

# Postgraduate Certificate The Pilates Gym





## Postgraduate Certificate The Pilates Gym

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

Website: [www.techtute.com/us/physiotherapy/postgraduate-certificate/pilates-gym](http://www.techtute.com/us/physiotherapy/postgraduate-certificate/pilates-gym)

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# 01

# Introduction

The evolution of the Pilates method is well-known, especially in the improvement of exercises and the incorporation of machines for its practical realization. In this sense, physiotherapists have integrated their techniques and equipment into their therapy in order to promote patient recovery or injury prevention. Advances in this field lead to constant updating that can be achieved thanks to this TECH program. A 100% online qualification will lead the graduate to be up to date with the working methods, the different existing equipment, and its suitability for each pathology to be addressed. All this, with a multimedia content, accessible 24 hours a day, from any digital device with Internet connection.



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*This Postgraduate Certificate in Pilates Gym will provide a complete update in this field in only 6 weeks"*



Pilates on a machine is aimed at both beginners and experts, as its ease of use means that this activity can be practiced at any age. In this way, physical therapists have been working directly in the execution of exercises that help the patient maintain a healthier and injury-free body. In the planning of these sessions, it is necessary to take into account the space, equipment, choice, and characteristics of the environment for the correct execution.

In this sense, the evolution of this discipline has been evident, both in its training methods and innovations in therapeutic devices, as well as in the pathologies that can be improved with it. In this line, TECH has developed this Postgraduate Certificate in Pilates Gym of 150 teaching hours, which delves into all the essential elements to carry out sessions in this field.

A syllabus that will lead the graduate to update their knowledge about the benefits of exercises performed with the Barrel, the Cadillac, and the chair, among others.

It also delves into concepts such as the environment and its suitability. A program that offers high quality not only in its advanced content but also in the multimedia material it provides. All this, in addition to having a faculty specialized in the area of Physiotherapy, will guide students in the academic process from the online mode.

At TECH, quality is important, but also comfort and convenience, which is why it offers professionals a degree with great time flexibility. You will only need an electronic device with Internet connectivity to access the program's virtual platform at any time of the day. Undoubtedly, it is a unique academic option that is at the forefront.

This **Postgraduate Certificate in The Pilates Gym** contains the most complete and up-to-date scientific program on the market. The most important features of the 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 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



*Thanks to this program, you will have access to updated content on the adaptation of Foam Roller and Fit Ball type implements"*

“ *In only 150 teaching hours, you will acquire the most recent updates in the field of Gym Pilates”*

*Delve into the execution of exercises in Pilates therapeutic equipment through the best multimedia didactic material.*

*In TECH, you will only need an electronic device with Internet to access the virtual platform at any time.*

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.



# 02 Objectives

This Postgraduate Certificate in Gym Pilates has been specifically designed to provide the specialist with the latest updates from a Physiotherapy perspective. That is why TECH is at the forefront of technological education, providing its students with innovations in didactic tools and strengthening the competencies of the professional. At the end of this program, the graduate will have expanded their knowledge of Pilates machines, the main exercises of the moment, their current benefits, and the mistakes when performing them.







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*TECH is always at the forefront, offering specialists innovations in didactic tools”*



## 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 the apparatus used in the Pilates Method in depth. 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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- ◆ Describe the space where Pilates is performed
- ◆ Be aware of the machines to do Pilates
- ◆ Expose protocols and exercise progressions

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*At the end of this program, you will have broadened your skills in the main Pilates exercises of the moment and their current benefits”*

03

# Course Management

TECH offers a variety of technological tools, where the student easily strengthens each of their skills, achieving the successful development of the degree. In this sense, the professional who attends this program will have access to a syllabus created exhaustively by teachers specialized in Advanced Physical Therapy techniques and Pilates Rehabilitation. Therefore, its deep knowledge will allow the graduate to integrate the most exhaustive and recent information about the planning of sessions in Pilates Gymnasium.





