.9.1. Equipment Preferences
 - 1.9.2. The Pilates Space
 - 1.9.3. Pilates Equipment
 - 1.9.4. Best Practices in Terms of Space
- 1.10. The Environment
 - 1.10.1. Concept of the Environment
 - 1.10.2. Characteristics of Different Environments
 - 1.10.3. Choice of Environment
 - 1.10.4. Conclusions



The ideal program to get you up to speed in the design of spaces for Gym Pilates, adapting the available instruments to the needs of the patient”

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 Gym 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.



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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 Gym 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 Gym Pilates for Nursing**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 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
classroom



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