

Postgraduate Certificate

Biomechanics of Standing Asanas





Postgraduate Certificate Biomechanics of Standing Asanas

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/medicine/postgraduate-certificate/biomechanics-standing-asanas

Index

01

Introduction

p. 4

02

Objectives

p. 8

03

Course Management

p. 12

04

Structure and Content

p. 18

05

Methodology

p. 22

06

Certificate

p. 30

01

Introduction

Yoga has become a complete and ideal discipline for patients suffering from muscular ailments, stress or anxiety. Its sessions adaptable to each person, physical capacity or pathology have made many medical professionals to incorporate the practice of this physical activity to their therapy. For this reason, TECH has developed this program that leads the specialist to delve into the benefits, contraindications, as well as the scientific basis around the biomechanics of Standing Asanas. All this, in addition, in a 100% online teaching format that leads the graduate to facilitate the compatibility of their daily responsibilities with an educational option that is distinguished by its pedagogical resources and flexibility of access to its content.



“

A university program that will bring you up to date in Biomechanics and Standing Asanas in only 6 weeks"

Incorrect health habits, bad posture during work or study hours and the aging process favor the appearance of musculoskeletal pathologies, cardiovascular or mental disorders. Given this situation, the practice of Yoga has become an ideal choice for those who wish to strengthen their muscles, improve flexibility or reduce their state of anxiety.

For this reason, there are many doctors who integrate this discipline in the treatments as a complement to the more traditional health guidelines. Therefore, this Postgraduate Certificate in Biomechanics of Standing Asanas of 6 weeks duration and with the most advanced content, created by the best specialists in this field, was developed.

It is an intensive and dynamic program that contributes to the updating of health professionals in this field. A journey of 150 teaching hours that will allow students to delve into the benefits, contraindications and modes of execution of Tadasana, the Sun Salutation, standing back bend asana or balancing asanas.

The specialist who wishes to delve into the Biomechanics of Standing Asanas will benefit from the experience of an international expert teacher in Yoga Therapy. Through a unique Masterclass, students will delve into the most distinguished practice, taught by one of the most experienced specialists in asana postures.

Undoubtedly, a unique opportunity to update through a flexible and convenient university program. And the fact is that, with no on-site attendance or classes with restricted schedules, the physician will have greater freedom to self-manage their study time and reconcile their daily responsibilities with an avant-garde university proposal.

This **Postgraduate Certificate in Biomechanics of Standing Asanas** contains the most complete and up-to-date scientific program on the market. Its most notable features are:

- ♦ The development of practical case studies presented by Yoga experts
- ♦ 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 self-assessment can be used 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 are before a unique educational option, flexible and with access to the syllabus 24 hours a day, from a digital device with an Internet connection”

“

Improved circulation, stress reduction or anxiety are just some of the benefits addressed by this program focused on Standing Asanas"

The program's teaching staff includes professionals from the field who contribute their work experience to this educational 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, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

