

# Postgraduate Diploma Pilates Instructor

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university





## Postgraduate Diploma Pilates Instructor

- » 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-pilates-instructor](http://www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-pilates-instructor)

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# 01

# Introduction

The progression of Pilates and its integration into different sports and health facilities has extended its popularity, especially given its benefits for pregnant women and neurological patients. For this reason, more and more sports professionals are deciding to broaden their field of action and specialize in this Method. For this reason, TECH has developed this 100% online degree, which provides the graduate with a complete update on this physical activity, the improvement of the equipment used, and the approach to various pathologies with different exercises, indications, and contraindications. All this, in addition, through multimedia teaching resources that can be easily accessed 24 hours a day , from any electronic device with Internet connection.



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*With TECH, you will update your skills as a Pilates instructor, its techniques, and most efficient exercises for proper physical training”*



In the field of Sports Science, there has been a growing interest in the role of Pilates as an effective tool to improve the health and well-being of pregnant women and patients with musculoskeletal pathologies. For this reason, the figure of the Pilates instructor becomes a key element in addressing different problems from a discipline that has been consolidated over time.

In this way, a physical trainer updated in the techniques used by Pilates instructors will be able to adapt specific exercises for pregnant women or adapt each of them to athletes in the recovery process from injuries. In this context, TECH has developed this Postgraduate Diploma designed to guarantee specialists a complete update in the field of Pilates Instructor.

In this regard, a wide-ranging update is offered on the exercises suitable for each stage of pregnancy, as well as on the changes in body statics during this period. In addition, the most frequent problems that may arise during pregnancy will be addressed, indicating recommended exercises and relevant contraindications for safe and effective care. You will also expand your knowledge of pathologies of the Nervous System and their relationship with the implementation of Pilates.

Likewise, the degree is offered in 100% online mode, which will allow the expert to carry out their update without leaving their daily activities aside since they will not have to adapt to a strict schedule. In addition, this methodology implemented by TECH is combined with the Relearning system, which will ensure that you will remember the concepts more easily and efficiently. All this together in a virtual library that will be accessible to students without time restrictions.

This **Postgraduate Diploma in Pilates Monitor** 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



*You will delve into pathologies of the Nervous System and the implementation of the benefits of Pilates for the treatment of diseases”*

“

*You will perform strength assessments, tests, and scales in neurological pathologies in order to execute the appropriate exercises in Pilates”*

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 implement in your professional practice the exercises indicated for the third trimester of pregnancy.*

*With this program, you will delve into the dilation and expulsion phases of pregnancy and the proper exercises for good practice during this process.*



# 02 Objectives

The purpose of this program is to update the physical trainer's knowledge about the techniques used by the Pilates instructor. In this sense, this curriculum will allow you to deepen in the specific exercises for each stage of pregnancy, identify the main alterations of each pathology, and face them through exercises based on this physical discipline. This is why, in order to achieve this objective, TECH has created this Postgraduate Diploma, which offers the specialist the possibility of accessing its content at any time and place from a digital device with an Internet connection.







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*You will effectively address urinary incontinence by implementing the most precise Pilates techniques”*



## General Objectives

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- ♦ To enhance 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
- ♦ Define the progressions and regressions of exercises according to the different phases in the process of recovery from an injury
- ♦ Avoid contraindicated exercises based on prior assessment of patients and clients
- ♦ Handle the apparatus used in the Pilates Method in depth
- ♦ To provide the necessary information to be able to search for scientific and updated information on Pilates treatments applicable to different pathologies
- ♦ Analyze the needs and improvements of Pilates equipment in a therapeutic space for Pilates exercise
- ♦ Develop actions that improve the effectiveness of Pilates exercises based on the principles of the method
- ♦ Perform correctly and analytically exercises based on the Pilates Method
- ♦ Analyze the physiological and postural changes that affect pregnant women
- ♦ Design exercises adapted to the woman in the course of pregnancy until delivery
- ♦ Describe the application of the Pilates Method in high-level athletes







