

# Postgraduate Certificate

## Therapeutic Pilates for General Pathology



## Postgraduate Certificate Therapeutic Pilates for General Pathology

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

Website: [www.techtute.com/pk/sports-science/postgraduate-certificate/therapeutic-pilates-general-pathology](http://www.techtute.com/pk/sports-science/postgraduate-certificate/therapeutic-pilates-general-pathology)

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# 01

# Introduction

Pilates in therapeutic emphasis, is a very beneficial practice to improve health problems, as it focuses directly on the physical rehabilitation of different pathologies of the patient. Accordingly, the therapeutic component makes it a very powerful tool for professionals in the world of sports. That is why, being such an important area that has caused such a stir over time, this academic program has been designed with the purpose of providing the Sports Science professional with important knowledge related to the search for scientific and updated information on Pilates treatments applicable to different pathologies. All this with a pedagogical format 100% online and with a team of experienced teachers in the Pilates Method.





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*This Postgraduate Certificate has been developed in order to provide you with the most advanced content on Pelvic Floor Problems focused on therapeutic Pilates"*

Therapeutic Pilates is carried out in an individual or personalized way; something totally necessary since each patient will present a specific ailment and with a determined magnitude. It is a tool that can only be used by people who have the appropriate knowledge to treat people with muscular or joint problems. That is why this modality has reached elite athletes, when they have muscular discomfort or even a surgical intervention. That is why this method is implemented for the physical rehabilitation of the athlete with the purpose of returning to the competitive state.

In this sense, research in this field of study has continued to progress giving answers to multiple questions, confirming that professionals in the Pilates Method must remain at the forefront in this area of knowledge. In this way, this Postgraduate Certificate will provide the professionals with different novelties in relation to Therapeutic Pilates for General Pathology and the neurological pathologies with more prevalence and scientific evidence of the same.

The graduate will enhance their skills in detailed items related to the identification of the main alterations of each pathology and will also develop actions to improve the effectiveness of Pilates exercises based on the principles of this method. This is a program that integrates an experienced teaching team along with multimedia content of the highest quality that offers dynamism and comfort with the online modality.

For this reason, TECH is comfort and excellence, since this program offers the most complete update and of the highest standards, being a program of great flexibility by only needing a device with an Internet connection to access the virtual platform without difficulties from the comfort of the place where you are.

This **Postgraduate Certificate in Therapeutic Pilates for General Pathology** 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 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



*With TECH you will be able to keep up to date with the latest updates in Therapeutic Pilates"*



*In this program you will enhance knowledge that will allow you to identify the main alterations of each pathology"*

*TECH has a teaching team with extensive experience and at the same time, integrates multimedia material that will help you in your academic process.*

*For this program you will only need an electronic device with an Internet connection.*

The program's teaching staff includes professionals from the field who contribute their work experience to this educational 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.

