

# Postgraduate Diploma Pilates Method on the Floor

Endorsed by the NBA





## Postgraduate Diploma Pilates Method on the Floor

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

Over time, Pilates on the Floor has positioned itself as an effective method for the rehabilitation of sports injuries by improving muscle strength, flexibility, and stability of different muscle groups. That is why it is important for the physical trainer to be at the forefront in this area. In this sense, TECH has developed a program that will offer the professional an update on the adaptation of Pilates exercises on the floor and the benefits of treating and preventing various musculoskeletal and neurological pathologies. All this, in a 100% online pedagogical format and without scheduled classes, allows the graduate the alternative of combining updating their knowledge with their daily activities.



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*Get a complete update of your Pilates on the Floor Method skills thanks to this 100% online Postgraduate Diploma by TECH”*

Currently, several studies support the effectiveness of Pilates in the rehabilitation of sports injuries. In this sense, it has been shown that the regular practice of this discipline on the floor improves muscle strength, flexibility, and stability in people with musculoskeletal injuries. For this reason, many physical trainers integrate the latest techniques of this method into their sessions.

An upward trend has led TECH to create this Postgraduate Diploma in the Pilates Method on the Floor. This is a program that will provide a complete update to the fitness instructor over a period of 6 months.

In this way, the professional will have an update on the structure of the human body to be able to design and execute effective and safe Pilates programs. In addition, it will delve into stabilization and joint mobilization exercises, the different pathologies, and the respective Pilates exercises applicable to these problems.

Therefore, with a syllabus with a theoretical-practical perspective, the professional will obtain an update through an exclusively online methodology. In this way you will have the opportunity to conciliate your daily responsibilities with a degree at the academic forefront. All you need is an electronic device with an Internet connection to view, at any time of the day, the content hosted on the virtual platform.

This **Postgraduate Diploma in Pilates Method on the Floor** contains the most complete and up-to-date scientific program on the market. Its most outstanding features are:

- ◆ The development of case studies presented by experts in medicine, sports science, and Pilates specialists
- ◆ The graphic, schematic, and eminently practical contents in which it is conceived provide scientific and practical information on those 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 analyze through high-quality content, classical and modern Pilates, the key points and contributions in physical training techniques”*

“

*Delve into the Biomechanics of the Upper Limbs and best practices in Pilates when and where you wish”*

The program's teaching staff includes professionals in the sector 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, that is, a simulated environment that will provide immersive training programmed to train in real situations.

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

*Thanks to TECH, you will incorporate stabilization exercises on the ground applied to physical conditioning into your daily practice.*

*You will learn, from the comfort of your home, the most appropriate joint mobilization exercises for the practice of Pilates.*



# 02 Objectives

The main objective of this qualification is to provide fitness instructors with the most up-to-date information on the techniques of the Pilates Floor Method. In this way, they will be able to use this discipline as an effective therapeutic tool in the approach to different injuries. Thus, by incorporating the principles and techniques of this physical activity into their work, professionals will be able to offer athletes a complementary treatment option that promotes wellness and health. In addition, the program offers a variety of multimedia resources housed in a virtual library that can be accessed from any device with an internet connection.







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*You will see how the practice of Pilates is effective for the treatment of shoulder, elbow, and hand pathologies"*



## 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. Pilates in Spine disorders

- ◆ Inquire into the main problems of the Spine and their approach
- ◆ Update knowledge on the main problems of the Spine and their approach
- ◆ Apply specific exercise protocols for the injury recovery process

### Module 2. Pilates in Upper Limb disorders

- ◆ Identify the pathologies of the Shoulder and their management
- ◆ Develop knowledge about the pathology of the Elbow and its approach
- ◆ Delve into the pathology of the Wrist and its approach

### Module 3. Pilates in Lower Limb disorders

- ◆ Detect distinctive characteristics of each injury
- ◆ Address the alterations through exercises based on the Pilates Method
- ◆ Adapt specific exercise protocols for the injury recovery process

### Module 4. 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

# 03

# Course Management

TECH, known for developing academic quality programs, has designed this Postgraduate Diploma that incorporates renowned professionals with extensive experience in Physiotherapy and Pilates. In this sense, the physical trainer will have access to an avant-garde syllabus elaborated by real experts in this method. This guarantees that the update performed will be a unique experience by renowned specialists. In addition, given its proximity, students will have the opportunity to resolve any questions they may have during the course of this program.