## Specific Objectives

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

- ♦ Differentiate the different phases of pregnancy
- ♦ Determine specific exercises for each phase
- ♦ Orient the woman during pregnancy, childbirth, and postpartum

### Module 2. General pathology and its treatment with Pilates

- ♦ Master the characteristics of each pathology
- ♦ Identify the main alterations of each pathology
- ♦ Address the alterations through exercises based on the Pilates Method

### Module 3. The Pilates gym

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

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*You will incorporate in your physical training specialized Pilates machines such as the Reformer, Cadillac, and flexible ring”*

# 03

## Course Management

TECH has chosen for this qualification outstanding professionals in the field of Physiotherapy with a consolidated trajectory in the field of the Pilates Method. Therefore, physical trainers will have the opportunity to access an avant-garde program created by true leaders in this field. In this way, the institution offers professionals a unique updating experience with outstanding specialists in the area who have prepared a syllabus with recent information under the highest scientific rigor.





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*You will enjoy the best teaching staff specialized in the Pilates Method, with which you will have an update on the prevention of errors when using machines for this discipline”*



## 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 of Atlético de Madrid Football Club.
- ♦ CEO Físio Domicilio Madrid
- ♦ Teacher in the Professional Master's Degree in Physical Preparation and Sports Readaptation in Soccer.
- ♦ Teacher in the Postgraduate Diploma Pilates Clinical Pilates
- ♦ Teacher in the Professional Master's Degree in Biomechanics and Sports Physiotherapy
- ♦ Professional Master's Degree in Osteopathy of the Locomotor System from the Madrid School of Osteopathy.
- ♦ Postgraduate Diploma in Pilates and 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 from the Pontifical University of Comillas.

## Professors

### Ms. García Ibáñez, Marina

- ♦ Physiotherapist at Foundation Multiple Sclerosis of Madrid and private consultation at home
- ♦ Physiotherapist for home treatment in pediatrics and adults with neurological pathology
- ♦ Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Physiotherapist and Psychologist in Kinés Clinic
- ♦ Physiotherapist in San Nicolás Clinic
- ♦ Master's Degree in Neurological Physiotherapy: Techniques of Assessment and Treatment at the European University of Madrid
- ♦ Expert in Neurological Physiotherapy at the European University of Madrid
- ♦ Degree in Psychology from the National University of Distance Education

### Ms. Parra Nebreda, Virginia

- ♦ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Pelvic Floor Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ♦ Pelvic Floor Physiotherapist at Letfísio Clinic
- ♦ Physiotherapist at Orpea Nursing Home
- ♦ Master's Degree in Physiotherapy in Pelviperineology at the University of Castilla-La Mancha
- ♦ Functional Ultrasound Training in Pelvic Floor Physiotherapy in Men and Women in FISIOMEDIT
- ♦ Hypopressive training at LOW PRESSURE FITNESS
- ♦ Degree in Physiotherapy from the Complutense University of Madrid





04

# Structure and Content

Thanks to this qualification, the fitness professional will be updated with the procedures, practices, and equipment used in the sessions carried out by a Pilates instructor. In addition, the curriculum will be specially designed to address situations with pregnant women, pre-and post-natal difficulties, and people with neurological disorders. In addition, the program offers a series of innovative multimedia resources such as in-focus videos and real case studies, which will be available in a virtual library that can be accessed without restrictions, 7 days a week, 24 hours a day.