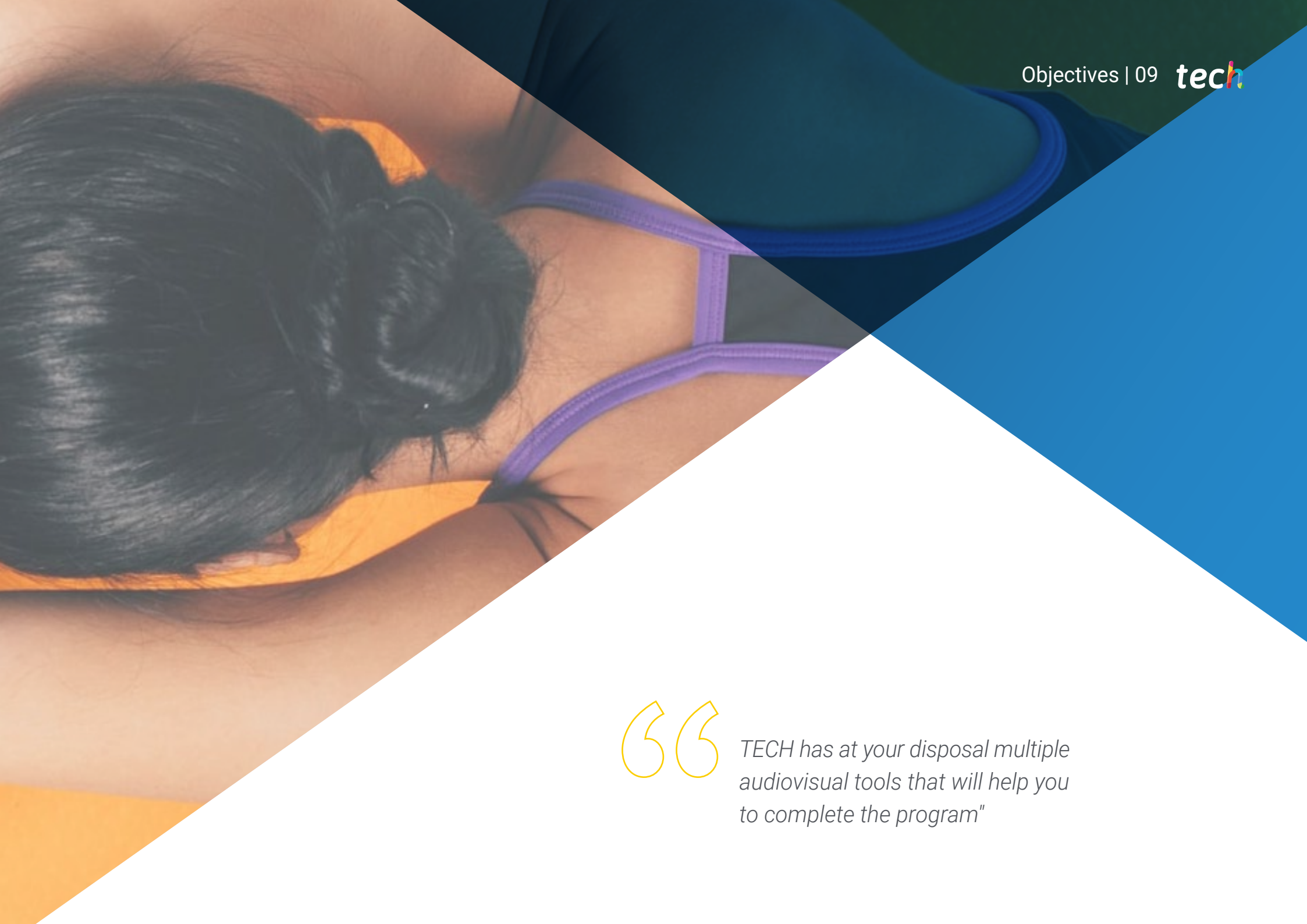


# 02 Objectives

This Postgraduate Certificate in Therapeutic Pilates for General Pathology has been created primarily to provide the professional with the most recent updates in the field of the Pilates Method. Therefore, TECH offers a variety of tools in academic innovation, successfully guaranteeing the development and completion of this program. Therefore, at the end of this program, the student will have strengthened their skills to address the alterations of each pathology through exercises based on the Pilates Method.







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*TECH has at your disposal multiple audiovisual tools that will help you to complete the 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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- ◆ Master the characteristics of each pathology
- ◆ Identify the main alterations of each pathology
- ◆ Address the alterations through exercises based on the Pilates Method



*In TECH you will develop actions that improve the effectiveness of Pilates exercises based on the principles of the method"*

03

# Course Management

TECH offers a first class education for the students who take its programs thanks to the didactic tools that successfully carry out the development of each of its programs. In this way, students will have access to content developed by a teaching staff specialized in stroke and multiple sclerosis. Their wide experience and deep knowledge will allow the graduates to solve doubts or answer questions that may arise during the course of the program.





