

# Postgraduate Diploma Application of the Pilates Method

Endorsed by the NBA





## Postgraduate Diploma Application of the Pilates Method

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-application-pilates-method](http://www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-application-pilates-method)

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# 01

# Introduction

Thanks to the deep muscle stabilization and strengthening exercises performed in the Pilates Method, this technique can effectively prevent sports injuries. That is why it is so important for the physical trainer to stay at the forefront of the latest techniques in this discipline in order to offer an alternative to the usual exercises. In this line, TECH has developed this 100% online program that offers the possibility of updating on postural assessment and exercises indicated for each pathology, according to the latest scientific evidence. All this, with a flexible degree, with access 24 hours a day from any digital device with an Internet connection.





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*You will actively implement the Pilates Method  
in your professional practice thanks to this  
6-month University Expert”*

The Pilates Method has gained popularity in the field of physical conditioning and rehabilitation due to its benefits in strengthening and stabilizing muscles and improving posture, flexibility, and overall body strength. These benefits have motivated physical trainers to incorporate this activity into their sessions.

In this sense, the evolution of the method itself entails continuous updating by the professionals. In this sense, TECH has developed this University Expert of 450 teaching hours that leads the graduate to obtain a complete up-to-date on the Application of the Pilates Method.

This is a program that will lead students to delve into the levels of progression of this discipline and an analysis of the different types of existing Pilates, as well as the most suitable exercises for each person. All this, in addition with the Relearning system based on the reiteration of content, will allow the graduate to consolidate the most important concepts in a simple way.

In this context, this program provides the fitness expert with a variety of multimedia resources, such as detailed videos and real case studies, which will be hosted in a virtual library, accessible from any device with Internet access. Therefore, with no classroom attendance or fixed class schedules, this program is an ideal option for combining daily responsibilities with a quality academic proposal.

This **Postgraduate Diploma in Application of the Pilates Method** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in Physiotherapy and specialists in Pilates
- The graphic, schematic, and practical content 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



*You will broaden your knowledge about the evolution of the Pilates Method, its improvements, modifications, and contributions to the field of physical training”*

“

*You will delve into the differences between Classical and Modern Pilates, acquiring the skills necessary to apply both approaches effectively”*

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

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

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*You will delve, when and where you wish into the principles of the Pilates Method, its evolution, and the different levels of progression.*

*You will explore in detail the latest scientific evidence supporting the Pilates Method and the benefits for physical improvement.*



# 02 Objectives

This program has been designed with the purpose of providing the fitness instructor with an update on the Application of the Pilates Method. In this way, the specialist will have the opportunity to incorporate this modality of exercise and rehabilitation into their daily practice, taking advantage of the benefits it offers in improving mobility, muscle strength, posture, and overall physical function. All this will be achieved thanks to a program that offers the necessary flexibility so that the professional can coordinate his daily activities with his daily updates.





A photograph of a woman with dark hair tied in a bun, wearing a purple top, lying on a mat. The image is partially obscured by a large blue diagonal graphic element.

“

*The case studies provided by the teaching staff of this program will allow you to be up to date with the different Pilates methods available”*



## General Objectives

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- ♦ Enhance the knowledge and professional skills in the practice and teaching of Pilates and teaching of the exercises of the Pilates method 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. The Pilates Method

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

### Module 2. Fundamentals of the Pilates Method

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

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

- ◆ Systematize sessions based on the Pilates Method
- ◆ Define types of sessions based on the Pilates Method
- ◆ Delve into the controversies and the well applied Pilates Method



*You will implement the different types of breathing to improve the preparation of athletes into your physical training practices"*

03

# Course Management

TECH has rigorously selected a team of leading specialists in the field of Physiotherapy. In this way, professionals will have the possibility to access a program designed by experts in this field and referents in the Pilates Method. In this sense, this university program will offer the physical trainer a unique experience of updating with leading experts. In addition, given their proximity, students will be able to resolve any doubts that may arise during the course of this program.





