

Postgraduate Diploma

Pilates Method on Machines



Postgraduate Diploma Pilates Method on Machines

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

Website: www.techtute.com/pk/physiotherapy/postgraduate-diploma/postgraduate-diploma-pilates-method-machines

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 16

05

Methodology

p. 22

06

Certificate

p. 30

01

Introduction

In Physiotherapy, the Machine Pilates Method has gained popularity in recent years due to its rehabilitation and injury prevention benefits. Therefore, many professionals include such equipment in their sessions for the prevention and recovery of patients. For this reason, TECH has created a program that provides the physiotherapist with up-to-date knowledge of the different types of existing equipment and the ways to use them depending on the pathology or sports injury. In this way, this 100% online qualification will provide the graduate with a complete update through innovative multimedia content, accessible 24 hours a day, 7 days a week.





“

You will achieve a complete update of your skills in the use of Pilates machines thanks to this Postgraduate Diploma”

One of the main reasons why the Machine Pilates Method has become a common choice in Physiotherapy is its ability to promote proper musculoskeletal health of the patient. In addition to preventing injuries, the rehabilitation of injuries through different equipment has proven to be highly effective.

In this sense, there are many health spaces that include this Pilates modality to treat various pathologies. This is a growing trend that has led physiotherapists to choose to specialize in this field. For this reason, TECH has developed this program that allows the graduate to be updated on the latest scientific evidence regarding the Pilates Method on Machines.

In this sense, students will take a tour through the evolution of this discipline, delve into breathing and its different types, the technical exercises of the Pelvis, and the different equipment used (Reformer, Cadillac, chair, Barrel). In this way, you will get a complete update in this field through the best didactic content.

Likewise, the physiotherapist will have total freedom to access the syllabus whenever and wherever they wish. All you need is an electronic device with Internet connection to view this cutting-edge program. All this, moreover, without investing long hours in studying and memorization, thanks to the institution's *Relearning* system. A method based on the reiteration of the key contents throughout this academic process will allow us to consolidate them in a much simpler and easier way.

This **Postgraduate Diploma in Pilates Method on Machines** 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 work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



With TECH, you will broaden your skills in the different types of breathing, the effects, and their importance in the practice of Pilates”

“

You will delve deeper into the Core during your patients' recovery and how the Pelvis is important for stability and movement in Pilates”

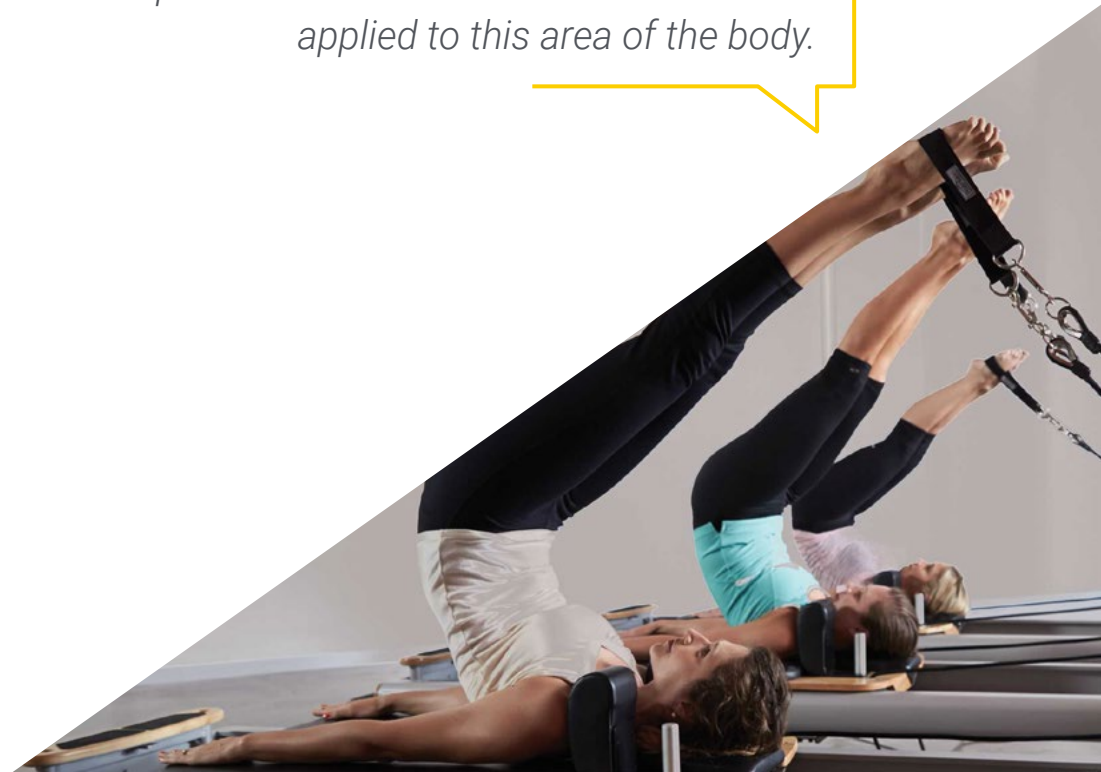
The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

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 proper selection of the different equipment used for the practice of Pilates, as well as the distinctive characteristics of each one.