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*With the Relearning method, you will reinforce the concepts covered without having to invest long hours in this updating process”*

## Module 1. Pillars during Pregnancy, Childbirth 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 quarter
  - 1.2.1. Changes in the Second quarter
  - 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 quarter
  - 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 puerperium
  - 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 through the Pilates Method
  - 1.7.1. Body statics 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 training during pregnancy
  - 1.8.2. Recommended physical activity
  - 1.8.3. Indicated exercises for the first pregnancy
  - 1.8.4. Preparation during the search for the second and subsequent
- 1.9. Late Postpartum
  - 1.9.1. Long-term anatomical changes
  - 1.9.2. Preparation for the return to physical activity
  - 1.9.3. Indicated exercises
  - 1.9.4. Contraindications
- 1.10. Post-partum alterations
  - 1.10.1. Abdominal diastasis
  - 1.10.2. Static pelvic-prolapse shift
  - 1.10.3. Alterations of deep abdominal musculature
  - 1.10.4. Indications and contraindications in cesarean section

## Module 2. General pathology and its treatment with Pilates

- 2.1. Nervous system
  - 2.1.1. Central Nervous System
  - 2.1.2. Peripheral Nervous System
  - 2.1.3. Brief description of neural pathways
  - 2.1.4. Benefits of Pilates in neurological pathology
- 2.2. Neurological assessment focused on Pilates
  - 2.2.1. Medical History
  - 2.2.2. Strength and tone assessment
  - 2.2.3. Sensitivity assessment
  - 2.2.4. Tests and scales

- 2.3. Most prevalent neurological pathologies and scientific evidence in Pilates
  - 2.3.1. Brief description of the pathologies
  - 2.3.2. Basic principles of Pilates in neurological pathology
  - 2.3.3. Adaptation of Pilates positions
  - 2.3.4. Adaptation of Pilates Exercises
- 2.4. Multiple Sclerosis
  - 2.4.1. Pathology description
  - 2.4.2. Assessment of the patient's capabilities
  - 2.4.3. Adaptation of Pilates exercises on floor
  - 2.4.4. Adaptation of Pilates exercises with elements
- 2.5. Stroke
  - 2.5.1. Pathology description
  - 2.5.2. Assessment of the patient's capabilities
  - 2.5.3. Adaptation of Pilates exercises on floor
  - 2.5.4. Adaptation of Pilates exercises with elements
- 2.6. Parkinson's Disease
  - 2.6.1. Pathology description
  - 2.6.2. Assessment of the patient's capabilities
  - 2.6.3. Adaptation of Pilates exercises on floor
  - 2.6.4. Adaptation of Pilates exercises with elements
- 2.7. Neurological assessment focused on Pilates
  - 2.7.1. Pathology description
  - 2.7.2. Assessment of the patient's capabilities
  - 2.7.3. Adaptation of Pilates exercises on floor
  - 2.7.4. Adaptation of Pilates exercises with elements
- 2.8. Older adults
  - 2.8.1. Age-related pathologies
  - 2.8.2. Assessment of the patient's capabilities
  - 2.8.3. Indicated exercises
  - 2.8.4. Contraindicated exercises

- 2.9. Osteoporosis
  - 2.9.1. Pathology description
  - 2.9.2. Assessment of the patient's capabilities
  - 2.9.3. Indicated exercises
  - 2.9.4. Contraindicated exercises
- 2.10. Pelvic Floor Disorders: urinary incontinence
  - 2.10.1. Pathology description
  - 2.10.2. Incidence and Prevalence
  - 2.10.3. Indicated exercises
  - 2.10.4. Contraindicated exercises

### Module 3. The gym/Pilates studio

- 3.1. The Reformer
  - 3.1.1. Introduction to the Reformer
  - 3.1.2. Reformer Benefits
  - 3.1.3. Main exercises on the Reformer
  - 3.1.4. Main errors on the Reformer
- 3.2. Pelvic Floor Disorders: urinary incontinence
  - 3.2.1. Introduction to Cadillac
  - 3.2.2. Cadillac Benefits
  - 3.2.3. Main exercises on the Cadillac
  - 3.2.4. Main errors on the Cadillac
- 3.3. The chair
  - 3.3.1. Introduction to the chair
  - 3.3.2. Chair benefits
  - 3.3.3. Main exercises on the chair
  - 3.3.4. Main Errors on the chair
- 3.4. The Barrel
  - 3.4.1. Introduction to the Barrel
  - 3.4.2. Barrel Benefits
  - 3.4.3. Main exercises on the Barrel
  - 3.4.4. Main errors on the Barrel

