

Postgraduate Diploma Pilates Method on Machines

Endorsed by the NBA





Postgraduate Diploma Pilates Method on Machines

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

Website: www.techtute.com/us/sports-science/postgraduate-diploma/postgraduate-diploma-pilates-method-machines

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01

Introduction

The Pilates Machine Method has emerged as an increasingly popular and effective training technique to improve the stability and movement of the body, focusing especially on the Pelvis as the center of control and stability. For this reason, the trainer must be at the forefront of the latest stabilization techniques, as well as the equipment implemented in this discipline. Consequently, TECH has created this program that guarantees the expert a quality update on the different equipment adapted to the Pilates method, the choice of space and environment in this practice, and its fundamentals. In this way, a 100% online program is presented, which offers the professional total freedom of access to its content.





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You will have an effective update in the advances of the Pilates Method on Machine, thanks to this 100% online qualification"

The Machine Pilates Method has become an increasingly popular training technique, especially among athletes and high-performance sportsmen and women. This is due to its focus on core strengthening, improved flexibility, and body alignment. For this reason, some training centers and fitness specialists have begun to incorporate Pilates equipment into their work practices to offer athletes the opportunity to experience the benefits of this technique. In addition, specific training programs are being developed for them, adapting Pilates machine exercises to complement their needs and sporting goals.

Consequently, TECH has developed this Postgraduate Diploma that offers professionals a valuable update on the latest techniques of the Pilates Method on Machine. In this way, physical trainers will be able to keep informed about the progress in the use of various equipment to implement this discipline in their sessions. In addition, they will deepen their knowledge of the fundamentals of the method, which will allow them to deal with the most frequent injuries with greater precision and to select the appropriate exercises for each sport.

Following this approach, the degree is presented in a 100% online format that favors the combination of personal and work activities with those of this update, as it is not subject to fixed schedules. In addition, the program provides the graduate with a series of multimedia resources, such as real case studies and video summaries, supported by the Relearning system, which guarantees that the professional will remember the most complex concepts in less time and without much effort.

This **Postgraduate Diploma in Pilates Method on Machine** 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 update your knowledge of the main equipment in Pilates Methods, such as the Barrel, the Chair, and the Flexible Ring"

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You will identify the importance of a suitable environment, considering equipment preferences and the availability of implements to facilitate the practice of 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.

