

# Postgraduate Diploma

## Anatomy and Physiology in Therapeutic Yoga for Nursing



## Postgraduate Diploma

### Anatomy and Physiology in Therapeutic Yoga for Nursing

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

Website: [www.techtitute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-anatomy-physiology-therapeutic-yoga-nursing](http://www.techtitute.com/pk/nursing/postgraduate-diploma/postgraduate-diploma-anatomy-physiology-therapeutic-yoga-nursing)

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# 01

# Introduction

In response to the growing demand for healthy and less invasive alternatives for the treatment of chronic diseases and muscle injuries, this TECH program has been designed to keep professionals up to date in this field. In this way, this academic program offers a solid qualification in the Anatomy and Physiology of the body during practice of the different postures, as well as the performance of respiratory techniques, responding to the current needs of nurses. With a comprehensive approach, the syllabus is presented in a 100% online format, which provides flexibility and accessibility for the participants. In addition, it is taught under the Relearning methodology, based on multimedia resources of great didactic value, which allows an in-depth understanding of the key factors of this field.





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

In the current context, there is a great amount of ailments that can be treated through physical therapy, which allows individuals who practice it to work on their body, improve their health and reduce body pain. Therefore, it is essential that professionals in this field are fully qualified in Anatomy, as this will allow them to run Yoga sessions with a previous understanding of the limitations of the body and the age of the patient.

For this, TECH offers professionals interested in specializing in this field and highlight within it this Postgraduate Diploma, which will allow them to keep up to date on developments in this field. Likewise, they will acquire a more in-depth knowledge of Physiology that will help them to plan and guide more personalized therapy sessions. In addition, they will update their skills within this area, since they will know in depth about the fascial system and the benefits that Yoga gives to the body.

This will be possible thanks to the educational itinerary that has been developed by the teaching staff of this program, which is made up of the best professionals in the field of Yoga and that will transfer to the students the current panorama of this profession, through the study of the physical and biological aspects of the body at each stage of life.

The innovative *Relearning* methodology will allow students to complete their syllabus 100% online, so they will be able to access the contents from anywhere in the world through a device connected to the Internet. In addition, they will complement their education with multimedia resources that present in a didactic way all the topics of the program. Students will also have the opportunity to improve their problem-solving skills through the analysis of case studies that simulate real work situations.

This **Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of case studies presented by experts in Anatomy and Physiology in Therapeutic Yoga for Nursing
- ♦ 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

“*TECH offers you a unique opportunity to specialize in Therapeutic Yoga, which assures you a significant increase in the performance you will have in this field*”

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*Mastering the latest practices in Physiology will allow you to guide more complete and personalized sessions, understanding the specific capabilities of each of your patients”*