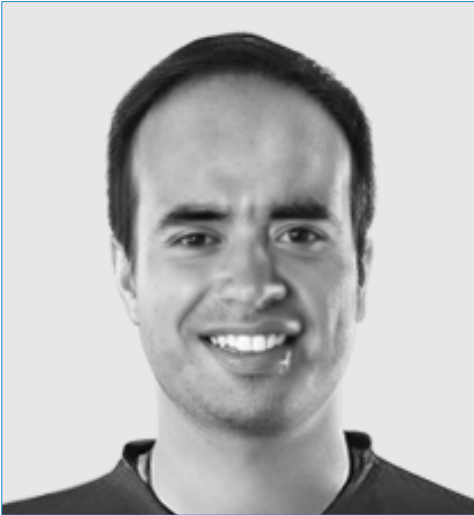


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*The syllabus of this qualification has been exhaustively designed by teachers specialized in Advanced Physiotherapy techniques and Pilates Rehabilitation"*



## 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



# 04

## Structure and Content

This Postgraduate Certificate has been created for professionals who delve into the most recent updates on Pilates machines and their innovative exercises for the treatment and recovery of patients. All this is through access to multimedia material based on video summaries and in-depth videos, as well as case studies and specialized readings that will further extend the information provided in this program.





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*A complete study plan will bring you up to date on the exercises that can be performed with Reformer, Cadillac, or Barrel"*

## Module 1. The gym/Pilates studio

- 1.1. The Reformer
  - 1.1.1. Introduction to the Reformer
  - 1.1.2. Reformer Benefits
  - 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 Cadillac
  - 1.2.2. Cadillac Benefits
  - 1.2.3. Main exercises on the Cadillac
  - 1.2.4. Main errors on the Cadillac
- 1.3. The chair
  - 1.3.1. Introduction to the chair
  - 1.3.2. Chair benefits
  - 1.3.3. Main exercises on the chair
  - 1.3.4. Main Errors on the chair
- 1.4. The Barrel
  - 1.4.1. Introduction to the Barrel
  - 1.4.2. Barrel Benefits
  - 1.4.3. Main exercises on the Barrel
  - 1.4.4. Main errors on the Barrel
- 1.5. "Combo" models
  - 1.5.1. Introduction to the Combo model
  - 1.5.2. Combo model benefits
  - 1.5.3. Main exercises in the Combo model
  - 1.5.4. main errors in the Combo model
- 1.6. The flexible ring
  - 1.6.1. Introduction to flexible ring
  - 1.6.2. Flexible ring benefits
  - 1.6.3. Main exercises on the flexible ring
  - 1.6.4. Main Errors on the flexible ring







- 1.7. The Spine Corrector
  - 1.7.1. Introduction to Spine corrector
  - 1.7.2. Spine corrector benefits
  - 1.7.3. Main exercises on the Spine corrector
  - 1.7.4. Main Errors on the Spine corrector
- 1.8. Implements adapted to the method
  - 1.8.1. Foam roller
  - 1.8.2. Fit Ball
  - 1.8.4. Elastic bands
  - 1.8.5. Bosu
- 1.9. The Space
  - 1.9.1. Equipment preferences
  - 1.9.2. The Pilates space
  - 1.9.3. Pilates instruments
  - 1.9.4. Best practices in terms of space
- 1.10. The Environment
  - 1.10.1. Environment concept
  - 1.10.2. Characteristics of different environments
  - 1.10.3. Environment choice
  - 1.10.4. Conclusions