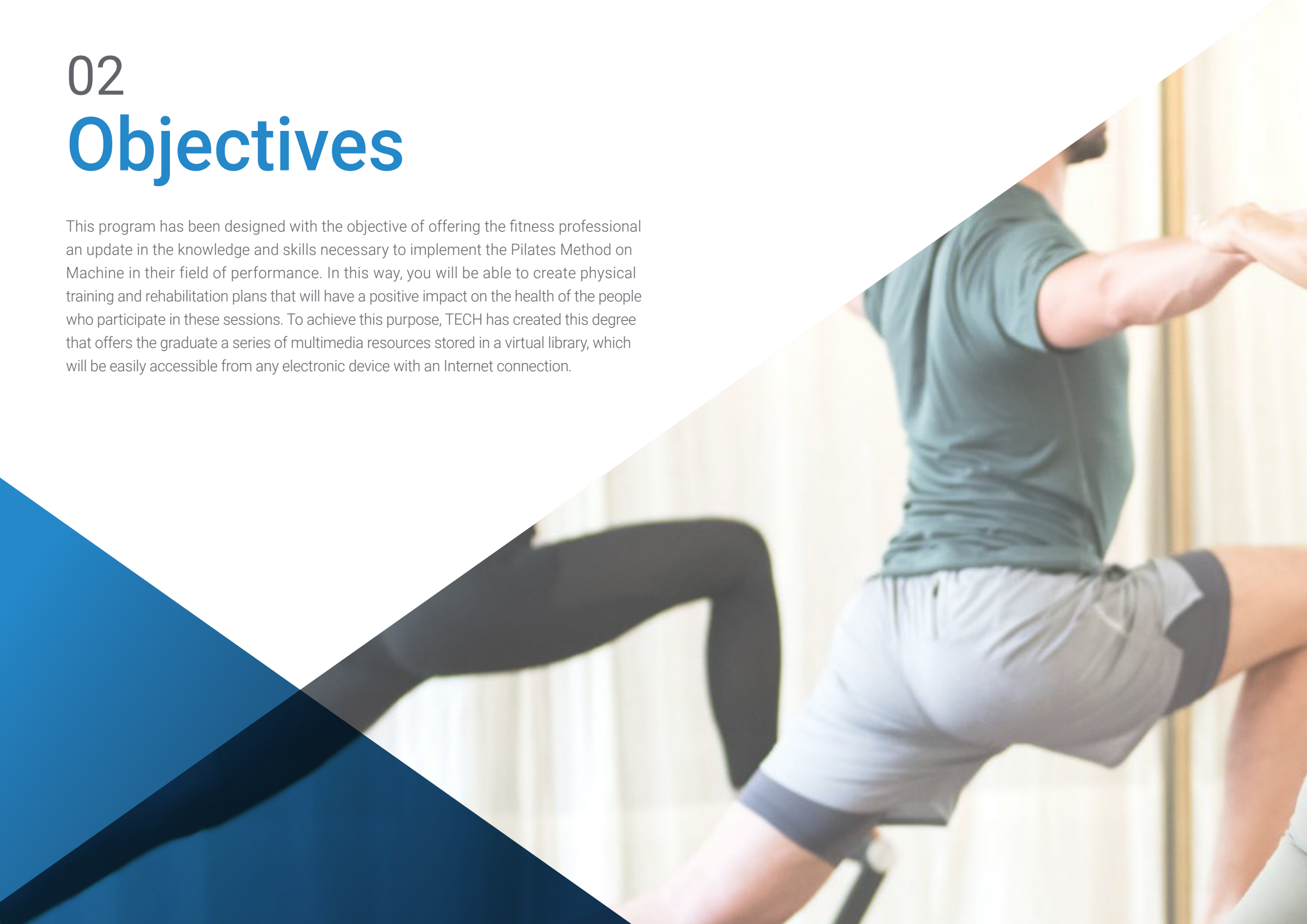
You will deepen in the most suitable exercises during the practice of Pilates with Machines and its application in sports injuries.

You will incorporate different types of breathing and the importance of each Pilates exercise into your physical training sessions.



02 Objectives

This program has been designed with the objective of offering the fitness professional an update in the knowledge and skills necessary to implement the Pilates Method on Machine in their field of performance. In this way, you will be able to create physical training and rehabilitation plans that will have a positive impact on the health of the people who participate in these sessions. To achieve this purpose, TECH has created this degree that offers the graduate a series of multimedia resources stored in a virtual library, which will be easily accessible from any electronic device with an Internet connection.