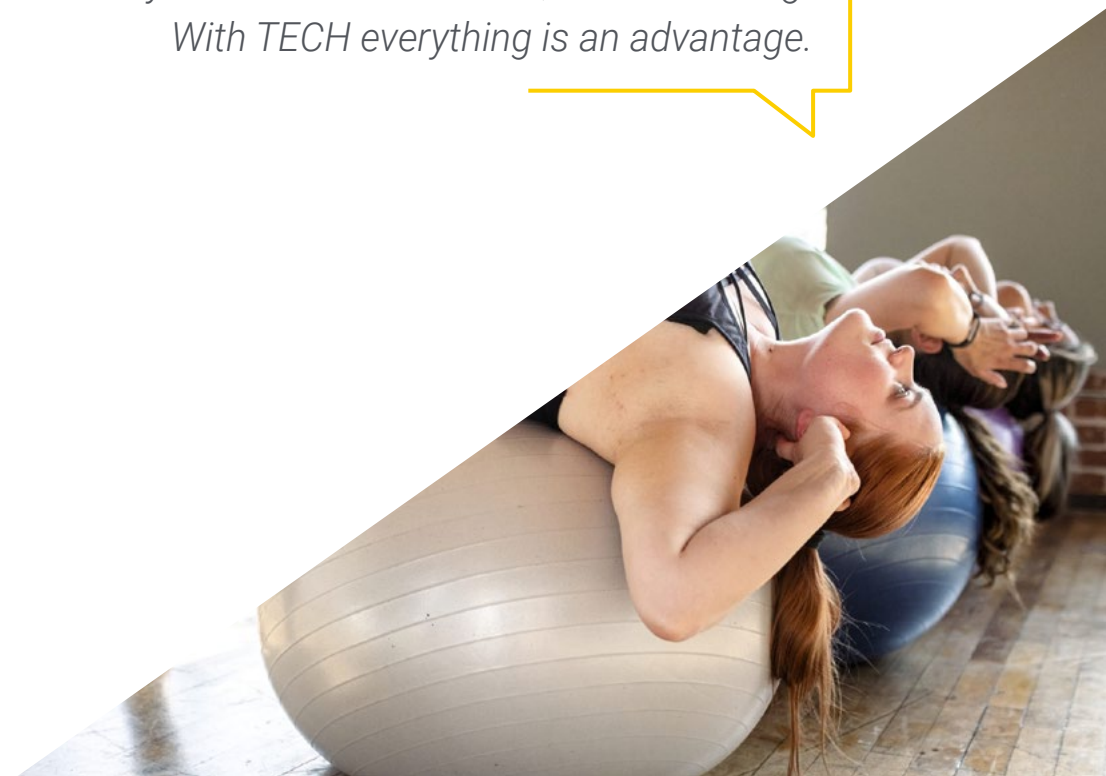
The program’s teaching staff includes professionals from the field who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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 academic year. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Keep up to date with the latest developments in Therapeutic Yoga and update your skills in a constantly advancing sector.*

*You can study whenever and wherever you want. No schedules, no commuting. With TECH everything is an advantage.*



# 02 Objectives

This Postgraduate Diploma will allow the student to expand their technical knowledge about Therapeutic Yoga and the anatomy of the human body, in order to organize sessions that take into account its limitations. Therefore, the main objective of this program is to provide students with a wide range of tools that will help them develop a more comprehensive understanding of the discipline and its benefits within physical therapy.







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*Keep your knowledge up to date in the prevention of the most common injuries through the solid knowledge in the structure of the locomotor system and the fascial system that this program will provide you with”*



## General Objectives

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- 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 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



*You will learn about the types of mechanoreceptors and their importance in the different styles of Yoga to become a first-level nurse”*





## Specific Objectives

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### Module 1. Structure of the Locomotor System

- ♦ Delve into the anatomy and physiology of the skeletal, muscular and articular systems of the human body
- ♦ Identify the different structures and functions of the locomotor system and how they interrelate with one another
- ♦ Explore the different postures and movements of the human body, and understand how they affect the structure of the locomotor system
- ♦ Delve into common injuries of the musculoskeletal system and how to prevent them

### Module 2. Fascial System

- ♦ 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

### Module 3. Yoga in the Different Evolutionary Moments

- ♦ Delve into the different needs of the body and yoga practice at different times of life, such as childhood, adulthood and old age
- ♦ Explore how yoga practice can help women during the menstrual cycle and menopause, and how to adapt the practice to meet their needs
- ♦ Delve into the care and practice of yoga during pregnancy and postpartum, and how to adapt the practice to meet women's needs at these times
- ♦ Identify the suitability of yoga practice for people with special physical and/or sensory needs, and how to adapt the practice to meet their needs
- ♦ Learn how to create yoga sequences specific to the human life cycle and individual need
- ♦ Identify and apply best practices to ensure safety and well-being during yoga practice in the human life cycle and special situations

03

# Course Management

The course management of this program is led by an outstanding team of professionals and experts in Therapeutic Yoga, who have collaborated closely with TECH to design a comprehensive and up-to-date syllabus that will allow nurses to comprehensively address the fundamental aspects of Anatomy and Physiology in Therapeutic Yoga for Nursing. Through a combination of top-quality teaching resources and expert-guided instruction, professionals will benefit from an enriching and stimulating learning experience.