- 3.5. "Combo" models
  - 3.5.1. Introduction to the Combo model
  - 3.5.2. Combo model benefits
  - 3.5.3. Main exercises on the Combo model
  - 3.5.4. Main Errors on the Combo model
- 3.6. The flexible ring
  - 3.6.1. Introduction to flexible ring
  - 3.6.2. Flexible ring benefits
  - 3.6.3. Main exercises on the flexible ring
  - 3.6.4. Main Errors on the flexible ring
- 3.7. The Spine Corrector
  - 3.7.1. Introduction to *Spine* corrector
  - 3.7.2. Spine corrector benefits
  - 3.7.3. Main exercises on the *Spine* corrector
  - 3.7.4. Main Errors on the *Spine* corrector
- 3.8. Implements adapted to the method
  - 3.8.1. Foam roller
  - 3.8.2. Fit Ball
  - 3.8.4. Elastic bands
  - 3.8.5. Bosu
- 3.9. The Space
  - 3.9.1. Equipment preferences
  - 3.9.2. The Pilates space
  - 3.9.3. Pilates instruments
  - 3.9.4. Best practices in terms of space
- 3.10. The Environment
  - 3.10.1. Environment concept
  - 3.10.2. Characteristics of different environments
  - 3.10.3. Environment choice
  - 3.10.4. Conclusions







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*You will closely examine the accessories used in Pilates, such as the Foam Roller, Fit Ball, and Elastic Bands, in order to enhance highly effective physical workouts”*



# 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 Diploma in Pilates Instructor 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 Pilates Instructor** 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.

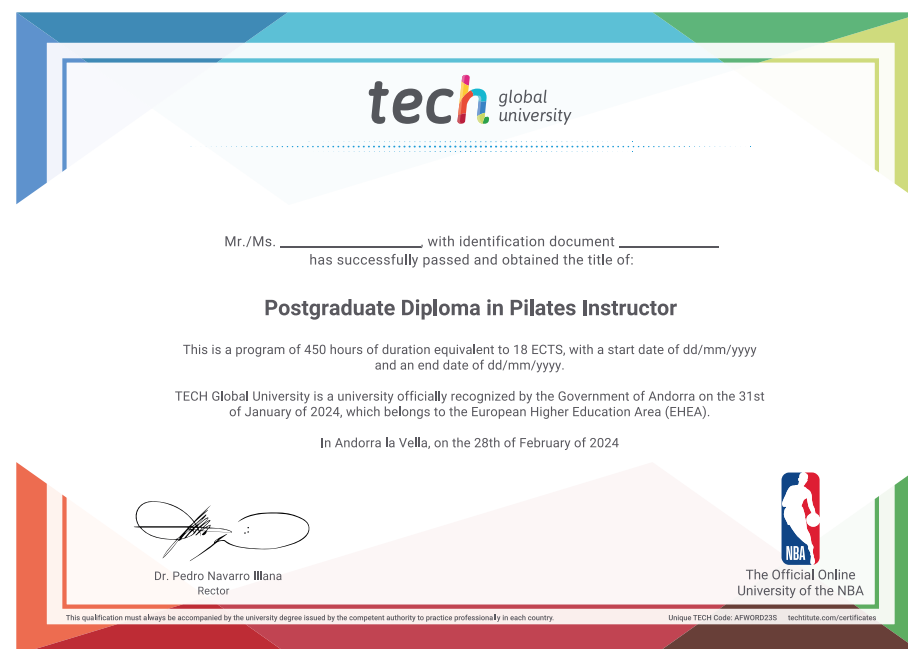
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Pilates Instructor**

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.



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