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

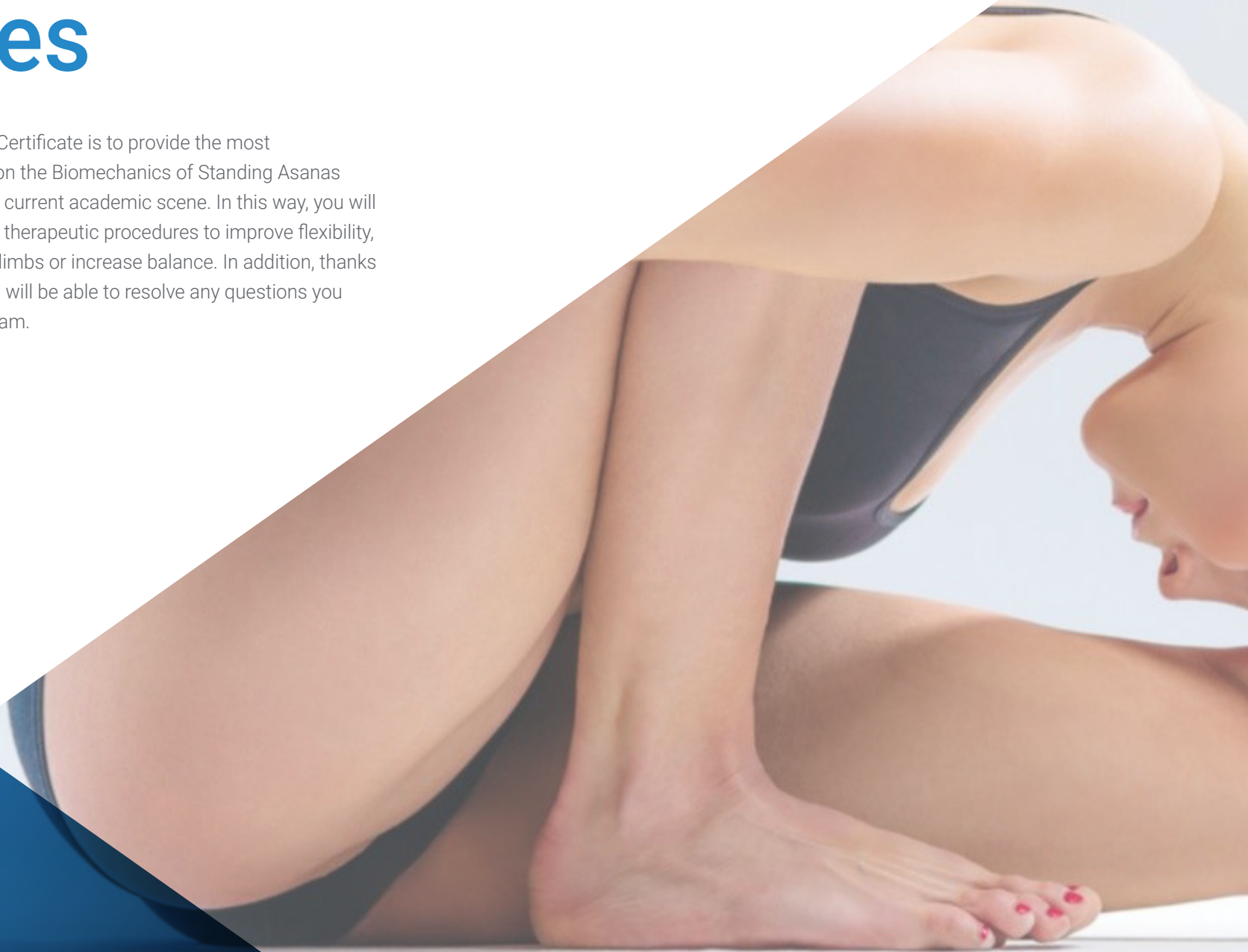
A university program designed to respond to the need for continuous updating of medical professionals.

A program that will introduce you to the Sun Salutation, all its modifications and benefits for physical health.



02 Objectives

The main objective of this Postgraduate Certificate is to provide the most comprehensive and current information on the Biomechanics of Standing Asanas through the best teaching material of the current academic scene. In this way, you will be able to incorporate this technique into therapeutic procedures to improve flexibility, strengthen the musculature of the lower limbs or increase balance. In addition, thanks to the proximity of the teaching staff, you will be able to resolve any questions you may have about the content of this program.





“

*Thanks to TECH's Relearning method
you will be able to reduce the long
hours of study and memorization"*



General Objectives

- ♦ Incorporate the knowledge and skills that are necessary for the correct development and application of Therapeutic Yoga techniques from a clinical point of view
- ♦ Create a Yoga program designed and based on scientific evidence
- ♦ Delve into the most appropriate asanas according to the characteristics of the person and the injuries they present
- ♦ Delve into studies on biomechanics and its application to the asanas of Yoga Therapy
- ♦ Describe the adaptation of Yoga asanas to the pathologies of each person
- ♦ Delve into the neurophysiological basis of existing meditative and relaxation techniques



A program that will allow you to easily delve into the scientific literature on Biomechanics and the practice of Standing Asanas"