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*A team of practicing experts has developed the most comprehensive syllabus for you to learn through their own experience with this TECH program”*

## 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.

For each of them she performs a careful and customized 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, most notably the E-RYT 500 from Yoga Alliance, Basic Life Support (BLS) from American Health Training and Certified Exercise Instructor from the Somatic Movement Center.



## 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. García, Mar

- ♦ Director and Instructor of the Satnam Yoga Center
- ♦ Vinyasa Yoga Teacher
- ♦ Special Yoga Instructor
- ♦ Yoga Instructor for Children and Families

### Mr. Losada, Óscar

- ♦ Vinyasa Yoga and Power Yoga Teacher and Osteopath at El árbol de la vida center
- ♦ Vinyasa Yoga Instructor and Yoga Coach at the European Institute of Yoga (IEY), Madrid
- ♦ Yin Yoga 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 contents that are part of the educational itinerary of this Postgraduate Diploma have been developed by the best experts in Therapeutic Yoga. In this way, the student will study from elaborated modules. Therefore, they will delve into the structure of the locomotor apparatus and the fascial system and, based on this knowledge, they will delve into Yoga in the different evolutionary processes. All this, through 450 hours of the best theoretical and practical contents that also include numerous additional materials presented in different audiovisual media.





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*You will delve into the physical and mental benefits of Therapeutic Yoga in the postpartum period thanks to this Postgraduate Diploma”*

## Module 1. Structure of the Locomotor System

- 1.1. Anatomical Position, Axes and Planes
  - 1.1.1. Basic anatomy and physiology of the human body
  - 1.1.2. Anatomic position
  - 1.1.3. Body axes
  - 1.1.4. Anatomical planes
- 1.2. Bone
  - 1.2.1. Bone anatomy of the human body
  - 1.2.2. Bone structure and function
  - 1.2.3. Different types of bones and their relationship to posture and movement
  - 1.2.4. The relationship between the skeletal system and the muscular system
- 1.3. Joints
  - 1.3.1. Anatomy and physiology of the joints of the human body
  - 1.3.2. Different Types of Joints
  - 1.3.3. The role of joints in posture and movement
  - 1.3.4. The most common joint injuries and how to prevent them
- 1.4. Cartilage
  - 1.4.1. Anatomy and physiology of the cartilage of the human body
  - 1.4.2. Different types of cartilage and their function in the body
  - 1.4.3. The role of cartilage in joints and mobility
  - 1.4.4. The most common cartilage injuries and their prevention
- 1.5. Tendons and Ligaments
  - 1.5.1. Anatomy and physiology of tendons and ligaments of the human body
  - 1.5.2. Different types of tendons and ligaments and their function in the body
  - 1.5.3. The role of tendons and ligaments in posture and movement
  - 1.5.4. Most common tendon and ligament injuries and how to prevent them
- 1.6. Musculoskeletal
  - 1.6.1. Anatomy and physiology of the musculoskeletal system of the human body
  - 1.6.2. The relationship between muscles and bones in posture and movement
  - 1.6.3. The role of fascia in the musculoskeletal system and its relationship to the practice of therapeutic yoga
  - 1.6.4. The most common muscle injuries and how to prevent them
- 1.7. Development of the Musculoskeletal System
  - 1.7.1. Embryonic and fetal development of the musculoskeletal system
  - 1.7.2. Growth and development of the musculoskeletal system in childhood and adolescence
  - 1.7.3. Musculoskeletal changes associated with aging
  - 1.7.4. Development and adaptation of the musculoskeletal system to physical activity and training
- 1.8. Components of the Musculoskeletal System
  - 1.8.1. Anatomy and physiology of skeletal muscles and their relationship to the practice of therapeutic yoga
  - 1.8.2. The role of bones in the musculoskeletal system and their relationship to posture and movement
  - 1.8.3. The function of the joints in the musculoskeletal system and how to take care of them during the practice of therapeutic yoga
  - 1.8.4. The role of fascia and other connective tissues in the musculoskeletal system and their relationship to the practice of therapeutic yoga
- 1.9. Nervous Control of Skeletal Muscles
  - 1.9.1. Anatomy and physiology of the nervous system and its relationship to the practice of therapeutic yoga
  - 1.9.2. The role of the nervous system in muscle contraction and movement control
  - 1.9.3. The relationship between the nervous system and the musculoskeletal system in posture and movement during the practice of therapeutic yoga
  - 1.9.4. The importance of neuromuscular control for injury prevention and performance enhancement during the practice of therapeutic yoga
- 1.10. Muscle Contraction
  - 1.10.1. Anatomy and physiology of muscle contraction and its relationship to the practice of therapeutic yoga
  - 1.10.2. The different types of muscle contraction and their application during the practice of therapeutic yoga
  - 1.10.3. The role of neuromuscular activation in muscle contraction and its relationship to the practice of therapeutic yoga
  - 1.10.4. The importance of stretching and muscle strengthening in injury prevention and performance enhancement during the practice of therapeutic yoga