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*Elite education is a premise of TECH, that is why it integrates a highly qualified teaching staff in disorders of the nervous system"*

## 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. García Ibáñez, Marina

- ◆ Physiotherapist at the Multiple Sclerosis Foundation of Madrid and private practice at home
- ◆ Physiotherapist for home treatments in pediatrics and adults with neurological pathology
- ◆ Physiotherapist in Multiple Sclerosis Foundation of Madrid
- ◆ Physiotherapist and Psychologist in Kinés Clinic
- ◆ Physiotherapist in San Nicolás Clinic
- ◆ Professional Master's Degree in Neurological Physiotherapy: Assessment and Treatment Techniques at the European University of Madrid
- ◆ Postgraduate Diploma in Neurological Physiotherapy at the European University of Madrid
- ◆ Degree in Psychology from the National University of Remote Education (UNED)



# 04

# Structure and Content

This program has been developed and guided according to the most recent evidence and research in the field of Pilates Method, establishing a curriculum that provides a rich material on Therapeutic Pilates for General Pathology. This Postgraduate Certificate is oriented to offer the most innovative content on neurological assessment focused on Pilates and osteoporosis. All this, by means of a series of didactic tools that offer dynamism, facilitating learning in this university program.







*This Postgraduate Certificate is focused on providing students with the latest material in Parkinson's and Cerebral Palsy"*

## Module 1. General Pathology and its Treatment with Pilates

- 1.1. Nervous system
  - 1.1.1. Central Nervous System
  - 1.1.2. Peripheral Nervous System
  - 1.1.3. Brief Description of Neuronal Pathways
  - 1.1.4. Benefits of Pilates in Neurological Pathology
- 1.2. Neurological Assessment Focused on Pilates
  - 1.2.1. Medical History
  - 1.2.2. Strength and Tone Assessment
  - 1.2.3. Sensitivity Assessment
  - 1.2.4. Tests and Scales
- 1.3. Neurological Pathologies with more Prevalence and Scientific Evidence in Pilates
  - 1.3.1. Brief Description of the Pathologies
  - 1.3.2. Basic Principles of Pilates in Neurological Pathology
  - 1.3.3. Adaptation of Pilates Positions
  - 1.3.4. Adaptation of Pilates Exercises
- 1.4. Multiple Sclerosis
  - 1.4.1. Description of the Pathology
  - 1.4.2. Assessment of the Patient's Capacities
  - 1.4.3. Adaptation of Pilates Floor Exercises
  - 1.4.4. Adaptation of Pilates Exercises with Elements
- 1.5. Stroke
  - 1.5.1. Description of the Pathology
  - 1.5.2. Assessment of the Patient's Capacities
  - 1.5.3. Adaptation of Pilates Floor Exercises
  - 1.5.4. Adaptation of Pilates Exercises with Elements
- 1.6. Parkinson's Disease
  - 1.6.1. Description of the Pathology
  - 1.6.2. Assessment of the Patient's Capacities
  - 1.6.3. Adaptation of Pilates Floor Exercises
  - 1.6.4. Adaptation of Pilates Exercises with Elements



- 1.7. Cerebral Palsy
  - 1.7.1. Description of the Pathology
  - 1.7.2. Assessment of the Patient's Capacities
  - 1.7.3. Adaptation of Pilates Floor Exercises
  - 1.7.4. Adaptation of Pilates Exercises with Elements
- 1.8. Older Adults
  - 1.8.1. Age-Related Pathologies
  - 1.8.2. Assessment of the Patient's Capacities
  - 1.8.3. Indicated Exercises
  - 1.8.4. Contraindicated Exercises
- 1.9. Osteoporosis
  - 1.9.1. Description of the Pathology
  - 1.9.2. Assessment of the Patient's Capacities
  - 1.9.3. Indicated Exercises
  - 1.9.4. Contraindicated Exercises
- 1.10. Pelvic Floor Problems: Urinary Incontinence
  - 1.10.1. Description of the Pathology
  - 1.10.2. Incidence and Prevalence
  - 1.10.3. Indicated Exercises
  - 1.10.4. Contraindicated Exercises

“At TECH you will enjoy the 100% online learning modality, being able to organize your daily tasks and access the virtual platform at any time”



# 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.

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*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.*



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

### 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 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 Therapeutic Pilates for General Pathology guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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 Certificate in Therapeutic Pilates for General Pathology** 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 certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Therapeutic Pilates for General Pathology**

Official N° of Hours: **150 h.**



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

future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present

online training

development language

virtual classroom

**tech** technological  
university

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