

GRADE CURRICULAR

Disciplinas : Grade Curricular

- 01) Histórico, Princípios do Método
- 02) Biomecânica e Cinesiopatologia das Cadeias Musculares Retas e Cruzadas.
- 03) Manobras e Liberação Miofasciais e seus mecanismos lesionais
- 04) Leitura Corporal
- 05) Avaliação: Pilates Cinético Funcional
- 06) Pilates Cinético Funcional no Solo, Bola e Acessórios
- 07) Pilates Cinético Funcional com aparelhos
- 08) Pilates Cinético Funcional em Crianças, Gestantes e Idosos
- 09) Metodologia e Didática do Ensino Superior

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