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*TECH has selected the best specialists in the Pilates Method, with whom you will delve into the Core as an assistant in injury recovery processes”*

## 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. Laskowski, Edward

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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



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

## Management



### Mr. González Arganda, Sergio

- Physiotherapist Atlético de Madrid and CEO Físio Domicilio Madrid
- Physiotherapist of Atlético de Madrid Football Club
- CEO Físio Domicilio Madrid
- Master in Osteopathy of the Locomotor System by the Madrid School of Osteopathy
- Master's Degree in Biomechanics applied to Injury Assessment and Advanced Techniques in Physiotherapy
- Expert in Pilates Rehabilitation by the Royal Spanish Gymnastics Federation
- Physiotherapy Graduate at Comillas Pontifical in University



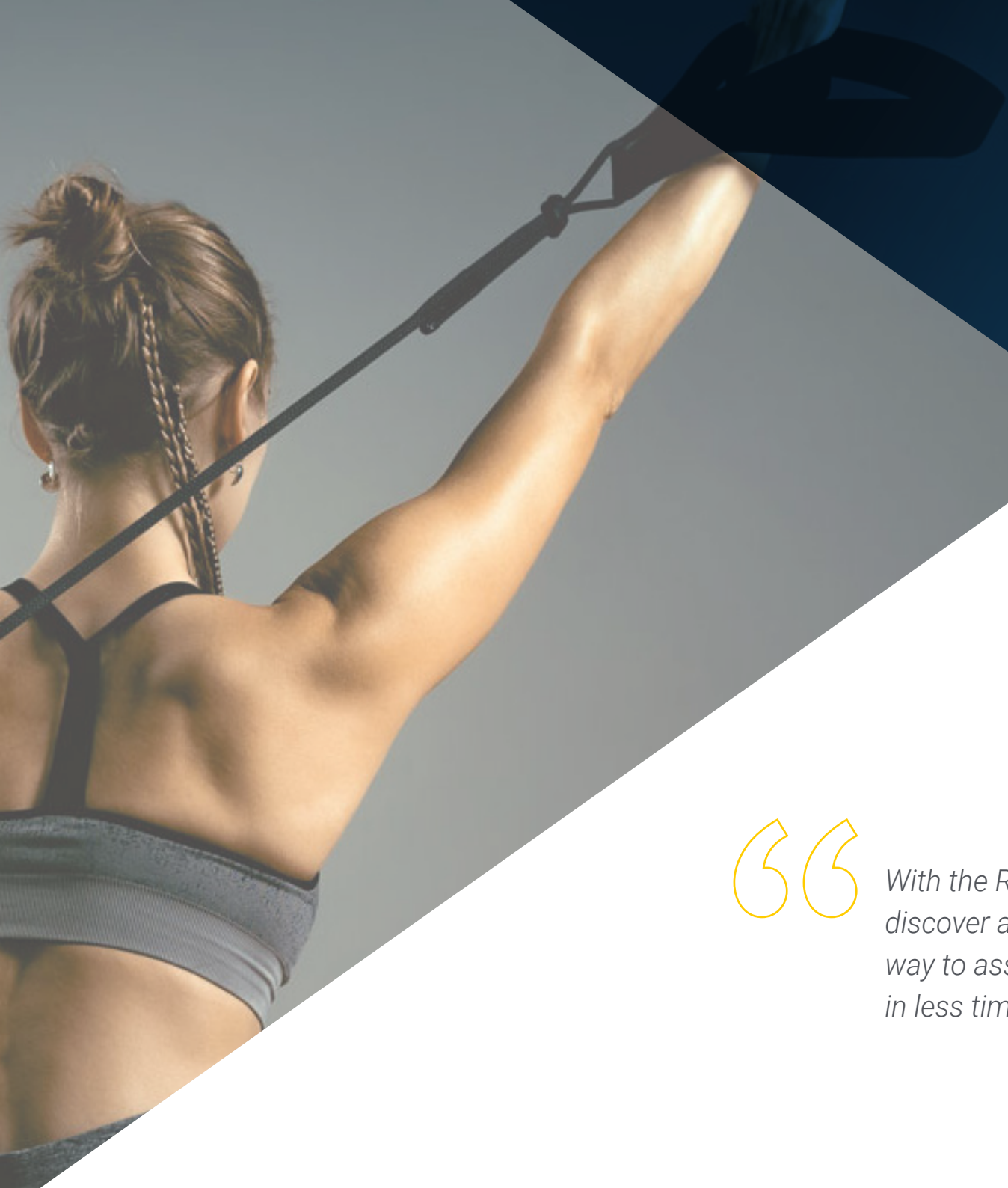


# 04

## Structure and Content

This University Expert in the Application of the Pilates Method is designed for physical trainers interested in keeping up to date in this field. In this way, during the development of the program, professionals will receive a complete up-to-date on the organization of the sessions and the various existing typologies. Also, it will delve into the different types of breathing or the relevance of the Core in relation to the Pelvis. In addition, all this with pedagogical tools based on multimedia pills, specialized readings, and case studies.





