

# Postgraduate Diploma

## Pilates Method on the Floor



## Postgraduate Diploma Pilates Method on the Floor

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

Website: [www.techtute.com/in/physiotherapy/postgraduate-diploma/postgraduate-diploma-pilates-method-floor](http://www.techtute.com/in/physiotherapy/postgraduate-diploma/postgraduate-diploma-pilates-method-floor)

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# 01

# Introduction

Pilates techniques have proven to be effective in the prevention and management of chronic pain and muscle imbalances. For this reason, physiotherapists have included these exercises in their therapeutic procedures to address pathologies associated with the spine and upper and lower limbs. Consequently, TECH has developed this program in order to offer professionals an update on the adaptation of Pilates exercises on the floor for each injury, as well as central and joint stabilization techniques. All this, with a 100% online methodology, flexible and with content accessible at any time and location from an electronic device with an Internet connection.



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*Thanks to this program, you will expand your knowledge about the most effective Pilates Methods on the Floor for your physiotherapeutic practice”*

The implementation of the Pilates Method on the Floor for Physical Therapy treatments has proven to be beneficial for patients seeking to prevent injuries and treat chronic pain problems and muscle imbalances. For this reason, by incorporating this discipline into physical rehabilitation procedures, professionals work in a comprehensive manner in the rehabilitation and prevention of musculoskeletal injuries.

In this context, TECH has developed this program that offers physiotherapists a unique opportunity to update themselves in the adaptation of positions and exercises related to this physical activity. In this way, you will be able to improve your skills in assessing the capabilities of patients with different pathologies and the choice of different exercises.

Likewise, this academic proposal offers the possibility to delve into the background and fundamental principles of the Pilates Method, as well as the distinction between the different types of existing methods. All this, without investing long hours of memorization and study, thanks to the Relearning method pioneered by TECH.

In addition, this 100% online Postgraduate Diploma is enriched with a series of multimedia resources available in a virtual library, accessible 24 hours a day through a digital device with an internet connection. In this way, the graduate has greater flexibility to synchronize their daily activities with a high-quality academic proposal for updating their knowledge.

This **Postgraduate Diploma in Pilates Method on the Floor** 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



*Thanks to the multimedia content, you will explore the latest scientific evidence on the use of Pilates on the floor exercises for the recovery of hip disorders”*

“*In only 6 months you will be able to incorporate in your clinical practice the most efficient Pilates exercises on machines to treat knee pathologies”*

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 into the most common diseases that affect adults, such as Osteoporosis, and its approach through Pilates techniques.*

*You will delve into strengthening, functional, and mobility exercises to offer the most appropriate alternative to your patients.*



# 02 Objectives

The purpose of this university degree is to provide physical therapists with the most up-to-date information about the Pilates Method on the Floor. In this way, they will be able to use this discipline as an effective therapeutic tool in the approach to various pathologies. Likewise, by incorporating principles and techniques of this physical activity into their daily practice, practitioners will offer their patients a complementary treatment option that promotes their health and well-being. To achieve this, TECH has created this program that gives physiotherapists the possibility to combine their update with their daily activities and resolve any questions they may have with the expert faculty of this program.





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*You will provide solutions adapted to the needs of your patients and use the most cutting-edge techniques of therapy based on Pilates on the Floor”*



## 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 in Spine disorders

- ◆ Inquire into the main problems of the Spine and their approach
- ◆ Update knowledge on the main problems of the Spine and their approach
- ◆ Apply specific exercise protocols for the injury recovery process

### Module 2. Pilates in Upper Limb disorders

- ◆ Identify the pathologies of the Shoulder and their management
- ◆ Develop knowledge about the pathology of the Elbow and its approach
- ◆ Delve into the pathology of the Wrist and its approach

### Module 3. Pilates in Lower Limb disorders

- ◆ Detect distinctive characteristics of each injury
- ◆ Address the alterations through exercises based on the Pilates Method
- ◆ Adapt specific exercise protocols for the injury recovery process

### Module 4. 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



*You will improve your skills to treat patients with Shoulder pathologies through the use of Pilates machines”*

03

# Course Management

In order to preserve the academic quality that characterizes TECH, this program has brought together recognized experts with vast experience in the field of Physical Therapy. In this way, physiotherapeutic professionals will have access to a program of excellence developed by authentic specialists in the Pilates Method. This academic proposal offers graduates an exceptional updating experience with outstanding professionals in this field.