You will examine the anatomy related to the organization of the Scapular Waist and explore in detail how the Pilates Method is applied to this area of the body.



02 Objectives

The purpose of this degree is to offer an update to Physiotherapy professionals in their knowledge and skills for the application of the Pilates Method on Machines in rehabilitation and injury prevention processes. In this way, they will be able to develop physical training and recovery plans that directly impact the physical and mental well-being of their patients. To achieve this goal, TECH has created this 100% online program, which adapts to the needs of the specialist, allowing them to coordinate their personal and work activities with those of this update.



“

You will have a complete update on the most frequent injuries in swimmers and their treatment through the different Pilates machines”



General Objectives

- ◆ Enhance knowledge and professional skills in the practice and teaching of Pilates exercises on the floor, on different machines, and with implements
- ◆ Differentiate the applications of Pilates exercises and the adaptations to be made for each patient
- ◆ 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

Module 1. The Pilates gym

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

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. Pilates in sports

- ◆ Identify the most frequent injuries in each sport
- ◆ Indicate the risk factors predisposing to injury
- ◆ Select exercises based on the Pilates Method adapted to each sport



You will implement in your daily practice the most advanced techniques in Pilates as treatment and prevention of injuries in Rugby players”



03

Course Management

In order to maintain academic quality, TECH has brought together leading professionals in the field of Physiotherapy to carry out this qualification. In this way, the specialists of this discipline will have the possibility of accessing an avant-garde program created by referents in the Pilates Method. Therefore, professionals will have an extraordinary updating experience with leading experts 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.





“

You will work with specialists in Pilates Method on Machines, with whom you will delve into the different exercises of this discipline”

Management



Mr. González Arganda, Sergio

- ◆ Physiotherapist of Atlético de Madrid Football Club
- ◆ CEO Fisis 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. 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 qualification has been designed with the purpose of providing the physiotherapist a complete update on the Pilates Method on Machines. In this sense, the professional will delve into equipment such as the Reformer, the Trapeze table, and the flexible ring. In addition, you will expand your knowledge of the different concepts related to the method, types of breathing, analysis, effects, and conclusions, and the biomechanics of the spine and its application in Pilates. In addition, the program makes available to the graduate a virtual library where they will find innovative multimedia materials, such as video summaries, which can be accessed without being subject to a specific schedule.