“You will enjoy an up-to-date program of studies designed by specialists with extensive experience in the Pilates Method”

## 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 Fisio 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. Cortés Lorenzo, Laura

- ◆ Physiotherapist in Fiosiomon clinic and the Madrid Hockey Federation
- ◆ Physiotherapist at Fiosiomon Clinic
- ◆ Physiotherapist in the Technification Center of the Hockey Federation of Madrid
- ◆ Physiotherapist in companies through Fisiowork S.L
- ◆ Traumatology physiotherapist in Artros Clinic
- ◆ Physiotherapist in Club SPV51 and Club Valdeluz Hockey Club
- ◆ Diploma in Physiotherapy at the Complutense University of Madrid

### Mr. Pérez Costa, Eduardo

- ◆ CEO of Move2Be Physiotherapy and Readaptation
- ◆ Independent physiotherapist, home treatment in Madrid
- ◆ Physiotherapist Natal Clinic San Sebastian de los Reyes
- ◆ Sports readaptor of Club Baloncesto Zona Press
- ◆ Physiotherapist in the UD Sance's subsidiary team
- ◆ Physiotherapist on the field with the Marcet Foundation
- ◆ Physiotherapist at Pascual & Muñoz Clinic
- ◆ Physiotherapist at the Fisio Life Plus clinic
- ◆ Master in Manual Physiotherapy in the locomotor apparatus at the University of Alcalá
- ◆ Degree in Physiotherapy at the University of Alcalá

### Ms. García Ibáñez, Marina

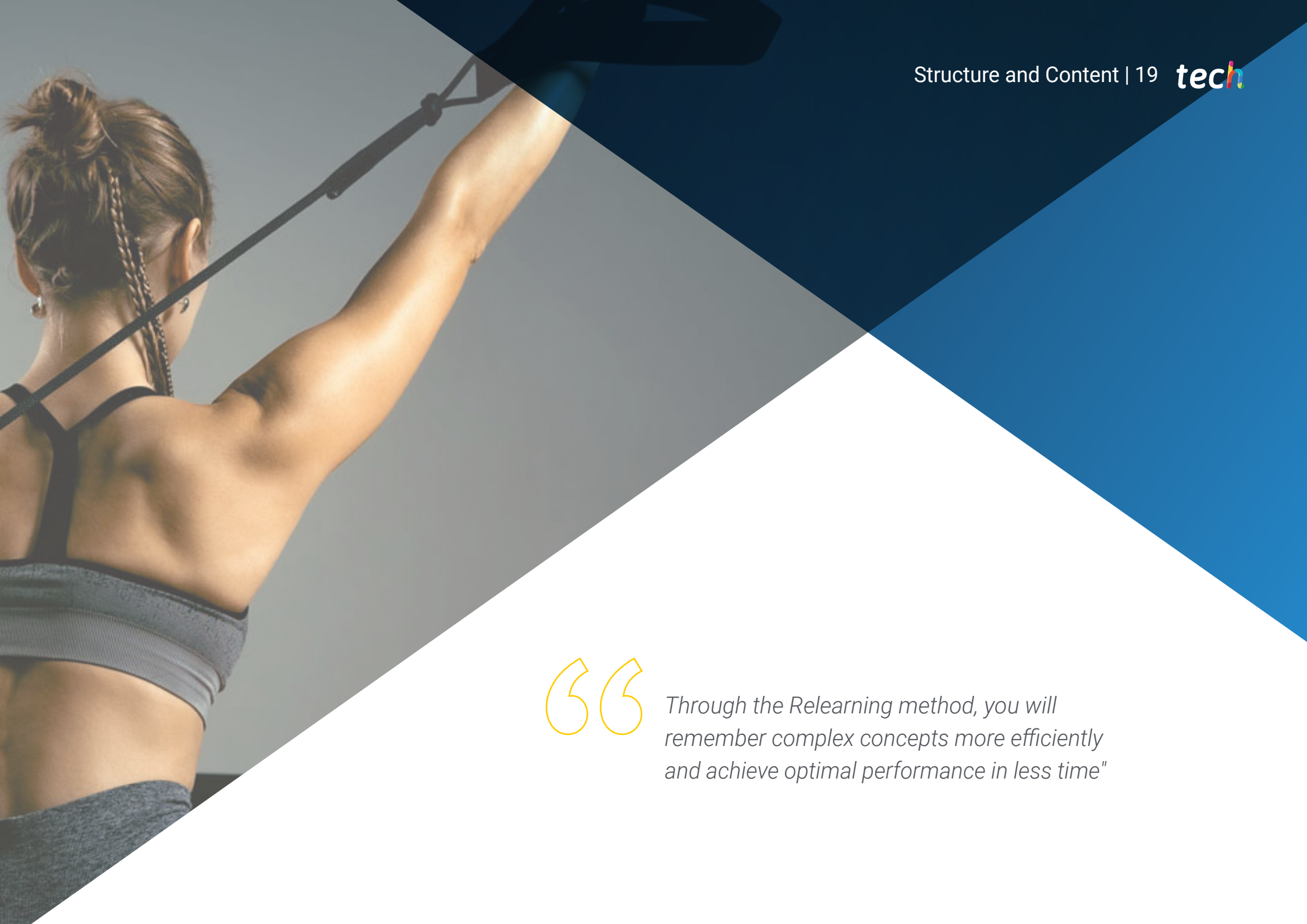
- ◆ Physiotherapist at Foundation Multiple Sclerosis of Madrid and private consultation at home
- ◆ Physiotherapist for home treatment in pediatrics and adults with neurological pathology
- ◆ Physiotherapist at the Multiple Sclerosis Foundation of Madrid
- ◆ Physiotherapist and Psychologist in Kinés 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

