

# Postgraduate Certificate

## Practical Methodology in Pilates



## Postgraduate Certificate Practical Methodology in Pilates

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

Website: [www.techtitute.com/pk/physiotherapy/postgraduate-certificate/practical-methodology-pilates](http://www.techtitute.com/pk/physiotherapy/postgraduate-certificate/practical-methodology-pilates)

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# 01

# Introduction

Starting a physical activity involves following the guidelines and rules of the game. It is no different with Pilates since, being a discipline with worldwide fame, the training methods have been perfected. For this reason, specialists in physiotherapy have studied this method of physical training, implementing it in their therapies that promote the improvement and recovery of a large number of pathologies. For this reason, this program is designed for the students to delve into the most notorious advances in the Pilates Method, the development of the sessions, and the main software used in the study of this discipline. All, a 100% online format and with the best multimedia didactic material.



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*This Postgraduate Certificate is designed for the professional to enhance their knowledge on the practice of the Pilates Method”*

The training performed in Pilates is not focused on excessive muscular contraction, much less on the repetition of exercises without any sense. This is why it is so important to execute the training plan and to take into account the professional's guidance for good practice. In this sense, physiotherapists have begun to take into account the purpose of this discipline, from breathing control to precision in the execution of movements. Issues that are essential for the physical rehabilitation of an athlete or person who performs any activity.

Pilates has become one of the most effective alternatives for the prevention, recovery, and treatment of injuries. Scientific evidence supports this assertion from various academic papers. Therefore, this academic program focuses on offering the professional the most complete update on the practice of the Pilates Method with emphasis on the processes of initiation, training levels, and general protocol.

The graduate will enhance their skills in specific aspects of how this physical activity has revolutionized the area of Physiotherapy, becoming a field of study. In this aspect, this program will lead students to delve into concepts such as exercise progression and regression, taking them step by step to the optimal execution of a movement. This is supported by high-quality multimedia content, accessible at any time of the day from a digital device with an Internet connection.

TECH provides flexibility and convenience to complete this program since it offers a 100% online qualification, with no classes with restricted schedules. That is why this academic proposal becomes an ideal option for those looking for an effective update.

This **Postgraduate Certificate in Practical Methodology in Pilates** contains the most complete and up-to-date scientific program on the market. Its most outstanding features are:

- ◆ 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



*Delve, when and where you wish, into the importance of breath control for the physical rehabilitation of an athlete”*

“ *This program will provide the professional with up-to-date content on methodology in the practice of Pilates* ”

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.

*Delve into concepts such as exercise progression and regression with the best multimedia didactic material.*

*TECH provides flexibility and convenience to perform this program when and where you want.*



# 02 Objectives

The objective of this program is to enhance the theoretical knowledge and practical skills of physical therapists through the most up-to-date content. Therefore, TECH provides different technological innovation tools, guaranteeing the success of this degree process. Therefore, at the end of this Postgraduate Certificate, the graduate will be aware of the technological applications to perform Pilates sessions, proceed to evaluations, and make correct planning of Pilates classes.







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*At the end of this Postgraduate Certificate, the graduate will have nurtured their knowledge of the technological applications for the study of Pilates”*



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

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*The professional will increase their theoretical knowledge and practical skills in Physiotherapy through the dynamics of didactic tools and the most current content”*

# 03

## Course Management

With TECH, the quality of the updating process goes beyond since it counts on professionals recognized in the field and with great experience in the sector. For this reason, the graduate will have a syllabus developed by an outstanding faculty, specialized in advanced techniques in Physiotherapy and Osteopathy of the Locomotor System and Pilates. Their deep knowledge of this discipline will allow students to obtain a complete update and resolve doubts that may arise during the course of this program.





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*The graduate will have a syllabus developed by a teaching staff specialized in advanced techniques in Physiotherapy and Pilates Method”*

## 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



03

# Structure and Content

This Postgraduate Certificate includes the most innovative aspects of the adaptation of Pilates to therapeutic and rehabilitation sessions, from the learning guide to the practice of this discipline. The syllabus describes the step by step of the Pilates Method, delving into concepts such as the background of the Pilates Method and the evolution of the Pilates Method. Finally, with the support of didactic material housed in the virtual library, this program will become more dynamic and attractive.