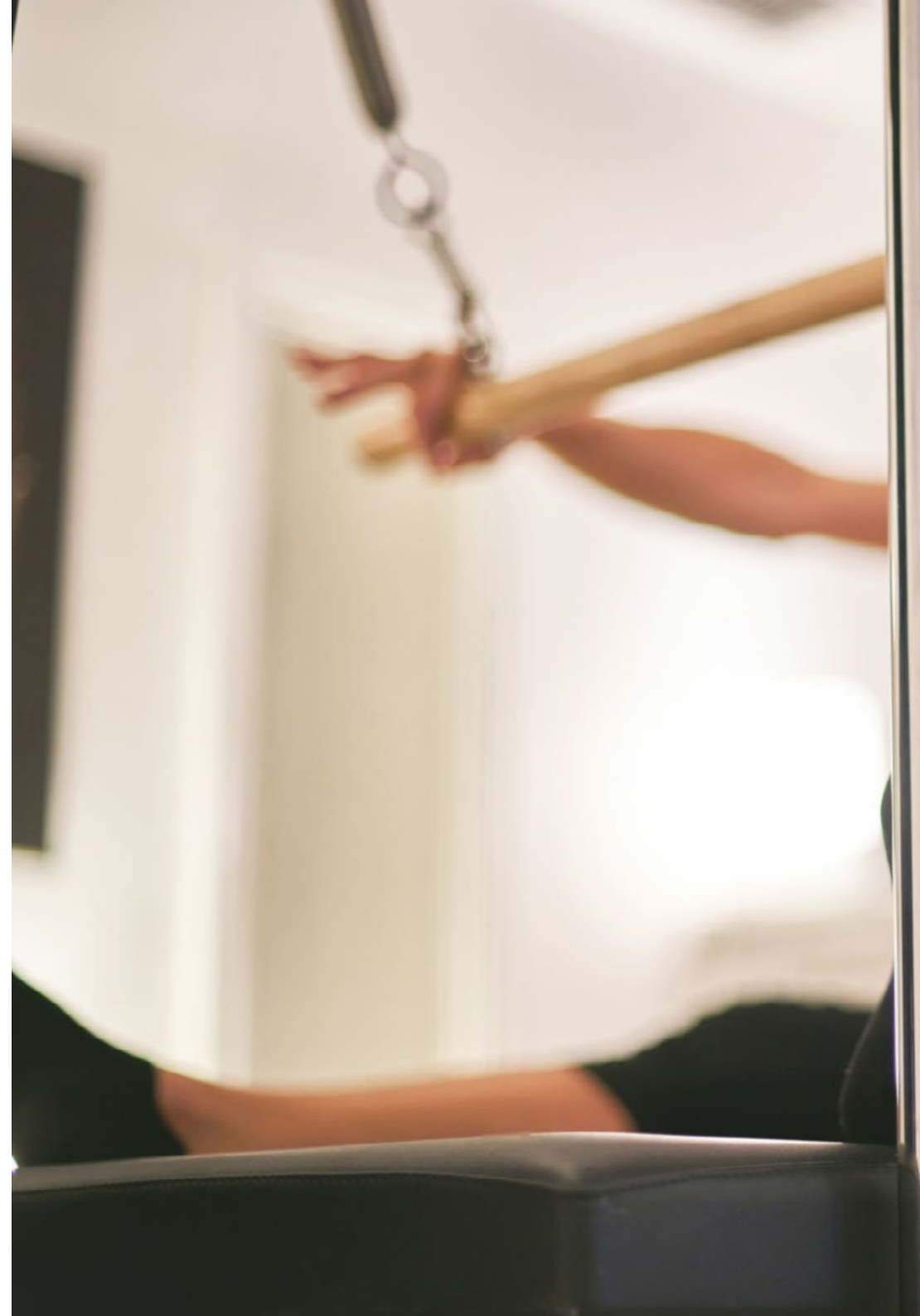
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You will expand your skills in the implementation of techniques to work the Core and Pelvis as the center of stabilization and movement in the practice of Pilates"



General Objectives

- ♦ 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 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

Module 1. The Pilates gym

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

Module 2. Fundamentals of the Pilates Method

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

Module 3. Pilates in sports

- ♦ Identify the most frequent injuries in each sport
- ♦ Indicate the risk factors predisposing to injury
- ♦ Select exercises based on the Pilates Method adapted to each sport



You will implement the Pilates Method on the Machine as a treatment and prevention for injuries caused during racquet sports practices"

03

Course Management

In order to maintain the high level that characterizes TECH programs, this degree has a teaching staff made up of leading specialists in the field of Physiotherapy and experts in the Pilates Method. In this way, the trainer will have the guarantee of receiving up-to-date training based on the most recent scientific evidence and with a curriculum developed by professionals in this field. Likewise, given its proximity, the graduate will be able to resolve any questions they may have about the content of the program during the course of the program.





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You will get a high-level update thanks to a teaching team that has designed this program to delve into common injuries in athletes of various sports”

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

Professors

Ms. Díaz Águila, Estrella

- ♦ Physiotherapist at H3
- ♦ Physiotherapist at Physiotherapy Castilla Clinic
- ♦ Physiotherapist at Fiosiomagna Clinic
- ♦ Physiotherapist at CEMAJ Medical Center
- ♦ Master's Degree in Osteopathy at Alcalá University
- ♦ Musculoskeletal ultrasound course for physiotherapists at MV Clinic
- ♦ PHL Back School Course: Therapeutic Pilates, hypopressive and functional exercise at the College of Physiotherapists of Andalusia
- ♦ Postgraduate Certificate in Physiotherapy at the University of Alcalá



04

Structure and Content

This Postgraduate Diploma has been designed with the purpose of providing the physical trainer with an update in relation to the Pilates Method on Machine. In this way, the specialist will delve into the use of equipment such as the Reformer, the Chair, and the Barrel. In addition, you will expand your knowledge of various aspects of the method, including types of breathing, analysis, effects, and conclusions. Also, you will delve into the biomechanics of the spine and its applications in Pilates. This, with a variety of innovative materials such as in-focus videos and real case studies, will allow you to delve into the most complex concepts in the practice of this discipline.