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*With the Relearning method, you will discover a simpler and more efficient way to assimilate 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. Fundamentals of the Pilates Method

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

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

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

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

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

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





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*You will delve into the progressions and regressions of the exercises implemented in Pilates and the evolution of the treatment”*

# 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"*

### 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 Diploma in the Application of the Pilates Method guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.







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*Successfully complete this program  
and receive your university qualification  
without having to travel or fill out  
laborious paperwork”*

This program will allow you to obtain your **Postgraduate Diploma in Application of the Pilates Method** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

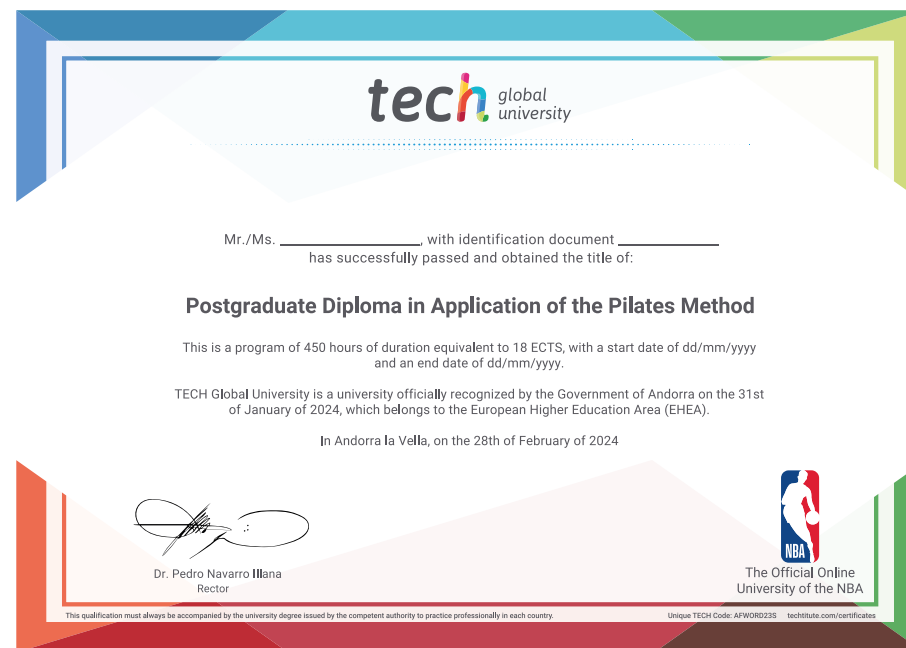
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University 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 Diploma

Application of the  
Pilates Method

- » Modality: online
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- » Exams: online

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