

Postgraduate Certificate Fascial System for Nursing





Postgraduate Certificate Fascial System for Nursing

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

Website: www.techtute.com/pk/nursing/postgraduate-certificate/fascial-system-nursing

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

Knowledge of the Fascial System allows the nursing professional to effectively assess and treat musculoskeletal injuries such as sprains, strains and tears. It is essential for the professional to keep up to date in an industry with constant advances. For this reason, more and more nursing professionals are putting it into practice as a complementary therapeutic treatment. And with the aim that the nurse can contribute significantly to the recovery process of patients, TECH has arranged a rigorous and comprehensive program taught in a completely online format. In this way, the graduate will delve into the types of mechanoreceptors and their importance in the different styles of Yoga from the comfort of where they choose, distributing the teaching load according to their own needs. All this under the most effective methodology, the *TECH Relearning*.



“

You will delve into the Fascial System and its application in the world of Therapeutic Yoga”

Unhealthy lifestyles can lead to a higher incidence of Fascial System injuries. Fortunately, the regular practice of physical activity, such as Yoga, can help reduce pain and correct posture. This discipline perfectly complements traditional treatments and is becoming an increasingly popular alternative for certain conditions. As a result, many nursing professionals are incorporating Yoga into their regular clinical practice.

To meet the growing demand for updates on this topic, a 6-week university program in Fascial System has been created that offers the most innovative didactic content in today's academic landscape. In this way, the program helps the graduate to delve into the most important concepts about the Fascial System. In addition, it includes multimedia resources, specialized readings and case studies to help students delve into the subject in greater depth.

This is a program taught in a totally online modality that allows the nurse to be provided with the most recent updates in the sector, allowing them to combine their studies with other aspects of their lives. Likewise, the methodology under which it is taught, *Relearning*, makes the learning process effective and natural at the same time. The presentation of the materials in different audiovisual supports facilitates the progressive integration of knowledge. Therefore, the graduate will only need a device with an Internet connection to access a program adapted to their needs.

This **Postgraduate Certificate in Fascial System 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 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



An academic alternative that will enhance your skills in the diagnosis and treatment of diseases affecting the fascia”

“

Get up to date on the different myofascial pathways and their importance in the different styles of Yoga”

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 an 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 students will be assisted by an innovative interactive video system created by renowned and experienced experts.

You will be able to access the digital library of teaching resources offered by TECH from any device with an Internet connection.

A program that will allow you to delve into the different postures of Yoga and its involvement in the Fascial System.



02 Objectives

The syllabus has been designed to provide the nurse with the most advanced didactic resources in the Fascial System. In this way and throughout the 150 hours of the most exhaustive contents, the graduate will delve into the history, concept and importance in the practice of Yoga. In addition, they will be able to identify the main postural imbalances and how to correct them. All this, with no on-site attendance and with the endorsement of a prestigious university, TECH.





“

You will delve into the main postural imbalances and how the practice of Yoga and the biomechanics of Fascia can help their correction”



General Objectives

- ◆ 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





Specific Objectives

- ◆ Delve into the history and concept of fascia, and its importance in yoga practice
- ◆ Delve into the different types of fascial mechanoreceptors and how to apply them in different styles of yoga
- ◆ Point out the need to apply the term fascia in yoga classes for a more effective and conscious practice
- ◆ Explore the origin and development of the term tensegrity, and its application in yoga practice
- ◆ Identify the different myofascial pathways and the specific postures for each of the chains
- ◆ Apply the biomechanics of fascia in yoga practice to improve mobility, strength and flexibility
- ◆ Identify the main postural imbalances and how to correct them through yoga practice and fascia biomechanics



Thanks to this program, you can incorporate the most up-to-date techniques in Tensegrity into your therapeutic treatments”

03

Course Management

One of the distinctive features of this program is its excellent teaching staff, made up of internationally renowned experts in the area of Therapeutic Yoga. In order to provide a quality syllabus, TECH has assembled a first-class team that brings its extensive knowledge in this field. Therefore, the graduate has the guarantee that they will be trained with a program created by authentic experts to obtain an update of the highest quality.





“

You will learn from the hand of the best experts in Therapeutic Yoga through their extensive and excellent professional trajectory”

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 mainly **therapeutic yoga**, with more than 6,000 documented hours of teaching and continuing education.