# 04

## Structure and Content

This program offers an update in the field of the Pilates Method on the Floor, giving professionals the opportunity to expand their knowledge in this field. Therefore, throughout this academic itinerary, you will explore the different specific exercises for different pathologies and delve into biomechanics and the evolution of this discipline. All this is carried out through a 100% online and totally flexible program, which allows physical trainers to carry out an update combined with their daily activities.





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*Through the Relearning method, you will remember complex concepts more efficiently and achieve optimal performance 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. Pilates in Upper Limb disorders

- 2.1. Basic anatomical recall
  - 2.1.1. Osteology of the Upper Limb
  - 2.1.2. Myology of the Upper Limb
  - 2.1.3. Biomechanics of the Upper Limb
  - 2.1.4. Good Practices
- 2.2. Stabilization exercises
  - 2.2.1. Introduction to stabilization exercise
  - 2.2.2. MATT stabilization exercises
  - 2.2.3. Machine stabilization exercises
  - 2.2.4. Best stabilization exercises

- 2.3. Joint mobilization exercises
    - 2.3.1. Introduction to joint mobility exercises
    - 2.3.2. Joint mobility exercises MATT
    - 2.3.3. Joint mobility exercises on machine
    - 2.3.4. Best joint mobility exercises
  - 2.4. Strengthening exercises
    - 2.4.1. Introduction to strengthen exercises
    - 2.4.2. MATT strengthen exercises
    - 2.4.3. Machine strengthen exercises
    - 2.4.4. Best strengthen exercises
  - 2.5. Functional exercises
    - 2.5.1. Introduction to functional exercises
    - 2.5.2. MATT functional exercises
    - 2.5.3. Machine stabilization exercises
    - 2.5.4. Best functional exercises
  - 2.6. Shoulder Pathology Specific protocols
    - 2.6.1. Painful Shoulder
    - 2.6.2. Frozen shoulder
    - 2.6.3. Shoulder hypo-mobility
    - 2.6.4. Shoulder exercises
  - 2.7. Elbow pathology Specific protocols
    - 2.7.1. Articular Pathology
    - 2.7.2. Muscle--tendon Pathology
    - 2.7.3. Post-traumatic or post-surgical elbow
    - 2.7.4. Elbow Exercises
  - 2.8. Wrist Pathology
    - 2.8.1. Main syndromes
    - 2.8.2. Wrist pathology types
    - 2.8.3. Wrist Exercises
    - 2.8.4. Conclusions
  - 2.9. Pathology of the Hand
    - 2.9.1. Main syndromes
    - 2.9.2. Hand pathology types
    - 2.9.3. Hand Exercises
    - 2.9.4. Conclusions
  - 2.10. Nerve entrapments in the upper limb
    - 2.10.1. Brachial Plexus
    - 2.10.2. Peripheral Nerves
    - 2.10.3. Types of pathologies
    - 2.10.4. Exercises for nerve entrapments in the Upper Limb
- Module 3. Pilates in Lower Limb disorders**
- 3.1. Basic anatomical recall
    - 3.1.1. Osteology of the Lower Limb
    - 3.1.2. Myology of the Lower Limb
    - 3.1.3. Biomechanics of the Lower Limb
    - 3.1.4. Good Practices
  - 3.2. Frequent pathologies susceptible to treatment with Pilates
    - 3.2.1. Growth pathologies
    - 3.2.2. Pathologies in the athlete
    - 3.2.3. Other Types of Pathologies
    - 3.2.4. Conclusions
  - 3.3. Exercises indicated on Mat, Machines, and Implements. General protocol
    - 3.3.1. Dissociation exercises
    - 3.3.2. Mobilization exercises
    - 3.3.3. Strengthening exercises
    - 3.3.4. Functional exercises
  - 3.4. Hip Pathology
    - 3.4.1. Articular Pathology
    - 3.4.2. Muscle-tendon Pathology
    - 3.4.3. Surgical pathology. Prosthesis
    - 3.4.4. Hip Exercises