*TECH makes your life easier, offering flexible hours to pursue t his degree"*

# 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.





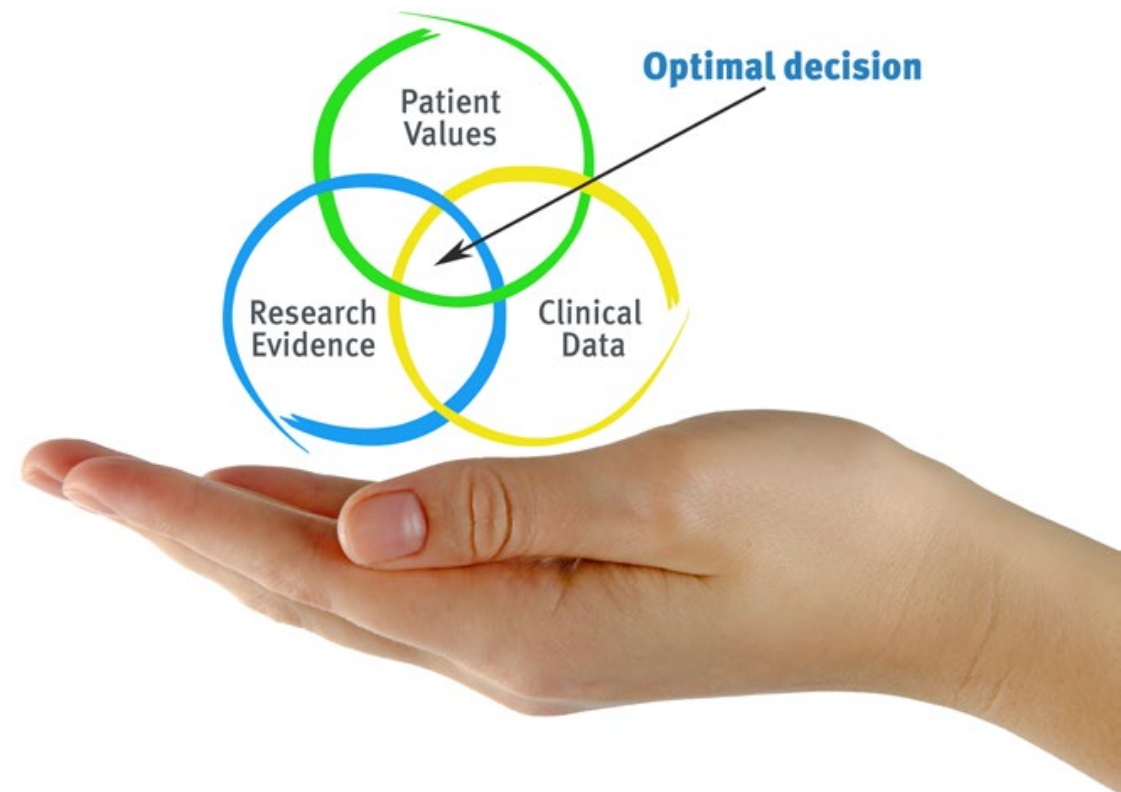
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? 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. Physiotherapists/kinesiologists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning 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, trying to recreate the real conditions of professional physiotherapy 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. Physiotherapists/kinesiologists 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 physiotherapist/kinesiologist to better integrate into the real world.
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 the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.



*The physiotherapist/kinesiologist 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 trained more than 65,000 physiotherapists/kinesiologists with unprecedented success in all clinical specialties, regardless of the 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 training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 our 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 highly 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.



