

# Postgraduate Diploma

## Application of the Pilates Method





## Postgraduate Diploma Application of the Pilates Method

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

Website: [www.techtitute.com/pk/physiotherapy/postgraduate-diploma/postgraduate-diploma-application-pilates-method](http://www.techtitute.com/pk/physiotherapy/postgraduate-diploma/postgraduate-diploma-application-pilates-method)

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# 01

# Introduction

Nowadays, the Pilates Method has become a physical activity recommended by health professionals as an ideal therapy for musculoskeletal pathologies. The evolution of this practice, the adaptation of the exercises to each patient, and the scientific research that supports them have given it greater value. For this reason, many physiotherapists include this method in their practice. Therefore, this program was created to provide the graduate with a complete update on session planning, biomechanics, and the technological tools used for their study. All this, in a 100% online learning format, with no classes subject to schedules and the most advanced teaching content in the current educational scene.



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*You will implement the optimal Pilates techniques to ensure optimal recovery of your patients into your daily practice"*



The Pilates Method has adapted to patients' individual needs over time, allowing for the personalization of exercises and physiotherapeutic treatment. In addition, recent studies support this situation, as they have shown improvements in muscle strength and function in people with pathologies such as knee arthritis.

These benefits have led many professional physiotherapists to specialize in this field and integrate the most advanced techniques to treat or prevent injuries into their practice. Consequently, TECH has developed this Postgraduate Diploma that offers the graduate an exhaustive up-to-date education in the Application of the Pilates Method.

Through this qualification, the professional will delve into the historical background and fundamental principles of this physical activity, as well as its therapeutic application and its ability to contribute to the recovery of injuries. All of this is supported by the most recent scientific evidence.

In addition, thanks to the numerous didactic materials, you will learn about the different types of breathing used in the Pilates Method and its beneficial effects, the importance of the pelvis as a center of stability and movement, and the anatomy and biomechanics of the spine. In addition, throughout this academic itinerary, you will explore the relevance of body segment alignments and delve into the concept of functional integration.

In this sense, this university program will offer students a cutting-edge update through clinical case studies, video summaries of each topic, or videos in detail. A unique opportunity to get an effective update without neglecting daily work and personal responsibilities. This TECH university proposal is characterized by its flexibility, allowing access to the syllabus when and where the graduate wishes. They only need an Digital device with Internet connection to access at any time the contents hosted on the virtual platform.

This **Postgraduate Diploma in the Application of the Pilates Method** 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 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



*You will increase your competencies and skills for the management of different pathologies through the Pilates Method"*

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*You will make an effective journey through the background of the Pilates Method, its evolution, and current situation throughout the 6 months of this program”*

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.

*You will delve, when and where you wish, into the different types of breathing and the effects they can cause during the practice of Pilates.*

*This program will allow you to be up to date with the latest technology available in physiotherapy sessions.*



# 02 Objectives

The purpose of this program is to offer the Physiotherapy professional a complete update on the application of the Pilates Method in his rehabilitation work. In this way, the specialist will be able to incorporate this exercise modality in their practice with patients, taking advantage of the benefits for mobility, muscle strengthening, or postural correction. All this will be possible thanks to this qualification, which provides the expert with the flexibility they need to carry out their update combined with their daily responsibilities.





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*You will update your knowledge on the differences between Classic Pilates and Modern Pilates with innovative multimedia didactic resources"*



## 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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### Module 1. The Pilates Method

- ♦ Delve into the background of Pilates
- ♦ Delve into the history of Pilates
- ♦ Describe the Pilates methodology

### Module 2. Fundamentals of the Pilates Method

- ♦ Delve into fundamentals of Pilates
- ♦ Identify the most relevant exercises
- ♦ Explain the Pilates positions to be avoided

### Module 3. Methodology in the practice of the Pilates Method

- ♦ 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



*With the case studies facilitated by the faculty, you will learn about the most successful application of Pilates techniques in different patients"*



# 03

## Course Management

In order to maintain the academic quality that characterizes TECH programs, this qualification has a faculty composed of renowned professionals in the field of Physiotherapy, specializing in the Pilates Method. As a result, physiotherapists can be assured of getting a state-of-the-art update from committed and constantly developing specialists in this field. In addition, thanks to their proximity, students will be able to resolve any doubts that may arise regarding the content of this program.





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*TECH offers you a syllabus developed by experts in the field of the Pilates Method, with which you will delve into body alignments, muscle and fascial chains”*

## 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 and Rehabilitation by the Royal Spanish Gymnastics Federation
- ♦ Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ♦ Graduate in Physiotherapy from Comillas Pontifical University

## Professors

### Ms. Díaz Águila, Estrella

- ♦ Physiotherapist at H3
- ♦ Physiotherapist at Physiotherapy Castilla Clinic
- ♦ Physiotherapist at Fiosiomagna Clinic
- ♦ Physiotherapist at CEMAJ Medical Center
- ♦ Master's Degree in Osteopathy at Alcalá University
- ♦ Musculoskeletal ultrasound course for physiotherapists at MV Clinic
- ♦ PHL Back School Course: Therapeutic Pilates, hypopressive and functional exercise at the College of Physiotherapists of Andalusia
- ♦ Postgraduate Certificate in Physiotherapy at the University of Alcalá





# 04

## Structure and Content

This program brings together content that covers the most relevant concepts in the application of the Pilates Method. In this sense, professionals will update their knowledge about the fundamentals of the Pilates Method, the differences between Classic Pilates and Modern Pilates, and the importance of the Pelvis as the center of stability and movement. Additionally, this qualification offers the Physiotherapy expert the possibility of accessing at any time and location since they will only need a device connected to the network.