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With the Relearning method, you will reduce the long hours of study and focus your attention on the key concepts”

Module 1. The gym/Pilates studio

- 1.1. The Reformer
 - 1.1.1. Introduction to the Reformer
 - 1.1.2. Reformer Benefits
 - 1.1.3. Main exercises on the Reformer
 - 1.1.4. Main errors on the Reformer
- 1.2. The Cadillac or Trapeze table
 - 1.2.1. Introduction to Cadillac
 - 1.2.2. Cadillac Benefits
 - 1.2.3. Main exercises on the Cadillac
 - 1.2.4. Main errors on the Cadillac
- 1.3. The chair
 - 1.3.1. Introduction to the chair
 - 1.3.2. Chair benefits
 - 1.3.3. Main exercises on the chair
 - 1.3.4. Main Errors on the chair
- 1.4. The Barrel
 - 1.4.1. Introduction to the Barrel
 - 1.4.2. Barrel Benefits
 - 1.4.3. Main exercises on the Barrel
 - 1.4.4. Main errors on the Barrel
- 1.5. "Combo" models
 - 1.5.1. Introduction to the Combo model
 - 1.5.2. Combo model benefits
 - 1.5.3. Main exercises on the Combo model
 - 1.5.4. Main Errors on the Combo model
- 1.6. The flexible ring
 - 1.6.1. Introduction to flexible ring
 - 1.6.2. Flexible ring benefits
 - 1.6.3. Main exercises on the flexible ring
 - 1.6.4. Main Errors on the flexible ring

- 1.7. The Spine Corrector
 - 1.7.1. Introduction to Spine corrector
 - 1.7.2. Spine corrector benefits
 - 1.7.3. Main exercises on the Spine corrector
 - 1.7.4. Main Errors on the Spine corrector
- 1.8. Implements adapted to the method
 - 1.8.1. Foam roller
 - 1.8.2. Fit Ball
 - 1.8.4. Elastic bands
 - 1.8.5. Bosu
- 1.9. The Space
 - 1.9.1. Equipment preferences
 - 1.9.2. The Pilates space
 - 1.9.3. Pilates instruments
 - 1.9.4. Best practices in terms of space
- 1.10. The Environment
 - 1.10.1. Environment concept
 - 1.10.2. Characteristics of different environments
 - 1.10.3. Environment choice
 - 1.10.4. Conclusions

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. The 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 of 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. Classical Pilates and therapeutic Pilates
 - 2.10.1. Differences between the two methods
 - 2.10.2. Justificación
 - 2.10.3. Progresiones
 - 2.10.4. Conclusiones

Module 3. Pilates in sports

- 3.1. Soccer
 - 3.1.1. Most Common Injuries
 - 3.1.2. Pilates as treatment and prevention
 - 3.1.3. Benefits and objectives
 - 3.1.4. Example in elite athletes
- 3.2. Racquet Sports
 - 3.2.1. Most Common Injuries
 - 3.2.2. Pilates as treatment and prevention
 - 3.2.3. Benefits and objectives
 - 3.2.4. Example in elite athletes
- 3.3. Basketball
 - 3.3.1. Most Common Injuries
 - 3.3.2. Pilates as treatment and prevention
 - 3.3.3. Benefits and objectives
 - 3.3.4. Example in elite athletes
- 3.4. Handball
 - 3.4.1. Most Common Injuries
 - 3.4.2. Pilates as treatment and prevention
 - 3.4.3. Benefits and objectives
 - 3.4.4. Example in elite athletes