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*You will explore with leading experts in the field of Physiotherapy how the Pilates method can play an effective role in the treatment of nerve entrapment in the Upper Limb”*

## 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. Cortés Lorenzo, Laura

- Physiotherapist in Fiosiomon clinic and the Madrid Hockey Federation
- Physiotherapist in the Technification Center of the Hockey Federation of Madrid
- Physiotherapist in companies through Fisiowork S.L
- Traumatology physiotherapist in Artros Clinic
- Physiotherapist in Club SPV51 and Club Valdeluz Hockey Club
- Diploma in Physiotherapy. 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



**Mr. Pérez Costa, Eduardo**

- ◆ CEO of Move2Be Physiotherapy and Readaptation
- ◆ Independent physiotherapist, home treatment in Madrid
- ◆ Physiotherapist Natal Clinic San Sebastian de los Reyes
- ◆ Sports readaptor of Club Baloncesto Zona Press
- ◆ Physiotherapist in the UD Sanse's subsidiary team
- ◆ Physiotherapist on the field with the Marcet Foundation
- ◆ Physiotherapist at Pascual & Muñoz Clinic
- ◆ Physiotherapist at the Físio Life Plus clinic
- ◆ Master in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- ◆ Degree in Physiotherapy at the University of Alcalá

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*A unique, key, and decisive educational experience to boost your professional development”*

# 04

## Structure and Content

This university degree provides a complete update in the Pilates Method on the Floor field, offering the specialist the opportunity to broaden their knowledge and deepen their understanding of the biomechanics of the spine, core stabilization exercises, and disc disorders. The graduate will also explore specific exercises for neurological disorders in the upper and lower extremities and dissociation. All this with an extensive library of multimedia resources is available 24 hours a day, 7 days a week.







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*With the Relearning method, you will optimize your study time and consolidate the most complex concepts in less time”*

## 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. 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. Pilates in Upper Limb disorders

- 2.1. Basic anatomical recall
  - 2.1.1. Osteology of the Upper Limb
  - 2.1.2. Myology of the Upper Limb
  - 2.1.3. Biomechanics of the Upper Limb
  - 2.1.4. Good Practices
- 2.2. Stabilization exercises
  - 2.2.1. Introduction to stabilization exercise
  - 2.2.2. MATT stabilization exercises
  - 2.2.3. Machine stabilization exercises
  - 2.2.4. Best stabilization exercises

- 2.3. Joint mobilization exercises
  - 2.3.1. Introduction to joint mobility exercises
  - 2.3.2. Joint mobility exercises MATT
  - 2.3.3. Joint mobility exercises on machine
  - 2.3.4. Best joint mobility exercises
- 2.4. Strengthening exercises
  - 2.4.1. Introduction to strengthen exercises
  - 2.4.2. MATT strengthen exercises
  - 2.4.3. Machine strengthen exercises
  - 2.4.4. Best strengthen exercises
- 2.5. Functional exercises
  - 2.5.1. Introduction to functional exercises
  - 2.5.2. MATT functional exercises
  - 2.5.3. Machine stabilization exercises
  - 2.5.4. Best functional exercises
- 2.6. Shoulder Pathology Specific protocols
  - 2.6.1. Painful Shoulder
  - 2.6.2. Frozen shoulder
  - 2.6.3. Shoulder hypomobility
  - 2.6.4. Shoulder exercises
- 2.7. Elbow pathology Specific protocols
  - 2.7.1. Articular Pathology
  - 2.7.2. Muscle-tendon Pathology
  - 2.7.3. Post-traumatic or post-surgical elbow
  - 2.7.4. Elbow Exercises
- 2.8. Wrist Pathology
  - 2.8.1. Main syndromes
  - 2.8.2. Wrist pathology types
  - 2.8.3. Wrist Exercises
  - 2.8.4. Conclusions

- 2.9. Pathology of the Hand
  - 2.9.1. Main syndromes
  - 2.9.2. Hand pathology types
  - 2.9.3. Hand Exercises
  - 2.9.4. Conclusions
- 2.10. Nerve entrapments in the upper limb
  - 2.10.1. Brachial Plexus
  - 2.10.2. Peripheral Nerves
  - 2.10.3. Types of pathologies
  - 2.10.4. Exercises for nervous treatments in the upper limb