- 3.5. Knee Pathology
  - 3.5.1. Articular Pathology
  - 3.5.2. Muscle-tendon Pathology
  - 3.5.3. Surgical pathology. Prosthesis
  - 3.5.4. Knee Exercises
- 3.6. Ankle Pathology
  - 3.6.1. Articular Pathology
  - 3.6.2. Muscle-tendon Pathology
  - 3.6.3. Surgical pathology
  - 3.6.4. Ankle Exercises
- 3.7. Foot Pathology
  - 3.7.1. Joint and fascial pathology
  - 3.7.2. Muscle-tendon Pathology
  - 3.7.3. Surgical pathology
  - 3.7.4. Foot Exercises
- 3.8. Nerve entrapments in the Lower limb
  - 3.8.1. Brachial Plexus
  - 3.8.2. Peripheral Nerves
  - 3.8.3. Types of pathologies
  - 3.8.4. Exercises for nerve entrapments in the Lower Limb
- 3.9. Analysis of the anterolateral chain of the lower limb
  - 3.9.1. What is the anterolateral chain, and how important is it for the patient?
  - 3.9.2. Important aspects for assessment
  - 3.9.3. The relationship of the chain with pathology already described
  - 3.9.4. Exercises for training of the anterolateral chain
- 3.10. Analysis of the posterior-medial chain of the lower limb
  - 3.10.1. What is the posterior-medial chain, and how important is it for the patient?
  - 3.10.2. Important aspects for assessment
  - 3.10.3. The relationship of the complex with pathology already described
  - 3.10.4. Exercises for posterior-medial chain



**Module 4. General pathology and its treatment with Pilates**

- 4.1. Nervous system
  - 4.1.1. Central Nervous System
  - 4.1.2. Peripheral Nervous System
  - 4.1.3. Brief description of neural pathways
  - 4.1.4. Benefits of Pilates in neurological pathology
- 4.2. Neurological assessment focused on Pilates
  - 4.2.1. Medical History
  - 4.2.2. Strength and tone assessment
  - 4.2.3. Sensitivity assessment
  - 4.2.4. Tests and scales
- 4.3. Most prevalent neurological pathologies and scientific evidence in Pilates
  - 4.3.1. Brief description of the pathologies
  - 4.3.2. Basic principles of Pilates in neurological pathology
  - 4.3.3. Adaptation of Pilates positions
  - 4.3.4. Adaptation of Pilates Exercises
- 4.4. Multiple Sclerosis
  - 4.4.1. Pathology description
  - 4.4.2. Assessment of the patient's capabilities
  - 4.4.3. Adaptation of Pilates exercises on floor
  - 4.4.4. Adaptation of Pilates exercises with elements
- 4.5. Stroke
  - 4.5.1. Pathology description
  - 4.5.2. Assessment of the patient's capabilities
  - 4.5.3. Adaptation of Pilates exercises on floor
  - 4.5.4. Adaptation of Pilates exercises with elements
- 4.6. Parkinson's Disease
  - 4.6.1. Pathology description
  - 4.6.2. Assessment of the patient's capabilities
  - 4.6.3. Adaptation of Pilates exercises on floor
  - 4.6.4. Adaptation of Pilates exercises with elements
- 4.7. Cerebral Palsy
  - 4.7.1. Pathology description
  - 4.7.2. Assessment of the patient's capabilities
  - 4.7.3. Adaptation of Pilates exercises on floor
  - 4.7.4. Adaptation of Pilates exercises with elements
- 4.8. Older adults
  - 4.8.1. Age-related pathologies
  - 4.8.2. Assessment of the patient's capabilities
  - 4.8.3. Indicated exercises
  - 4.8.4. Contraindicated exercises
- 4.9. Osteoporosis
  - 4.9.1. Pathology description
  - 4.9.2. Assessment of the patient's capabilities
  - 4.9.3. Indicated exercises
  - 4.9.4. Contraindicated exercises
- 4.10. Pelvic Floor Disorders: urinary incontinence
  - 4.10.1. Pathology description
  - 4.10.2. Incidence and Prevalence
  - 4.10.3. Indicated exercises
  - 4.10.4. Contraindicated exercises



*You will elaborate an adequate adaptation of Pilates exercises on the floor for pathologies such as Multiple Sclerosis thanks to this university qualification"*

# 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 Method on the Floor 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 Method on the Floor** 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 Method on the Floor**

Modality: **online**

Duration: **6 months**

Accreditation: **24 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**  
Pilates Method  
on the Floor

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Global University
- » Credits: 24 ECTS
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma Pilates Method on the Floor

Endorsed by the NBA

