

Postgraduate Certificate

Biomechanics of Standing Asanas





Postgraduate Certificate Biomechanics of Standing Asanas

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

Website: www.techtitute.com/in/sports-science/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

Within the world of Yoga, knowing the Biomechanics of Standing Asanas allows the instructor to guide the student in the correct posture and proper alignment of the body, thereby avoiding possible injuries. In addition, knowledge of this subject also allows you to adapt the exercise to the individual needs of each user, taking into account physical limitations and health conditions. To carry out these practices, it is necessary that the professional in charge has extensive knowledge of the Biomechanics of Tadasana, Sun Salutation, among others. Therefore, TECH has developed an academic program that is focused on providing its participants with a broad and up-to-date overview of this sector, with a variety of audiovisual resources, complementary readings and practical exercises developed with the *Relearning* methodology.





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This Postgraduate Certificate has a theoretical and practical content that assures you an integral and up-to-date learning”

Yoga has become a very important treatment and physical activation strategy, since its benefits offer a comprehensive care of the body and mind. Therefore, instructors of this activity must have a complete understanding of the various types of postures that can be performed, including those that are performed while standing, as they offer multiple benefits in terms of minimizing the risk of injury.

Therefore, this Postgraduate Certificate seeks to give its participants a complete education on the importance of Biomechanics when performing Yoga postures. In addition, it will strengthen students' ability to identify the needs and capabilities of each user of this discipline, in order to perform more personalized sessions with greater benefits.

This will be achieved through a syllabus that from the very beginning will provide students with a clear and detailed perception of the benefits that the Standing postures bring to the body. In addition, they will broaden their knowledge of the importance and proper performance of these Asanas, thanks to a first class teaching staff.

And all this through the Relearning methodology, making it possible for students to face real cases and simulation. In addition, as it is developed 100% online, it is not necessary to go to on-site centers and you will only need a device with an Internet connection, which makes it easier to combine the updating of knowledge with your daily routine.

This **Postgraduate Certificate in Biomechanics of Standing Asanas** 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 Biomechanics of Standing Asanas
- ♦ The graphic, schematic, and practical content 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



With TECH you will immediately stand out in the incredible world of yoga and increase your economic expectations”

“

Take advantage of the extensive experience of the teachers of this program and become a specialist in this field”

The program's teaching staff includes professionals from the sector, who bring to this program the experience of their work, in addition to recognized specialists from prestigious reference societies and 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.

Thanks to the 100% online format of this program you will learn at your own pace and without the need to move to an on-site center.

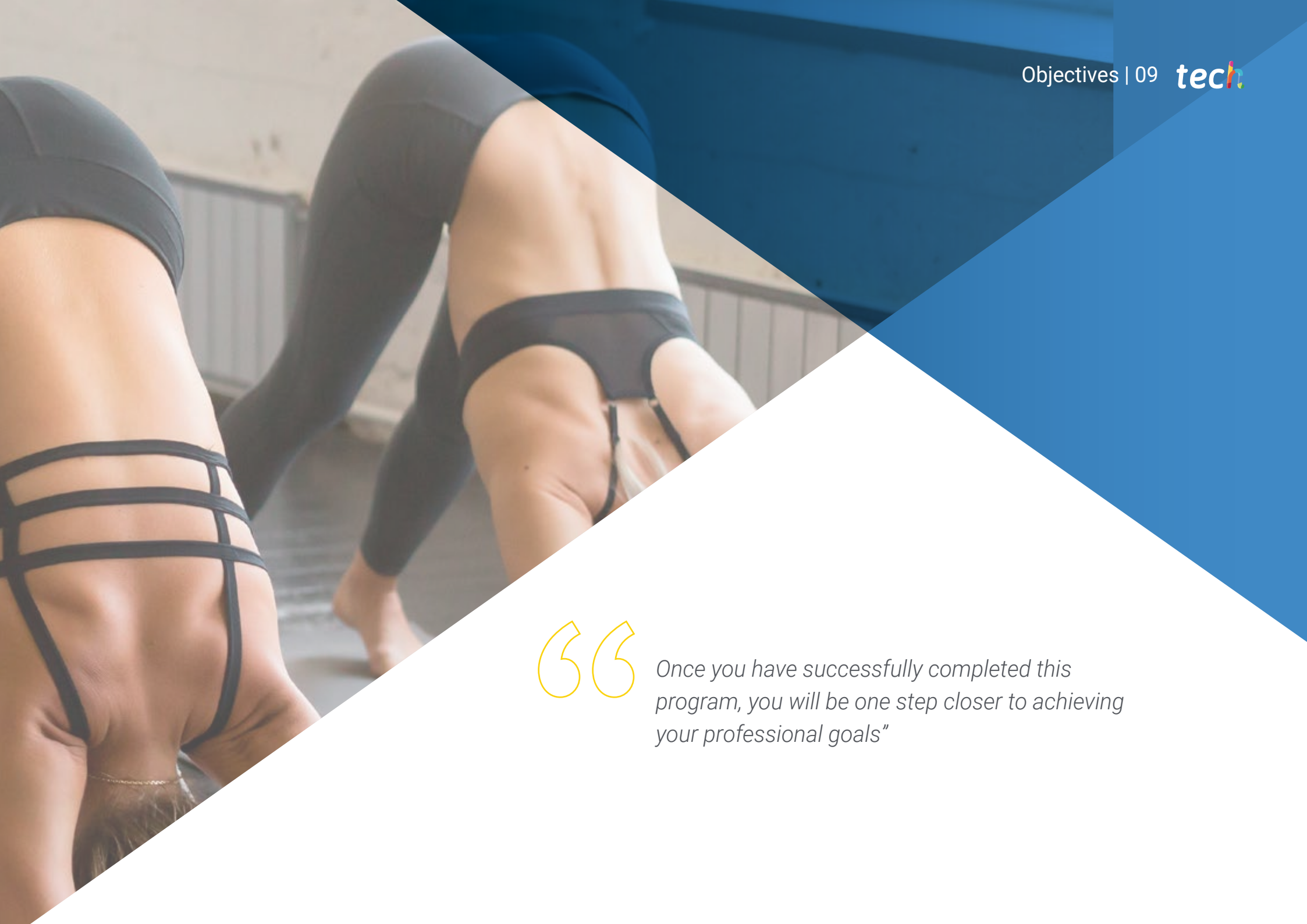
Delve into your knowledge of Standing Asanas and develop a holistic vision of this field.