### Module 3. Pilates in Lower Limb disorders

- 3.1. Basic anatomical recall
  - 3.1.1. Osteology of the Lower Limb
  - 3.1.2. Myology of the Lower Limb
  - 3.1.3. Biomechanics of the Lower Limb
  - 3.1.4. Good Practices
- 3.2. Frequent pathologies susceptible to treatment with Pilates
  - 3.2.1. Growth pathologies
  - 3.2.2. Pathologies in the athlete
  - 3.2.3. Other Types of Pathologies
  - 3.2.4. Conclusions
- 3.3. Exercises indicated on Mat, Machines, and Implements. General protocol
  - 3.3.1. Dissociation exercises
  - 3.3.2. Mobilization exercises
  - 3.3.3. Strengthening exercises
  - 3.3.4. Functional exercises
- 3.4. Hip Pathology
  - 3.4.1. Articular Pathology
  - 3.4.2. Muscle-tendon Pathology
  - 3.4.3. Surgical pathology. Prosthesis
  - 3.4.4. Hip Exercises

- 3.5. Knee Pathology
  - 3.5.1. Articular Pathology
  - 3.5.2. Muscle-tendon Pathology
  - 3.5.3. Surgical pathology. Prosthesis
  - 3.5.4. Knee Exercises
- 3.6. Ankle Pathology
  - 3.6.1. Articular Pathology
  - 3.6.2. Muscle-tendon Pathology
  - 3.6.3. Surgical pathology
  - 3.6.4. Ankle Exercises
- 3.7. Foot Pathology
  - 3.7.1. Joint and fascial pathology
  - 3.7.2. Muscle-tendon Pathology
  - 3.7.3. Surgical pathology
  - 3.7.4. Foot Exercises
- 3.8. Nerve entrapments in the Lower limb
  - 3.8.1. Brachial Plexus
  - 3.8.2. Peripheral Nerves
  - 3.8.3. Types of pathologies
  - 3.8.4. Exercises for nerve entrapments in the Lower Limb
- 3.9. Analysis of the anterolateral chain of the lower limb
  - 3.9.1. What is the anterolateral chain, and how important is it for the patient?
  - 3.9.2. Important aspects for assessment
  - 3.9.3. The relationship of the chain with pathology already described
  - 3.9.4. Exercises for training of the anterolateral chain
- 3.10. Analysis of the posterior-medial chain of the lower limb
  - 3.10.1. What is the posterior-medial chain, and how important is it for the patient?
  - 3.10.2. Important aspects for assessment
  - 3.10.3. The relationship of the complex with pathology already described
  - 3.10.4. Exercises for posterior-medial chain

## Module 4. General pathology and its treatment with Pilates

- 4.1. Nervous system
  - 4.1.1. Central Nervous System
  - 4.1.2. Peripheral Nervous System
  - 4.1.3. Brief description of neural pathways
  - 4.1.4. Benefits of Pilates in neurological pathology
- 4.2. Neurological assessment focused on Pilates
  - 4.2.1. Medical History
  - 4.2.2. Strength and tone assessment
  - 4.2.3. Sensitivity assessment
  - 4.2.4. Tests and scales
- 4.3. Most prevalent neurological pathologies and scientific evidence in Pilates
  - 4.3.1. Brief description of the pathologies
  - 4.3.2. Basic principles of Pilates in neurological pathology
  - 4.3.3. Adaptation of Pilates positions
  - 4.3.4. Adaptation of Pilates Exercises
- 4.4. Multiple Sclerosis
  - 4.4.1. Pathology description
  - 4.4.2. Assessment of the patient's capabilities
  - 4.4.3. Adaptation of Pilates exercises on floor
  - 4.4.4. Adaptation of Pilates exercises with elements
- 4.5. Stroke
  - 4.5.1. Pathology description
  - 4.5.2. Assessment of the patient's capabilities
  - 4.5.3. Adaptation of Pilates exercises on floor
  - 4.5.4. Adaptation of Pilates exercises with elements
- 4.6. Parkinson's Disease
  - 4.6.1. Pathology description
  - 4.6.2. Assessment of the patient's capabilities
  - 4.6.3. Adaptation of Pilates exercises on floor
  - 4.6.4. Adaptation of Pilates exercises with elements