**Module 2. Fascial System**

- 2.1. Fascia
  - 2.1.1. History
  - 2.1.2. Fascia vs. Aponeurosis
  - 2.1.3. Types
  - 2.1.4. Functions
- 2.2. Types of mechanoreceptors and their importance in the different styles of Yoga
  - 2.2.1. Importance
  - 2.2.2. Golgi
  - 2.2.3. Paccini
  - 2.2.4. Ruffini
- 2.3. Myofascial Chains
  - 2.3.1. Definition
  - 2.3.2. Importance in Yoga
  - 2.3.3. Concept of tensegrity
  - 2.3.4. The 3 diaphragms
- 2.4. SBL: Superficial Back Line
  - 2.4.1. Definition
  - 2.4.2. Anatomical pathways
  - 2.4.3. Passive postures
  - 2.4.4. Active postures
- 2.5. SFL: Superficial Front Line
  - 2.5.1. Definition
  - 2.5.2. Anatomical pathways
  - 2.5.3. Passive postures
  - 2.5.4. Active postures
- 2.6. LL: Lateral Line
  - 2.6.1. Definition
  - 2.6.2. Anatomical pathways
  - 2.6.3. Passive postures
  - 2.6.4. Active postures

- 2.7. SL: Spiral Line
  - 2.7.1. Definition
  - 2.7.2. Anatomical pathways
  - 2.7.3. Passive postures
  - 2.7.4. Active postures
- 2.8. Functional Lines
  - 2.8.1. Definition
  - 2.8.2. Anatomical pathways
  - 2.8.3. Passive postures
  - 2.8.4. Active postures
- 2.9. Arm Lines
  - 2.9.1. Definition
  - 2.9.2. Anatomical pathways
  - 2.9.3. Passive postures
  - 2.9.4. Active postures
- 2.10. Main Imbalances
  - 2.10.1. Ideal pattern
  - 2.10.2. Flexion and stretching group
  - 2.10.3. Opening and closing group
  - 2.10.4. Inspiratory and expiratory pattern

**Module 3. Yoga in the Different Evolutionary Moments**

- 3.1. Childhood
  - 3.1.1. Why is it important?
  - 3.1.2. Benefits
  - 3.1.3. What is a class like?
  - 3.1.4. Example of adapted sun salutation
- 3.2. Women and Menstrual Cycle
  - 3.2.1. Menstrual phase
  - 3.2.2. Follicular phase
  - 3.2.3. Ovulatory phase
  - 3.2.4. Luteal phase

