

# Postgraduate Certificate

## Biomechanics of Floor Asanas and Supported Adaptations for Nursing



## Postgraduate Certificate Biomechanics of Floor Asanas and Supported Adaptations for Nursing

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

Website: [www.techtitute.com/us/nursing/postgraduate-certificate/biomechanics-floor-asanas-supported-adaptations-nursing](http://www.techtitute.com/us/nursing/postgraduate-certificate/biomechanics-floor-asanas-supported-adaptations-nursing)

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# 01

# Introduction

It has been demonstrated that the practice of Yoga can significantly improve the quality of life of patients with muscular pain, musculoskeletal pathologies or during pregnancy. However, for its correct therapeutic application, it is essential that nursing professionals master both Biomechanics and the different elements used in this discipline. For this reason, it is essential that those professionals who wish to incorporate Yoga in their practice have updated and rigorous information on the Floor Asanas, the Supports used and the corresponding biomechanical study. To meet this need, TECH has created an online program, which offers the most up-to-date and complete content on this subject.



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*A program that will give you the latest updates in Biomechanics of Floor Asanas and the Supports used in Yoga”*

Practicing Yoga has allowed many patients to correct body postures, reduce the risk of injury and increase flexibility. It is for this reason that many professionals in the nursing field are increasingly interested in this type of treatment and to incorporate or combine them with traditional methods.

Likewise, when implementing therapeutic treatments with Yoga, there is a need to know everything related to Floor Asanas, the Biomechanics involved in them and all the factors that make this technique one of the most used when treating musculoskeletal ailments, among other pathologies.

Being consistent with this, a unique program has been designed, with professionals recognized in the field and specialized in all the techniques of the Biomechanics of Floor Asanas and Supported Adaptations. For the attending professional to expand their knowledge and complement their work with techniques that, already proven by studies, help to maintain a healthier habit physically and mentally.

With an online modality that allows the professional to adapt easily and perform their daily activities normally and with the ease of taking the academic materials when and where you want, because it does not require fixed schedules. In addition, this program is taught under the innovative *Relearning* methodology, consisting of the reiteration of the fundamental concepts throughout the syllabus and presenting them in different audiovisual supports. In this way, the graduate will be able to integrate the knowledge in an effective, progressive and natural way.

This **Postgraduate Certificate in Application of Asana Techniques and Their Integration for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ 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



*Delve into the Biomechanics of Floor Asanas and Supported Adaptations for Therapeutic Yoga"*

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*With TECH you will have at your disposal the most avant-garde audiovisual materials of the current academic panorama in the field of Restorative Asana Biomechanics”*

The program's teaching staff includes professionals from the sector who contribute their work experience to this program, in addition to 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 academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will have access to a library full of valuable materials and, in addition, you will be able to download them and consult them whenever and wherever you need them.*

*You will delve into Yoga as a method to correct body postures, reduce the risk of injury and increase flexibility.*



02

# Objectives

In its commitment to offer an elite education, TECH has developed a program with the objective of providing nursing professionals with detailed information on the Biomechanics of Floor Asanas. In this way, they will delve into the application of restorative asanas, identifying the types of Supports and how to use them. Therefore, they will be able to implement the most avant-garde tools in Biomechanics in their professional practice in only 6 weeks of online training.





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*Get up to date with your competences in Biomechanics of Asanas in Chair and incorporate it immediately to your professional practice”*



## General Objectives

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- Incorporate the knowledge and skills 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 their injuries
- Delve into studies on biomechanics and its application to the asanas of Therapeutic Yoga
- Describe the adaptation of Yoga asanas to the pathologies of each person
- Delve into the Neurophysiological bases of the existing meditative and relaxation techniques



*This Postgraduate Certificate is all you need to get up to speed on the biomechanical fundamentals of closing asanas”*





## Specific Objectives

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- ◆ Identify the main floor asanas, their variations, and how to correctly apply biomechanics to maximize their benefits
- ◆ Delve into the biomechanical fundamentals of closing asanas and how to perform them safely and effectively
- ◆ Refresh knowledge of restorative asanas and how to apply biomechanics to relax and restore the body
- ◆ Identify the main inversions and how to use biomechanics to perform them safely and effectively
- ◆ Delve into the different types of supports (blocks, belt and chair) and how to apply them to improve the biomechanics of floor asanas
- ◆ Explore the use of supports to adapt asanas to different needs and physical abilities
- ◆ Delve into the first steps in Restorative Yoga and how to apply biomechanics to relax the body and mind



# 03

# Course Management

For the structuring of the teaching team that makes up this Postgraduate Certificate, TECH has taken into consideration the academic syllabus of the candidates, as well as their extensive work experience. Therefore, the graduate will be able to use their trajectory, as well as their practice in the current context to bring their praxis up to date and incorporate new and innovative strategies for a first-class clinical service. All this, in only 150 hours of the best didactic content and completely online.





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*Sign up and get up to date through a syllabus designed by the most experienced professionals in Therapeutic Yoga”*

## International Guest Director

As the Director of Teachers and Head of Instructor Education 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 mainly therapeutic yoga, with more than 6,000 documented hours of teaching and continuing education.