- 4.7. Cerebral Palsy
  - 4.7.1. Pathology description
  - 4.7.2. Assessment of the patient's capabilities
  - 4.7.3. Adaptation of Pilates exercises on floor
  - 4.7.4. Adaptation of Pilates exercises with elements
- 4.8. Older adults
  - 4.8.1. Age-related pathologies
  - 4.8.2. Assessment of the patient's capabilities
  - 4.8.3. Indicated exercises
  - 4.8.4. Contraindicated exercises
- 4.9. Osteoporosis
  - 4.9.1. Pathology description
  - 4.9.2. Assessment of the patient's capabilities
  - 4.9.3. Indicated exercises
  - 4.9.4. Contraindicated exercises
- 4.10. Pelvic Floor Disorders: urinary incontinence
  - 4.10.1. Pathology description
  - 4.10.2. Incidence and Prevalence
  - 4.10.3. Indicated exercises
  - 4.10.4. Contraindicated exercises



*You will take advantage of the 100% online modality offered by this program, which will allow you to access it at the time and place of your choice, 24 hours a day"*

# 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.





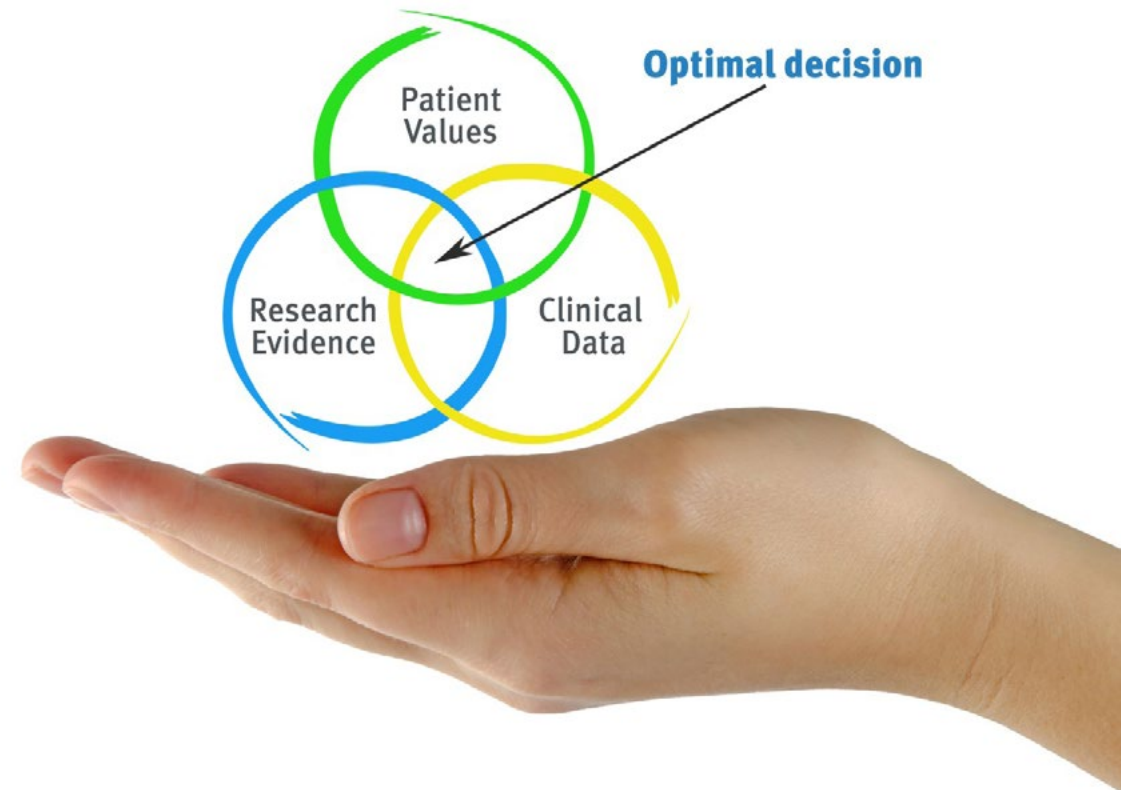
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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## 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 Pilates Method on the Floor 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 Method on the Floor** 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 Method on the Floor**

Official N° of Hours: **600 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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