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*This Postgraduate Certificate includes the most innovative aspects of the adaptation of Pilates to therapeutic and rehabilitation sessions”*

## Module 1. Methodology in the practice of the Pilates Method

- 1.1. The initial session
  - 1.1.1. Initial Assessment
  - 1.1.2. Informed Consent
  - 1.1.3. Words and commands related to Pilates
  - 1.1.4. Onset on the Pilates Method
- 1.2. Initial Assessment
  - 1.2.1. Postural assessment
  - 1.2.2. Flexibility assessment
  - 1.2.3. Evaluación coordinativa
  - 1.2.4. Session planning. Pilates card
- 1.3. Pilates class
  - 1.3.1. Initial exercises
  - 1.3.2. Student groupings
  - 1.3.3. Positioning, voice, corrections
  - 1.3.4. Resting
- 1.4. Student-patients
  - 1.4.1. Pilates student typology
  - 1.4.2. Personalized commitment
  - 1.4.3. Student objectives
  - 1.4.4. The choice of method
- 1.5. Exercise progressions and regressions
  - 1.5.1. Introduction to progressions and regressions
  - 1.5.2. Progressions
  - 1.5.3. Regressions
  - 1.5.4. The evolution of treatment
- 1.6. General protocol
  - 1.6.1. A basic generalized protocol
  - 1.6.2. Respect Pilates fundamentals
  - 1.6.3. Protocol analysis
  - 1.6.4. Protocol functions





- 1.7. Indications of the exercises
  - 1.7.1. Characteristics of initial position
  - 1.7.2. Contraindications of the exercises
  - 1.7.3. Verbal, tactile aids
  - 1.7.4. Class scheduling
- 1.8. The teacher/monitor
  - 1.8.1. Student analysis
  - 1.8.2. Types of teachers
  - 1.8.3. Generation of an adequate environment
  - 1.8.4. Student follow-up
- 1.9. The basic program
  - 1.9.1. Pilates for beginners
  - 1.9.2. Pilates for intermediates
  - 1.9.3. Pilates for experts
  - 1.9.4. Professional Pilates
- 1.10. Software for pilates studio
  - 1.10.1. Main pilates studio software
  - 1.10.2. Application for pilates practicing
  - 1.10.3. Latest technology in the pilates studio
  - 1.10.4. Most significant advances in Pilates studio



*The syllabus describes the step-by-step methodology of the Pilates Method, delving into concepts such as the background of the Pilates Method and the Evolution of the Pilates Method”*

# 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.





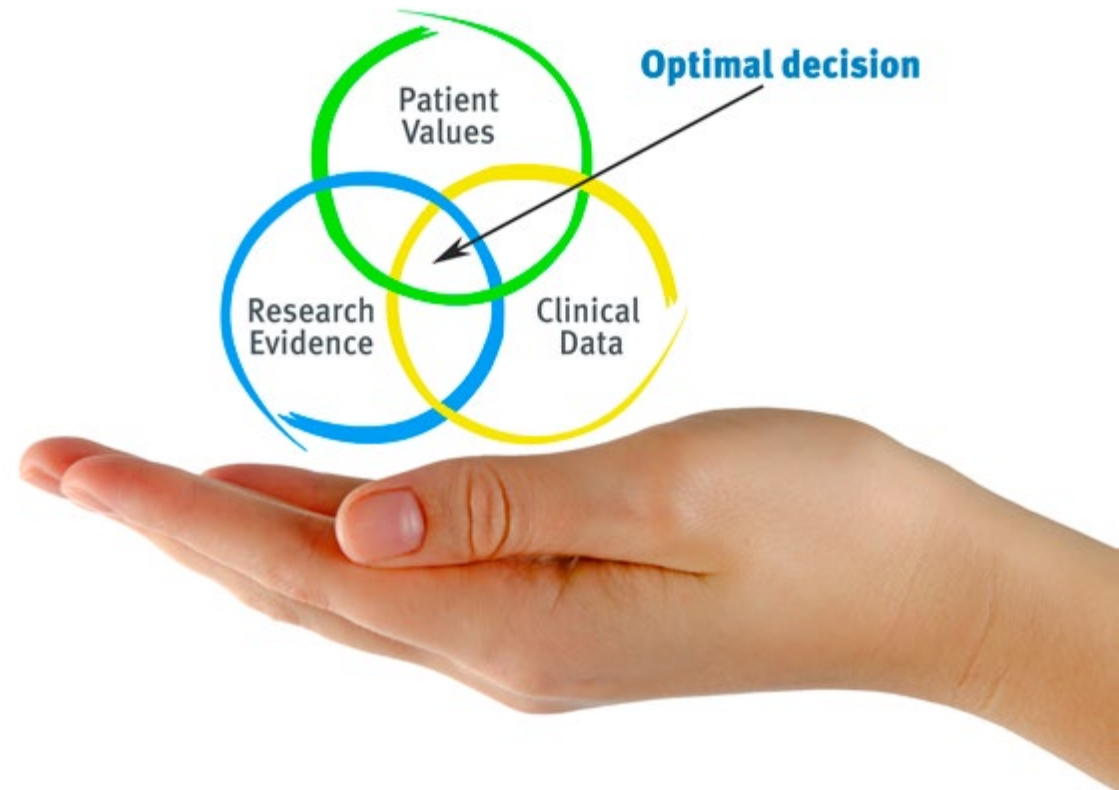
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 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.