As such, she has been tutoring, developing protocols and training criteria and providing continuing education to the instructors of the Integral Yoga Institute. She balances 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 evaluating the 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 war veterans with a range of physical and mental health issues.

For each of them she performs careful and personalized work, having treated people with osteoporosis, recovering from heart surgery or post-breast cancer, vertigo, back pain, Irritable Bowel Syndrome and obesity. She has several certifications, highlighting the E-RYT 500 by Yoga Alliance, Basic Life Support (BLS) by the 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 - 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

“

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

Mr. Losada, Óscar

- ♦ Vinyasa Yoga and Power Yoga Teacher and Osteopath at El árbol de la vida center
- ♦ Vinyasa Yoga Trainer and Yoga Coach at IEY in Madrid
- ♦ Yin Yog Trainer at IEY in Barcelona
- ♦ Vinyasa Yoga and Power Yoga Teacher at Gimnasio Fitness Madrid
- ♦ Osteopath and Sports Massage Therapist at Gimnasio Fitness Madrid
- ♦ Specialist in Rocket Yoga at IEY Huelva
- ♦ Specialist in Therapeutic Yoga, Yin Yoga and Fascias at IEY Huelva
- ♦ Specialist in Yoga for Children at IEY Alicante
- ♦ Structural Osteopath II at Kabat
- ♦ Sports Massage and Chiromassage at Orthos



04

Structure and Content

The syllabus of this university program will immerse the graduate in the Fascial System, orienting them to Therapeutic Yoga. A 6-week academic journey, which includes information about the Fascia, types of mechanoreceptors and their importance in Yoga, Myofascial Chains and posterior lines. A program where the student will have at their disposal high-quality pedagogical tools based on multimedia pills, specialized readings and case studies. All this, available 24 hours a day, from any digital device with an Internet connection.





“

*An academic journey where you
will have specialized readings
available 24 hours a day”*

Module 1. Fascial System

- 1.1. Fascia
 - 1.1.1. History
 - 1.1.2. Fascia vs. Aponeurosis
 - 1.1.3. Types
 - 1.1.4. Functions
- 1.2. Types of mechanoreceptors and their importance in the different styles of Yoga
 - 1.2.1. Importance
 - 1.2.2. Golgi
 - 1.2.3. Paccini
 - 1.2.4. Ruffini
- 1.3. Myofascial Chains
 - 1.3.1. Definition
 - 1.3.2. Importance in Yoga
 - 1.3.3. Concept of tensegrity
 - 1.3.4. The 3 diaphragms
- 1.4. SBL: Superficial Back Line
 - 1.4.1. Definition
 - 1.4.2. Anatomical pathways
 - 1.4.3. Passive postures
 - 1.4.4. Active postures
- 1.5. SFL: Superficial Front Line
 - 1.5.1. Definition
 - 1.5.2. Anatomical pathways
 - 1.5.3. Passive postures
 - 1.5.4. Active postures
- 1.6. LL: Lateral Line
 - 1.6.1. Definition
 - 1.6.2. Anatomical pathways
 - 1.6.3. Passive postures
 - 1.6.4. Active postures



- 1.7. SL: Spiral Line
 - 1.7.1. Definition
 - 1.7.2. Anatomical pathways
 - 1.7.3. Passive postures
 - 1.7.4. Active postures
- 1.8. Functional Lines
 - 1.8.1. Definition
 - 1.8.2. Anatomical pathways
 - 1.8.3. Passive postures
 - 1.8.4. Active postures
- 1.9. Arm Lines
 - 1.9.1. Definition
 - 1.9.2. Anatomical pathways
 - 1.9.3. Passive postures
 - 1.9.4. Active postures
- 1.10. Main Imbalances
 - 1.10.1. Ideal pattern
 - 1.10.2. Flexion and stretching group
 - 1.10.3. Opening and closing group
 - 1.10.4. Inspiratory and expiratory pattern



A 100% online program that will delve into Therapeutic Yoga and its application to Fascia”



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 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.

“

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 Fascial System 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.





“

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

This **Postgraduate Certificate in Fascial System for Nursing** contains the most complete and up-to-date scientific program 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 certificate 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 Fascial System for Nursing**

Official N° of Hours: **150 h.**



*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION 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 Certificate Fascial System for Nursing

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

Postgraduate Certificate Fascial System for Nursing

