

# Postgraduate Certificate

## Pilates during Pregnancy and Postpartum





## Postgraduate Certificate Pilates during Pregnancy and Postpartum

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/sports-science/postgraduate-certificate/pilates-during-pregnancy-postpartum](http://www.techtitute.com/us/sports-science/postgraduate-certificate/pilates-during-pregnancy-postpartum)

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# 01

# Introduction

The practice of Pilates is especially recommended for pregnant women. It manages to regulate weight during pregnancy and after childbirth helps to regain physical fitness. This physical and therapeutic activity becomes essential to adapt the body to all stages of pregnancy. Therefore, given the relevance in the health and well-being of women, TECH has created this academic program with the intention of providing the Sports Science specialists with exclusive content regarding the analysis of physiological and postural changes that affect pregnant women, as well as the most appropriate exercises. All this with a 100% online pedagogical format and with a team of teachers experienced in the Pilates Method.





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*Update your skills on pregnancy problems and their approach through the Pilates Method with this Postgraduate Certificate”*

One of the biggest ailments in pregnant women is concentrated in the back. The weight gain due to their condition leads to acute pain in this area, while mobility is limited and balance is impaired. In this way, the physical trainer or sports professional should create training plans based on strengthening, coordination and breathing for pain control and management through the practice of Pilates. This will allow the patient not only a contribution in physical health, but also in mental health by increasing the ability to concentrate.

In this way, studies in this field have advanced, managing to optimally integrate the Pilates Method to the processes of pregnancy in women. A progress that has led, in turn, physical trainers to integrate this discipline in their sessions. In this way, this Postgraduate Certificate will provide the sports expert with updates on Pilates during Pregnancy and Postpartum in just 6 weeks.

The specialist will strengthen their skills in specific areas related to the benefits of physical preparation during pregnancy and the recommended physical activity. In addition, this program has an excellent specialized teaching team and integrates quality multimedia content that offers dynamism and comfort with the online modality.

In this sense, TECH thinks in comfort and excellence, that is why this program offers the most complete update and the highest standards, being a program of great flexibility as the graduates only need a device with an Internet connection to easily access the virtual platform from wherever they are.

This **Postgraduate Certificate in Pilates during Pregnancy and Postpartum** 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 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



*With TECH you will enhance your knowledge about urinary incontinence and pelvic floor through specific Pilates exercises”*

“

*From a theoretical-practical perspective you will delve into the Pilates exercises indicated in the first pregnancy”*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will strengthen your skills in planning Pilates Method training sessions in just 6 weeks.*

*TECH not only presents a program with the convenience of the online modality, it also focuses on the highest standards in its content.*



# 02 Objectives

This Postgraduate Certificate in Pilates during Pregnancy and Postpartum has been specifically designed to provide the professional with the most current innovations in this low-impact physical activity. Therefore, TECH offers the best technological tools, ensuring the success of students seeking a complete update of their skills with the best academic resources. Upon completion of this program, the graduates will have expanded their skills to guide women during pregnancy, childbirth and postpartum.







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*TECH provides you with the best didactic methods and tools, allowing you to effectively achieve the objectives of this academic program”*



## 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 symptoms and pathology of each patient
- ◆ Delimit the progressions and regressions of the exercises according to the different phases in the recovery process of an injury
- ◆ Avoiding exercises that are contraindicated according to the previous 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 destined to Pilates exercise
- ◆ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- ◆ Perform correctly and analytically the exercises based on the Pilates Method
- ◆ Analyze the physiological and postural changes that affect the pregnant woman
- ◆ 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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- ◆ Differentiate the different phases of pregnancy
- ◆ Determine specific exercises for each phase
- ◆ Orient the woman during pregnancy, childbirth and postpartum



*In this university program, you will design exercises adapted to the woman during pregnancy until delivery”*

03

# Course Management

TECH is an institution that focuses on the quality of teaching offered to students in each of the programs it offers. For this reason, the graduates will have access to a syllabus created by a highly specialized teaching staff in pelviperrineology, recovery and rehabilitation of the pelvic floor and Pilates rehabilitation. Their extensive clinical experience and deep knowledge will allow the graduate to obtain an effective update and resolve doubts about the syllabus during the course of this program.





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*TECH has assembled a renowned professional team, specialized in the most advanced techniques in rehabilitation and Physiotherapy in Pelviperrineology”*

## International Guest Director

Dr. Edward Laskowski is a leading international figure in the field of Sports Medicine and Physical Rehabilitation. Board certified by the American Board of Physical Medicine and Rehabilitation, he has been an integral part of the prestigious staff at the Mayo Clinic, where he has served as Director of the Sports Medicine Center.

In addition, his expertise spans a wide range of disciplines, from Sports Medicine, to Fitness and Strength and Stability Training. As such, he has worked closely with a multidisciplinary team of specialists in Physical Medicine, Rehabilitation, Orthopedics, Physiotherapy and Sports Psychology to provide a comprehensive approach to the care of his patients.

Likewise, his influence extends beyond clinical practice, as he has been recognized nationally and internationally for his contributions to the world of sport and health. Accordingly, he was appointed by President George W. Bush to the President's Council on Physical Fitness and Sports, and awarded a Distinguished Service Award from the Department of Health and Human Services, underscoring his commitment to promoting healthy lifestyles.

In addition, he has been a key element in renowned sporting events, such as the Winter Olympics (2002) in Salt Lake City and the Chicago Marathon, providing quality medical care. Add to this his dedication to outreach, which has been reflected in his extensive work in creating academic resources, including the Mayo Clinic CD-ROM on Sports, Health and Fitness, as well as his role as Contributing Editor of the book "Mayo Clinic Fitness for EveryBody." With a passion for debunking myths and providing accurate, up-to-date information, Dr. Edward Laskowski continues to be an influential voice in Sports Medicine and Fitness worldwide.