Specific Objectives

- ◆ Delve into the biomechanical fundamentals of Tadasana and its importance as a base posture for others Standing Asanas
- ◆ Identify the different variants of sun salutations and their modifications, and how they affect the biomechanics of standing asanas
- ◆ Point out the main standing asanas, their variations, and how to correctly apply biomechanics to maximize their benefits
- ◆ Update knowledge on the biomechanical fundamentals of the main back bend and side bending asanas, and how to perform them safely and effectively
- ◆ Point out the main balancing asanas and how to use biomechanics to maintain stability and balance during these postures
- ◆ Identify the main prone extensions and how to correctly apply biomechanics to maximize their benefits
- ◆ Delve into the main twists and poses for hips, and how to use biomechanics to perform them safely and effectively

03

Course Management

In order to maintain its commitment to providing students with high-quality university programs, TECH carries out a thorough selection process of each and every one of the teachers who are part of this program. In this way, graduates who opt for this educational option will obtain an effective update through a content created by renowned experts in this physical discipline. A unique opportunity that is only offered by this institution, the world's largest online university.





“

*A 100% online Postgraduate Certificate, made
by the best experts in Therapeutic Yoga”*

International Guest Director

As the Director of Teachers and Head of Instructor Training at the Integral Yoga Institute in New York, Dianne Galliano is positioned as one of the most important figures in the field internationally. Her academic focus has been primarily therapeutic yoga, with over 6,000 documented hours of teaching and continuing education.

In this way, her work has been to mentor, develop training protocols and criteria, and provide continuing education to Integral Yoga Institute instructors. She balances this work with her role as a therapist and instructor in other institutions such as The 14TH Street Y, Integral Yoga Institute Wellness Spa or the Educational Alliance: Center for Balanced Living.

Her work also extends to **creating and directing yoga programs**, developing exercises and evaluating challenges that may arise. She has worked throughout her career with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults, and even veterans with a range of physical and mental health issues.

For each one of them she performs a careful and personalized work, having treated people with osteoporosis, in the process of recovery from heart surgery or post-breast cancer, vertigo, back pain, irritable bowel syndrome and obesity. She has several certifications, including E-RYT 500 by Yoga Alliance, Basic Life Support (BLS) by American Health Training and Certified Exercise Instructor by the Somatic Movement Center



Ms. Galliano, Dianne

- Director of Teachers at Integral Yoga Institute - New York, USA
- Therapeutic Yoga Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa in New York City
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- Degree in Primary School Education from the State University of New York
- Master's Degree in Yoga Therapy from the University of Maryland

“

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

Management



Ms. Escalona García, Zoraida

- Vice president of the Spanish Association of Therapeutic Yoga.
- Founder of the Air Core method (classes that combine TRX and Functional Training with Yoga).
- Trainer in Yoga Therapy
- Degree in Biological Sciences from the Autonomous University of Madrid.
- Course in Teacher of: Ashtanga Yoga Progressive, FisiomYoga, Myofascial Yoga, Yoga and Cancer
- Course in Floor Pilates Instructor
- Course in Phytotherapy and Nutrition
- Meditation Teacher Course



Professors

Ms. Villalba, Vanessa

- ◆ Instructor at Gimnasios Villalba
- ◆ Vinyasa Yoga and Power Yoga Instructor at the European Yoga Institute (IEY), Seville
- ◆ Aerial Yoga Instructor, Seville
- ◆ Integral Yoga Instructor at the European Yoga Institute, Seville
- ◆ Body Intelligence TM Yoga Level at the European Yoga Institute, Huelva
- ◆ Pregnancy and Postpartum Yoga Instructor at the European Yoga Institute, Seville
- ◆ Yoga Nidra, Yoga Therapeutic and Shamanic Yoga Instructor
- ◆ Basic Pilates Instructor by the FEDA
- ◆ Pilates Floor Instructor with implements
- ◆ Advanced Technician in Fitness and Personal Training by the FEDA
- ◆ Spinning Start I Instructor by the Spanish Federation of Spinning
- ◆ Power Dumbbell Instructor for Aerobic and Fitness Association
- ◆ Chiropractor at Quirotema by the Higher School of Chiromassage and Therapies
- ◆ Lymphatic Drainage Training by PRAXIS, Seville



A unique, key, and decisive educational experience to boost your professional development”

04

Structure and Content

The syllabus of this university program has been designed to provide the medical professional with a complete update of their knowledge in the Biomechanics of Standing Asanas and its benefits and contraindications. A process of updating that will be much easier to achieve thanks to a syllabus available 24 hours a day and accessible from any digital device with an Internet connection.