#### Physiotherapy Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current Physiotherapy techniques and procedures. 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

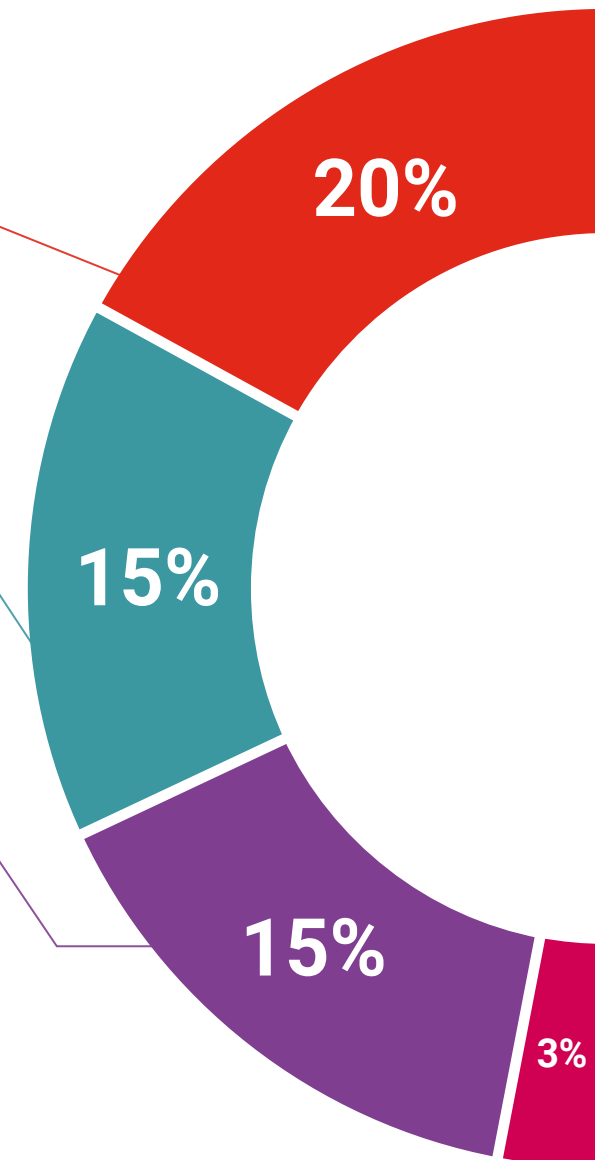
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

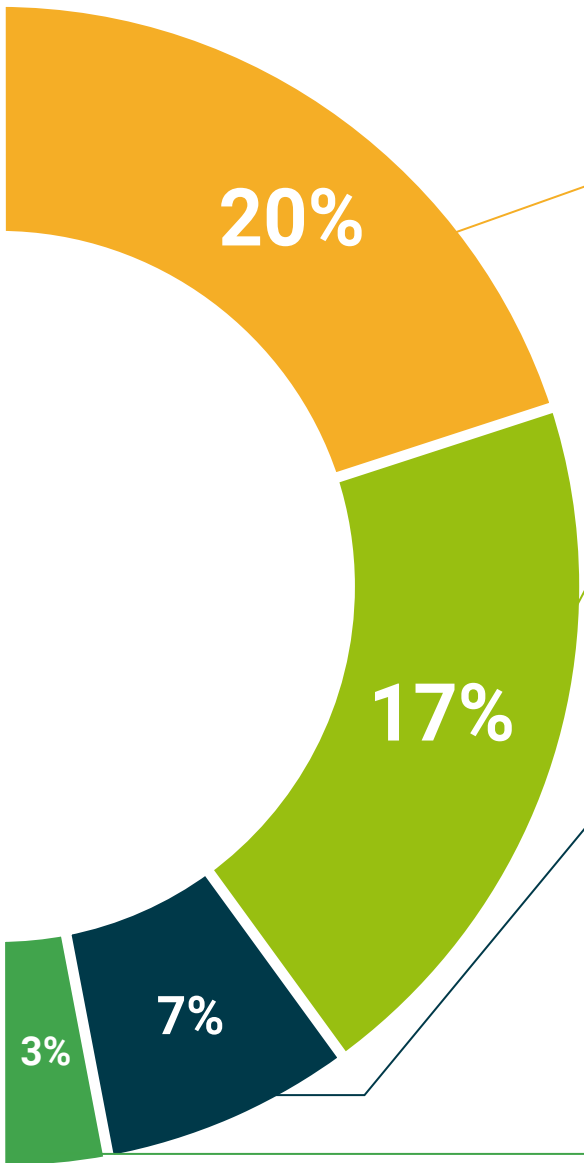
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### 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 on the usefulness of learning by observing experts. The system known as 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.



# 05 Certificate

The Postgraduate Certificate in Practical Methodology in Pilates guarantees students, in addition to the most rigorous and up-to-date education, 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 Practical Methodology in Pilates** 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 certificate 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.

Program: **Postgraduate Certificate in Practical Methodology in Pilates**

Official No. of Hours: **150 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 languages  
virtual classroom



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