- 3.3. Yoga and Menstrual Cycle
  - 3.3.1. Follicular phase sequence
  - 3.3.2. Ovulatory phase sequence
  - 3.3.3. Luteal phase sequence
  - 3.3.4. Sequence during menstruation
- 3.4. Menopause
  - 3.4.1. General considerations
  - 3.4.2. Physical and hormonal changes
  - 3.4.3. Benefits of the practice
  - 3.4.4. Recommended asanas
- 3.5. Pregnancy
  - 3.5.1. Why practice it
  - 3.5.2. First quarter asanas
  - 3.5.3. Second quarter asanas
  - 3.5.4. Third quarter asanaa
- 3.6. Postpartum
  - 3.6.1. Physical benefits
  - 3.6.2. Mental benefits
  - 3.6.3. General recommendations
  - 3.6.4. Practice with the baby
- 3.7. Old Age
  - 3.7.1. Main pathologies that we will encounter
  - 3.7.2. Benefits
  - 3.7.3. General considerations
  - 3.7.4. Contraindications
- 3.8. Physical Disability
  - 3.8.1. Brain damage
  - 3.8.2. Spinal cord damage
  - 3.8.3. Muscle damage
  - 3.8.4. How to design a class





- 3.9. Sensory Disability
  - 3.9.1. Hearing
  - 3.9.2. Visual
  - 3.9.3. Sensory
  - 3.9.4. How to design a sequence
- 3.10. General considerations of the most frequent disabilities that we will encounter
  - 3.10.1. Down syndrome
  - 3.10.2. Autism
  - 3.10.3. Cerebral palsy
  - 3.10.4. Intellectual development disorder

**“** *You will find the combination of the best multimedia content and the most innovative learning methodology on the market in this exclusive program”*

# 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 Diploma in Anatomy and Physiology in Therapeutic Yoga for Nursing 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”*

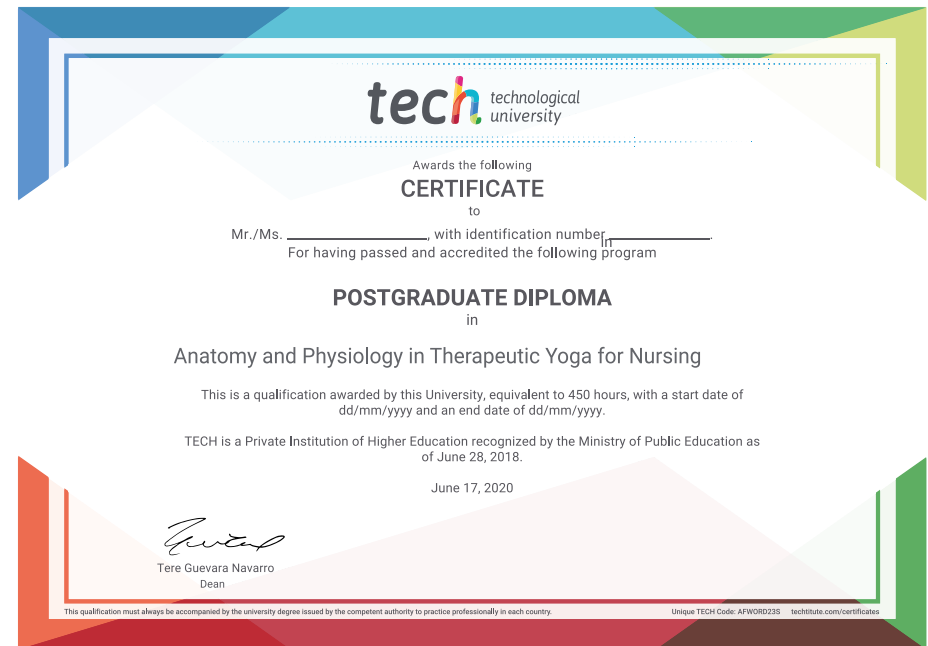
This **Postgraduate Diploma in Anatomy and Physiology in Therapeutic Yoga for Nursing** contains the most complete and up-to-date scientific on the market.

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

The certificate 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 Anatomy and Physiology in Therapeutic Yoga for Nursing**

Official N° of Hours: **450 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.



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