02 Objectives

The main objective of this Postgraduate Certificate is to provide students with the most effective learning tools, allowing them to expand their knowledge and acquire new skills to carry out more complete sessions integrating the Standing Asanas. This will be possible thanks to the study of real cases and simulation, as well as multimedia resources that will explain in detail the characteristics of these postures.





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Once you have successfully completed this program, you will be one step closer to achieving your professional goals”



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 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 different benefits that postures such as the Sun Salutation bring to the body"





Specific Objectives

- Delve into the biomechanical fundamentals of Tadasana and its importance as a base posture for other standing asanas
- Identify the different variations 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 spinal flexion and lateral 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 position extensions and how to correctly apply biomechanics to maximize their benefits
- Delve into the main twists and hip poses, and how to use biomechanics to perform them safely and effectively

03

Course Management

TECH has the objective of providing quality education and guaranteeing access to the best academic content to all its students. Therefore, it has selected for this program the best active teaching staff with several years of professional experience. They, committed to the new generations, have included in the syllabus the result of their years of study and trajectory, so that the student will have access to exclusive and high-impact material.





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The best professionals in the field together in the same program to provide you with the most cutting-edge knowledge of Biomechanics of Standing Asanas”

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.

Thus, 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. 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 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

- 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 at the European Institute of Yoga (IEY), Seville
- ♦ Aerial Yoga Instructor, 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
- ♦ Advanced Technician in Fitness and Personal Training at FEDA
- ♦ 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 contents of the academic syllabus of this Postgraduate Certificate have been developed by TECH together with its team of experts in Biomechanics of Standing Asanas. In this way, students will receive a rigorous education focused on the integration of practices for the discipline of Yoga. All this through an informative conglomerate of great impact, enriched with audiovisual resources, complementary readings and practical exercises developed with the Relearning methodology.





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With the topics that will be covered in the course of the program, you will gain a broader understanding of the movements that the body performs when doing Standing Asanas”

Module 1. Analysis of the Main Standing Asanas

- 1.1. Tadasana
- 1.2. Sun Salutation
- 1.3. Standing Asanas
- 1.4. Spinal Flexion Standing Asanas
- 1.5. Lateral Flexion Asanas
- 1.6. Balance Asanas
- 1.7. Prone Position Extensions
- 1.8. Extensions
- 1.9. Twists
- 1.10. Hips





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No fixed schedules or laborious transfers to on-site centers. What are you waiting for? Enroll now!"

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"

Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

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At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"



You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.



The student will learn to solve complex situations in real business environments through collaborative activities and real cases.

A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

“*Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

In 2019, we obtained the best learning results of all online universities in the world.

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.



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.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



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.



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.