#### 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.



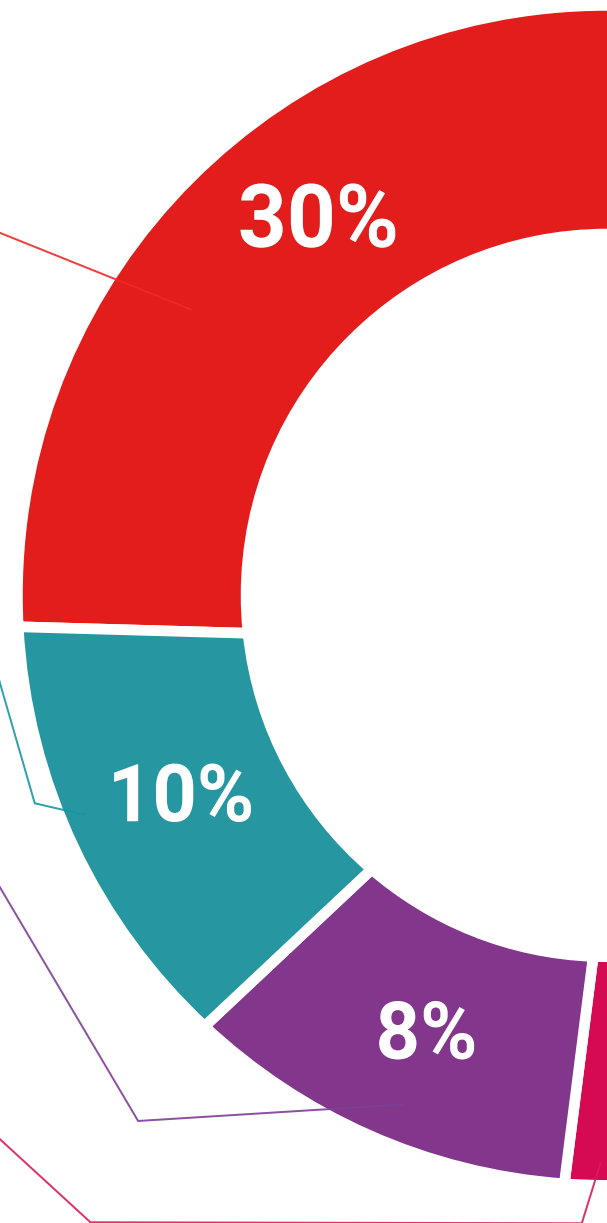
#### Practising Skills and Abilities

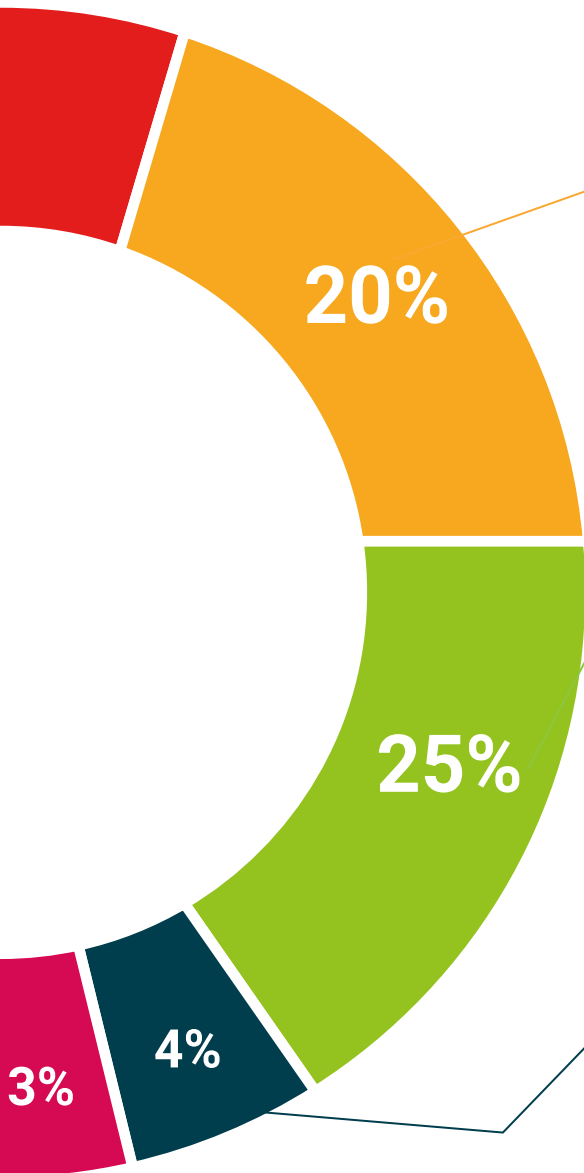
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### 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.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### 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".



#### 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.





# 06 Certificate

The Postgraduate Certificate in Pilates Gym guarantees students, in addition to the most rigorous and up-to-date scientific, access to a Postgraduate Certificate 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 Certificate in The Pilates Gym** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in The Pilates Gym**

Official N° of Hours: **150 h.**



\*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.

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



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### The Pilates Gym

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