## Dr. Edward Laskowski

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- Director, Mayo Clinic Sports Medicine Center, United States
- Consultant Physician to the National Hockey League Players Association, United States
- Physician at the Mayo Clinic, United States
- Member of the Olympic Polyclinic at the Olympic Winter Games (2002), Salt Lake City, Salt Lake City, United States
- Specialist in Sports Medicine, Fitness, Strength Training and Stability Training
- Board Certified by the American Board of Physical Medicine & Rehabilitation
- Contributing Editor of the book "Mayo Clinic Fitness for EveryBody"
- Distinguished Service Award from the Department of Health and Human Services
- Member of: American College of Sports Medicine

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Mr. González Arganda, Sergio

- ◆ Physiotherapist of Atlético Madrid Football Club
- ◆ CEO Physio Domicilio Madrid
- ◆ Professor in the Professional Master's Degree in Physical Preparation and Sports Rehabilitation in Soccer
- ◆ Professor in the Postgraduate Diploma in Clinical Pilates
- ◆ Professor in the Professional Master's Degree in Biomechanics and Sports Physiotherapy
- ◆ Professional Master's Degree in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- ◆ Postgraduate Diploma in Pilates Rehabilitation by the Royal Spanish Gymnastics Federation
- ◆ Professional Master's Degree in Biomechanics Applied to Injury Assessment and Advanced Techniques in Physiotherapy
- ◆ Graduate in Physiotherapy at Comillas Pontifical University

## Professors

### Ms. Parra Nebreda, Virginia

- ◆ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ◆ Pelvic Floor Physiotherapist at Letfisio Clinic
- ◆ Physiotherapist at Orpea Elderly Care Home
- ◆ Professional Master's Degree of Physiotherapy in Pelviperineology at the University of Castilla-La Mancha
- ◆ Training in Functional Ultrasound in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT Formation
- ◆ Training in Hypopressive in LOW PRESSURE FITNES
- ◆ Graduate in Physiotherapy by the Complutense University of Madrid





# 04

## Structure and Content

This program has been designed and oriented around the most recent research in the field of the Pilates Method, establishing a syllabus that provides a great content on Pilates during Pregnancy and Postpartum. This Postgraduate Certificate is designed to provide a unique and advanced material on the pelvic static-prolapse change, being this one of the most common postpartum alterations. All this, by means of several multimedia resources that offer dynamism and a greater attractiveness to this university qualification.





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*This Postgraduate Certificate will offer you a first level content on how to guide women during pregnancy, childbirth and postpartum”*

## Module 1. Pilates during Pregnancy, Delivery and Postpartum

- 1.1. First Trimester
  - 1.1.1. Changes in the First Quarter
  - 1.1.2. Benefits and Objectives
  - 1.1.3. Indicated Exercises
  - 1.1.4. Contraindications
- 1.2. Second Trimester
  - 1.2.1. Changes in the Second Trimester
  - 1.2.2. Benefits and Objectives
  - 1.2.3. Indicated Exercises
  - 1.2.4. Contraindications
- 1.3. Third Trimester
  - 1.3.1. Changes in the Third Trimester
  - 1.3.2. Benefits and Objectives
  - 1.3.3. Indicated Exercises
  - 1.3.4. Contraindications
- 1.4. Birth
  - 1.4.1. Dilation and Delivery Phase
  - 1.4.2. Benefits and Objectives
  - 1.4.3. Recommendations
  - 1.4.4. Contraindications
- 1.5. Immediate Postpartum
  - 1.5.1. Recovery and Postpartum
  - 1.5.2. Benefits and Objectives
  - 1.5.3. Indicated Exercises
  - 1.5.4. Contraindications
- 1.6. Urinary Incontinence and Pelvic Floor
  - 1.6.1. Anatomy Involved
  - 1.6.2. Pathophysiology
  - 1.6.3. Indicated Exercises
  - 1.6.4. Contraindications





- 1.7. Problems in Pregnancy and Approach Using the Pilates Method
  - 1.7.1. Static Body Change
  - 1.7.2. Most Frequent Problems
  - 1.7.3. Indicated Exercises
  - 1.7.4. Contraindications
- 1.8. Pregnancy Preparation
  - 1.8.1. Benefits of Physical Preparation during Pregnancy
  - 1.8.2. Recommended Physical Activity
  - 1.8.3. Indicated Exercises in the First Pregnancy
  - 1.8.4. Preparation during the Search for the Second and Subsequent Pregnancies
- 1.9. Late Postpartum
  - 1.9.1. Long-Term Anatomical Changes
  - 1.9.2. Preparation for Return to Physical Activity
  - 1.9.3. Indicated Exercises
  - 1.9.4. Contraindications
- 1.10. Postpartum Alterations
  - 1.10.1. Abdominal Diastasis
  - 1.10.2. Pelvic Static Change-Prolapse
  - 1.10.3. Deep Abdominal Musculature Alterations
  - 1.10.4. Indications and Contraindications in Caesarean Section

“ Thanks to this university proposal you will be aware of the indications and contraindications of certain postpartum exercises”

# 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"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*





### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*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.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



### Practising Skills and Abilities

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



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Case Studies

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



#### Interactive Summaries

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

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



06

# Certificate

The Postgraduate Certificate in Pilates during Pregnancy and Postpartum 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 Pilates during Pregnancy and Postpartum** 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 Certificate** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Postgraduate Certificate in Pilates during Pregnancy and Postpartum**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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



## Postgraduate Certificate

Pilates during Pregnancy  
and Postpartum

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## Pilates during Pregnancy and Postpartum