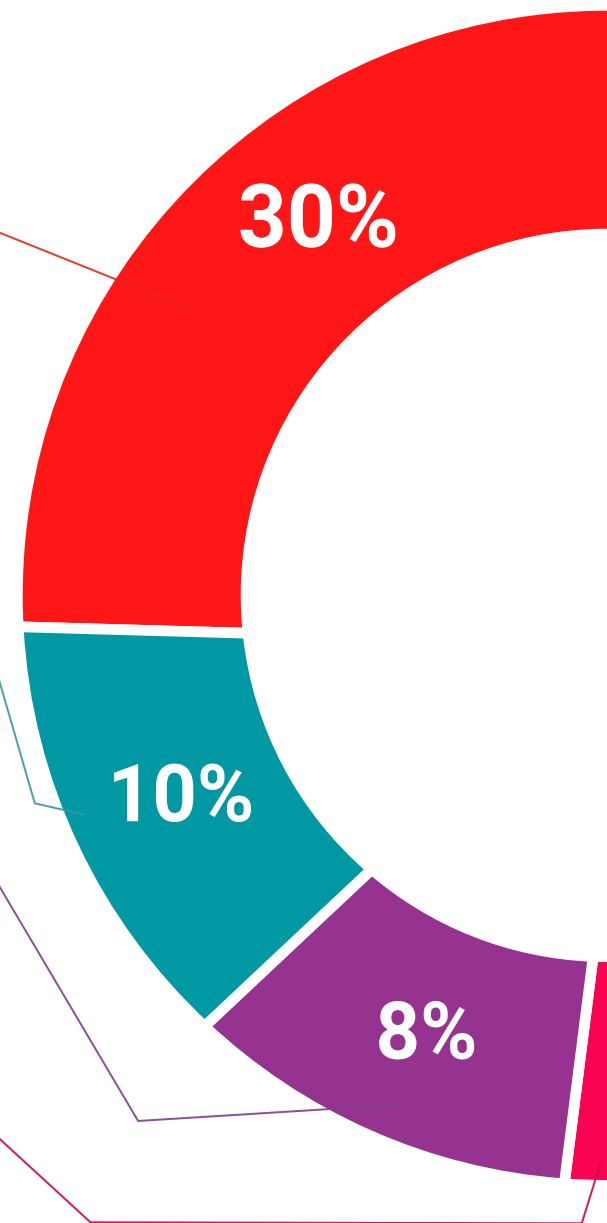
Practising Skills and Abilities

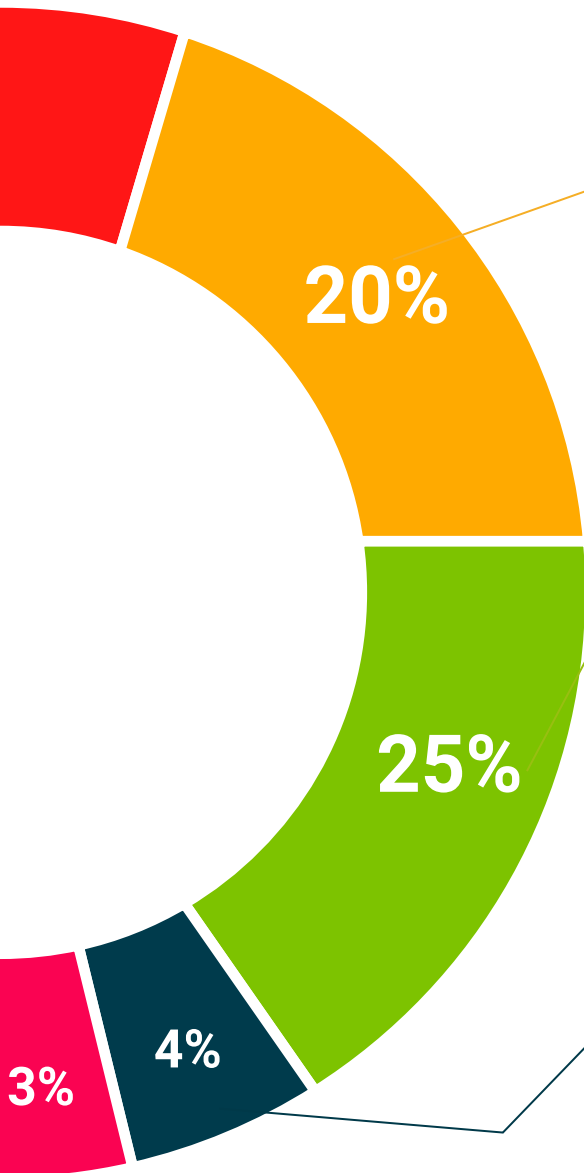
They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



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.





Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



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".



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.



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.





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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 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 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 Biomechanics of Standing Asanas**

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.



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