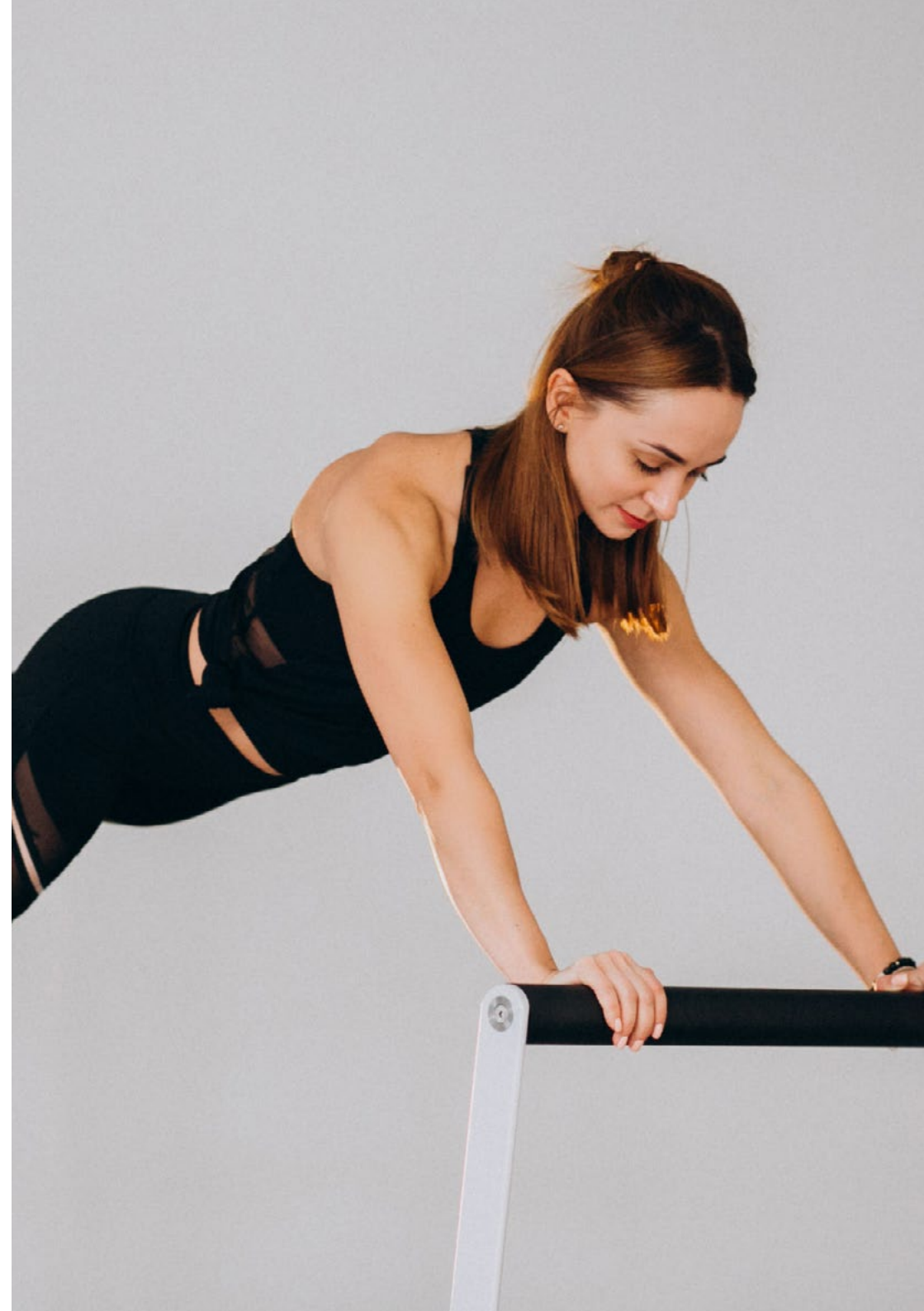


“

TECH offers a personalized study plan designed according to the most effective pedagogical methodology, the Relearning system”

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 on 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*
 - 1.8.3. Elastic bands
 - 1.8.4. Bosu
 - 1.9. The Space
 - 1.9.1. Equipment preferences
 - 1.9.2. The Pilates space
 - 1.9.3. Pilates 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
- 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. Pilates in sports

- 3.1. Soccer
 - 3.1.1. Most Common Injuries
 - 3.1.2. Pilates as treatment and prevention
 - 3.1.3. Benefits and objectives
 - 3.1.4. Example in elite athletes
- 3.2. Racquet Sports
 - 3.2.1. Most Common Injuries
 - 3.2.2. Pilates as treatment and prevention
 - 3.2.3. Benefits and objectives
 - 3.2.4. Example in elite athletes
- 3.3. Basketball
 - 3.3.1. Most Common Injuries
 - 3.3.2. Pilates as treatment and prevention
 - 3.3.3. Benefits and objectives
 - 3.3.4. Example in elite athletes
- 3.4. Handball
 - 3.4.1. Most Common Injuries
 - 3.4.2. Pilates as treatment and prevention
 - 3.4.3. Benefits and objectives
 - 3.4.4. Example in elite athletes





- 3.5. Golf
 - 3.5.1. Most Common Injuries
 - 3.5.2. Pilates as treatment and prevention
 - 3.5.3. Benefits and objectives
 - 3.5.4. Example in elite athletes
- 3.6. Swimming
 - 3.6.1. Most Common Injuries
 - 3.6.2. Pilates as treatment and prevention
 - 3.6.3. Benefits and objectives
 - 3.6.4. Example in elite athletes
- 3.7. Athletics
 - 3.7.1. Most Common Injuries
 - 3.7.2. Pilates as treatment and prevention
 - 3.7.3. Benefits and objectives
 - 3.7.4. Example in elite athletes
- 3.8. Dance and performing arts
 - 3.8.1. Most Common Injuries
 - 3.8.2. Pilates as treatment and prevention
 - 3.8.3. Benefits and objectives
 - 3.8.4. Example in elite athletes
- 3.9. Roller Hockey
 - 3.9.1. Most Common Injuries
 - 3.9.2. Pilates as treatment and prevention
 - 3.9.3. Benefits and objectives
 - 3.9.4. Example in elite athletes
- 3.10. Rugby
 - 3.10.1. Most Common Injuries
 - 3.10.2. Pilates as treatment and prevention
 - 3.10.3. Benefits and objectives
 - 3.10.4. Example in elite athletes

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.





“

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.

“

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 Machines guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



“

*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 Machines** 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 Machines**

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.



Postgraduate Diploma Pilates Method on Machines

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

Postgraduate Diploma

Pilates Method on Machines