In this way, her work has been to tutor, develop protocols and teaching criteria and provide continuing education to the instructors of the Integral Yoga Institute. She combines this work with her role as a therapist and instructor at 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 assessing the challenges that may arise. Throughout her career she has worked with many different profiles of people, including older and middle-aged men and women, prenatal and postnatal individuals, young adults and even war veterans with a range of physical and mental health issues.



## Ms. Galliano, Dianne

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- ♦ 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 - New York
- ♦ Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- ♦ Degree in Primary Education from the State University of New York
- ♦ Master's Degree in Therapeutic Yoga from the University of Maryland

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*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)
- Therapeutic Yoga Trainer
- Degree in Biological Sciences from the Autonomous University of Madrid
- Progressive Ashtanga Yoga, FisiomYoga, Myofascial Yoga, Yoga and Cancer Teaching Course
- Floor Pilates Instructor Course
- Phytotherapy and Nutrition Course
- Meditation Teaching Course



## Professors

### Ms. Villalba, Vanessa

- ◆ Instructor at Gimnasios Villalba
- ◆ Vinyasa Yoga and Power Yoga Instructor 2017 at IEY Sevilla
- ◆ Aerial Yoga Instructor 2017 in Seville
- ◆ Integral Yoga Instructor at IEY Sevilla
- ◆ Body Intelligence TM Yoga. Level at IEY Huelva
- ◆ Pregnancy and Postpartum Yoga Instructor at IEY Sevilla
- ◆ Yoga Nidra, Therapeutic Yoga and Shamanic Yoga Instructor
- ◆ Basic Pilates Instructor at FEDA
- ◆ Floor Pilates Instructor with Equipment
- ◆ FEDA Advanced Technician in Fitness and Personal Training
- ◆ Spinning Start I Instructor at Federación Española de Spinning
- ◆ Power Dumbbell Instructor at Aerobic and Fitness Association
- ◆ Chiromassage Therapist at Quirotema at Escuela Superior de Quiromasaje y Terapias
- ◆ Lymphatic Drainage Training at PRAXIS in Seville



# 04

## Structure and Content

The syllabus of this program has been designed by renowned experts in Therapeutic Yoga. In this way, the nursing professional will delve into the main floor asanas and their benefits, as well as the variants available for this technique. In addition, the different bending postures will be detailed. It also includes sections on the use of blocks, belts and chairs as different asana supports. Therefore, students will learn how to adapt and modify the techniques to fit the different needs and capabilities of the patients.



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*In addition to a prestigious teaching staff, we offer the most avant-garde contents and the most effective methodology, TECH Relearning”*

**Module 1.** Breakdown of the Main Floor Asanas and Supported Adaptations

- 1.1. Main Floor Asanas
- 1.2. Supine Push-ups
- 1.3. Twists and Lateral Bends
- 1.4. Closing Asanas
- 1.5. Inverted
- 1.6. Blocks
- 1.7. Belt
- 1.8. Asanas in Chair
- 1.9. Yoga in Chair
- 1.10. Restorative Asanas





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*An online program that provides you with the latest in the Biomechanics of Floor Asanas”*

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"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing practice.



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*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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### 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 suggesting that observing third-party experts can be useful.

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 Floor Asanas and Supported Adaptations for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate 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”*

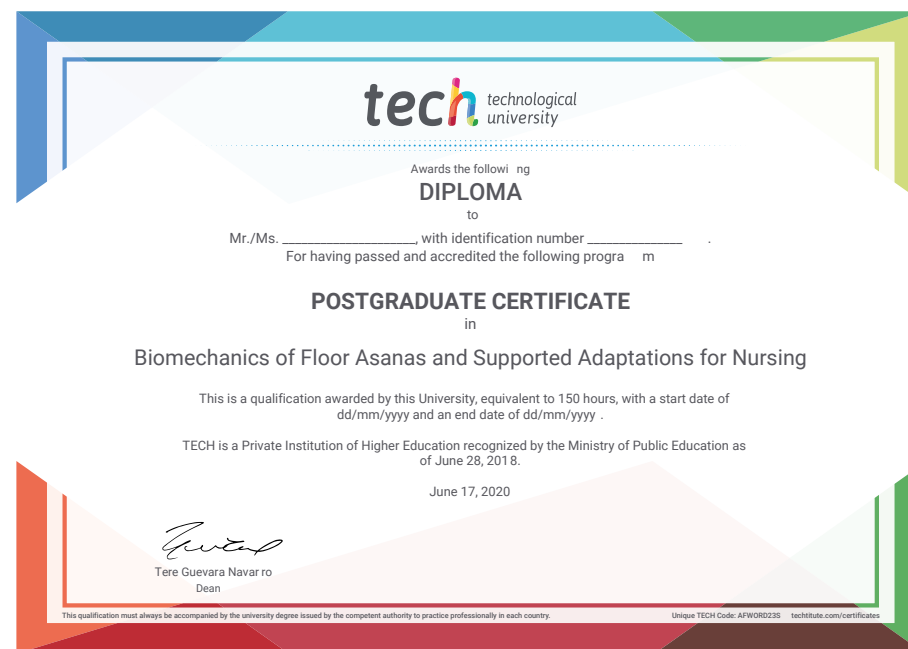
This **Postgraduate Certificate in Biomechanics of Floor Asanas and Supported Adaptations for Nursing** contains the most complete and up-to-date scientific on the market.

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 Floor Asanas and Supported Adaptations for Nursing**

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.





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