“

*A syllabus that brings together
the most rigorous content on the
benefits of Standing Asanas”*

Module 1. Analysis of the Main Standing Asanas

- 1.1. Tadasana
- 1.2. Sun Salutation
- 1.3. Standing Asanas
- 1.4. Standing Back Bend Asanas
- 1.5. Side Bending Asanas
- 1.6. Balancing Asanas
- 1.7. Prone Extensions
- 1.8. Extensions
- 1.9. Torsions
- 1.10. Hips





“

The multimedia pills will provide you with high-quality images on the biomechanics of the hips through the Asanas performed in Therapeutic Yoga”

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.



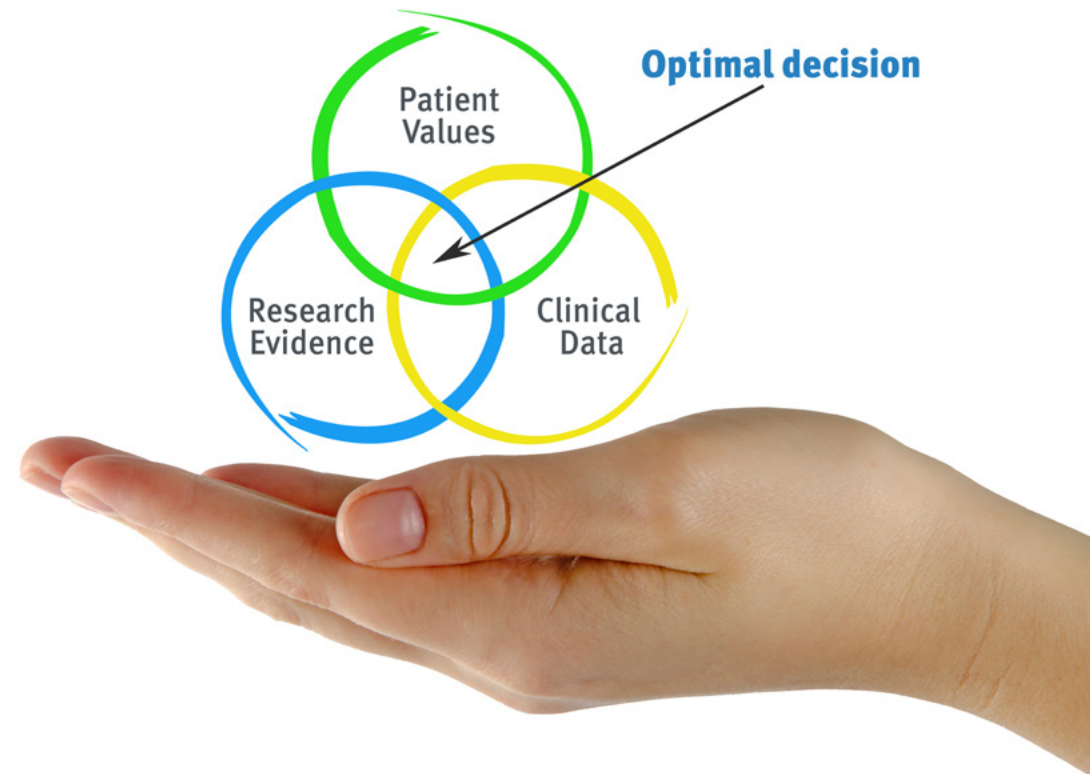
“

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"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

“

Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



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.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



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".



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.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



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.



Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06 Certificate

The Postgraduate Certificate in Biomechanics of Standing Asanas guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



“

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

This **Postgraduate Certificate in Biomechanics of Standing Asanas** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Postgraduate Certificate in Biomechanics of Standing Asanas**

Official N° of Hours: **150 h.**



*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 Certificate
Biomechanics of Standing
Asanas

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Schedule: at your own pace
- » Exams: online

Postgraduate Certificate

Biomechanics of Standing Asanas