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*With the Relearning system, you will significantly reduce the time you spend studying, and you will be able to concentrate efficiently on the most relevant concepts"*

## 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
- 1.4.2. 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. Fundamentals of the Pilates Method

- 2.1. The different concepts of the method
  - 2.1.1. The concepts according to Joseph Pilates
  - 2.1.2. Evolution of Concepts
  - 2.1.3. Subsequent generations
  - 2.1.4. Conclusions
- 2.2. Breathing
  - 2.2.1. The different types of breathing
  - 2.2.2. Analysis of types of breathing
  - 2.2.3. The Effects of breathing
  - 2.2.4. Conclusions

- 2.3. Pelvis as the core of stability and movement
  - 2.3.1. The Joseph Pilates Core
  - 2.3.2. The Scientific Core
  - 2.3.3. Anatomical basis
  - 2.3.4. Core in recovery processes
- 2.4. The organization of the shoulder girdle
  - 2.4.1. Anatomical Review
  - 2.4.2. Shoulder Girdle Biomechanics
  - 2.4.3. Pilates applications
  - 2.4.4. Conclusions
- 2.5. The organization of lower limb movement
  - 2.5.1. Anatomical Review
  - 2.5.2. Biomechanics the Lower Limb
  - 2.5.3. Pilates applications
  - 2.5.4. Conclusions
- 2.6. The articulation of the spine
  - 2.6.1. Anatomical Review
  - 2.6.2. Biomechanics of the Spine
  - 2.6.3. Pilates applications
  - 2.6.4. Conclusions
- 2.7. Body segment alignments
  - 2.7.1. Posture
  - 2.7.2. Posture in Pilates
  - 2.7.3. Segmental alignments
  - 2.7.4. Muscle and fascial chains
- 2.8. Functional integration
  - 2.8.1. Concept of functional Integration
  - 2.8.2. Implications on different activities
  - 2.8.3. The task
  - 2.8.4. The Context





- 2.9. Fundamentals of Therapeutic Pilates
  - 2.9.1. History of Therapeutic Pilates
  - 2.9.2. Concepts in Therapeutic Pilates
  - 2.9.3. Criteria in Therapeutic Pilates
  - 2.9.4. Examples of injuries or pathologies
- 2.10. Pilates clásico y Pilates terapéutico
  - 2.10.1. Differences between both methods
  - 2.10.2. Justification
  - 2.10.3. Progressions
  - 2.10.4. Conclusions

### Module 3. Methodology in the practice of the Pilates Method

- 3.1. The initial session
  - 3.1.1. Initial Assessment
  - 3.1.2. Informed Consent
  - 3.1.3. Words and commands related to Pilates
  - 3.1.4. Onset on the Pilates Method
- 3.2. Initial Assessment
  - 3.2.1. Postural assessment
  - 3.2.2. Flexibility assessment
  - 3.2.3. Evaluación coordinativa
  - 3.2.4. Session planning. Pilates card
- 3.3. Pilates class
  - 3.3.1. Initial exercises
  - 3.3.2. Student groupings
  - 3.3.3. Positioning, voice, corrections
  - 3.3.4. Resting
- 3.4. Student-patients
  - 3.4.1. Pilates student typology
  - 3.4.2. Personalized commitment
  - 3.4.3. Student objectives
  - 3.4.4. The choice of method

- 3.5. Exercise progressions and regressions
  - 3.5.1. Introduction to progressions and regressions
  - 3.5.2. Progressions
  - 3.5.3. Regressions
  - 3.5.4. The evolution of treatment
- 3.6. General protocol
  - 3.6.1. A basic generalized protocol
  - 3.6.2. Respect Pilates fundamentals
  - 3.6.3. Protocol analysis
  - 3.6.4. Protocol functions
- 3.7. Indications of the exercises
  - 3.7.1. Characteristics of initial position
  - 3.7.2. Contraindications of the exercises
  - 3.7.3. Verbal, tactile aids
  - 3.7.4. Class scheduling
- 3.8. The teacher/monitor
  - 3.8.1. Student analysis
  - 3.8.2. Types of teachers
  - 3.8.3. Generation of an adequate environment
  - 3.8.4. Student follow-up
- 3.9. The basic program
  - 3.9.1. Pilates for beginners
  - 3.9.2. Pilates for intermediates
  - 3.9.3. Pilates for experts
  - 3.9.4. Professional Pilates
- 3.10. Software for pilates studio
  - 3.10.1. Main software for Pilates studio
  - 3.10.2. Application for pilates practicing
  - 3.10.3. Latest technology in the pilates studio
  - 3.10.4. Most significant advances in Pilates studio

# 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.



# 06 Certificate

The Postgraduate Diploma in the Application of the Pilates Method 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 the Application of the Pilates Method** 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 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.

Program: **Postgraduate Diploma in the Application of the Pilates Method**

Official N° 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.





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