- 3.5. Golf
 - 3.5.1. Most Common Injuries
 - 3.5.2. Pilates as treatment and prevention
 - 3.5.3. Benefits and objectives
 - 3.5.4. Example in elite athletes
- 3.6. Swimming
 - 3.6.1. Most Common Injuries
 - 3.6.2. Pilates as treatment and prevention
 - 3.6.3. Benefits and objectives
 - 3.6.4. Example in elite athletes
- 3.7. Athletics
 - 3.7.1. Most Common Injuries
 - 3.7.2. Pilates as treatment and prevention
 - 3.7.3. Benefits and objectives
 - 3.7.4. Example in elite athletes
- 3.8. Dance and performing arts
 - 3.8.1. Most Common Injuries
 - 3.8.2. Pilates as treatment and prevention
 - 3.8.3. Benefits and objectives
 - 3.8.4. Example in elite athletes
- 3.9. Roller Hockey
 - 3.9.1. Most Common Injuries
 - 3.9.2. Pilates as treatment and prevention
 - 3.9.3. Benefits and objectives
 - 3.9.4. Example in elite athletes
- 3.10. Rugby
 - 3.10.1. Most Common Injuries
 - 3.10.2. Pilates as treatment and prevention
 - 3.10.3. Benefits and objectives
 - 3.10.4. Example in elite athletes





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*You will improve your workspace,
incorporating the equipment indicated
in the exercises of Pilates on Machines”*

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.



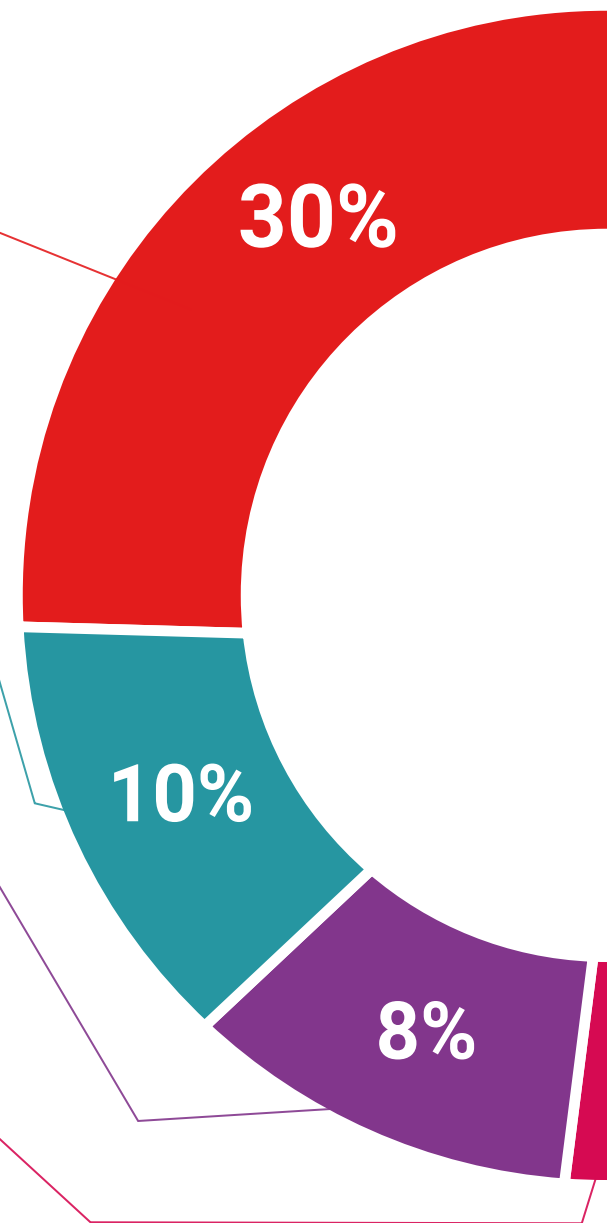
Practising Skills and Abilities

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 Machine guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





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

This **Postgraduate Diploma in Pilates Method on Machine** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Diploma in Pilates Method on Machine**

Official N° of Hours: **450 h.**

Endorsed by the NBA



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



Postgraduate Diploma Pilates Method on Machines

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
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Postgraduate Diploma Pilates Method on Machines

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tech technological
university

