Postgraduate Certificate

Biomechanics of Standing Asanas for Nursing

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Postgraduate Certificate

Biomechanics of Standing Asanas for Nursing

- Modality: **online**
- Duration: **6 weeks**
- Certificate: **TECH Global University**
- Credits: **6 ECTS**
- Schedule: **at your own pace**
- Exams: **online**

Website: **www.techtitute.com/us/nursing/postgraduate-certificate/biomechanics-standing-asanas-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

Throughout the years, Yoga has become an ideal discipline to relieve muscular ailments, stress and anxiety. Using the biomechanics of the Standing Asanas actually contributes to the prevention of injuries or even their rehabilitation. This has led nurses to delve into this discipline and its techniques to adapt them to the needs of each patient. For this reason, TECH has designed a program that allows the nurse to delve into everything related to the movements, postures and biomechanics of standing asanas. In this way, postures such as Urdhva Dhanurasana, Utthita Trikonasana or Adho Mukha will be analyzed. All this, in a 100% online format, without on-site attendance or fixed schedules.

Get up to date on everything about the movements, postures and reactions of the body with this Postgraduate Certificate in Biomechanical Standing Asanas for Nursing"

The appearance of various musculoskeletal and cardiovascular diseases and different respiratory problems are, in most cases, a consequence of bad habits to which the human body has become accustomed. We are talking about health neglect, bad postures during working hours and the natural process of aging. In this context, Yoga is an important reinforcement to strengthen muscles, improve flexibility or even reduce anxiety.

Given its multiple therapeutic benefits, more and more nursing professionals wish to acquire new knowledge and delve into this discipline and its many specialties, such as the biomechanics of the foot itself. With this objective in mind, the Postgraduate Certificate in Biomechanics of Standing Asanas for Nursing has been created to provide the nurse with advanced content in this discipline. A unique program that will cover issues such as the Sun Salutation, Balance Asanas and the biomechanical fundamentals of the main spinal flexion Asanas.

In addition, the student will have a master class at their disposal taught by one of the most important international figures in the field of Yoga, with extensive experience of decades in this field. In this way, the nurse will delve into the most relevant and current biomechanics of standing asanas.

An opportunity to acquire new techniques through an adaptable and comfortable academic instruction, which does not require following fixed schedules. With TECH, the nurse will have greater freedom to manage their study time and balance their obligations, and can even download the entire syllabus available on the Virtual Campus.

This **Postgraduate Certificate in Biomechanics of Standing Asanas 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

You will have the most advanced content and be up to date on the newest techniques in Standing Asanas"

Get up to date on the best Yoga alternative to strengthen muscles and improve balance"

Delve into the analysis of body posture and alignment as related to gravity and balance.

Delve into how the distribution of body weight on the feet and the alignment of the knees, hips and spine affect stability.

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.

02

Objectives

With the Postgraduate Certificate in Biomechanics of Standing Asanas for Nursing, the health care professional will have all the tools and the most complete information regarding Biomechanics of Standing Asanas. In this way, you will be able to introduce this knowledge to your therapeutic practices to influence your patients on issues related to flexibility, breathing and increased balance. A program that will allow you to expand your field in the biomechanical fundamentals of Tadasana and the different twists or postures for hips, and that gives you the possibility to learn from anywhere and at the most appropriate time, just by accessing from a device connected to the Internet.

Enroll in this Postgraduate Certificate and emphasize body awareness and breathing through the fundamentals of Tadasana"

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

Implement the Sun Salutation as a versatile and effective tool in Yoga applied to the nursing field"

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

The teaching staff that is part of the program has been carefully selected in order to guarantee the student an adequate in-depth study of Therapeutic Yoga focused on nursing. In this way, it is guaranteed that the topics, the syllabus and the knowledge acquired throughout the program will be of high quality and useful in the clinical field. In addition, the program has the presence of an international expert in the area of Therapeutic Yoga, who will bring all their skills in the Biomechanics of Standing Asanas through an exclusive Masterclass.

You will have a unique content, taught by the best professionals and experts in the field of 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.

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. 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 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

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), Sevilla
- Aerial Yoga Instructor, Sevilla
- Integral Yoga Instructor at IEY Sevilla
- Body Intelligence TM Yoga Level at IEY Huelva
- Pregnancy and Postpartum Yoga Instructor at IEY Sevilla
- Yoga Nidra, Yoga Therapeutic and Shamanic Yoga Instructor
- Basic Pilates Instructor by FEDA
- Floor Pilates Instructor with implements
- Advanced Technician in Fitness and Personal Training by FEDA
- Spinning Start I Instructor by the Spanish Federation of Spinning
- Power Dumbell Instructor for Aerobic and Fitness Association
- Chiromassagie in Quirotema by the Superior School of Quiromassage and Therapies
- Training in Lymphatic Drainage by PRAXIS, Sevilla

04

Structure and Content

TECH has designed this program in order to provide the nurse with a complete update on Biomechanics of Standing Asanas, its benefits and contraindications. In this way, the nursing professional will have the latest developments about the posture of Tadasana, Sun Salutation, and different Standing and Flexion Asanas. In addition, the Virtual Campus will be full of additional readings, detailed videos and analysis of real cases so that the nurse can delve into those topics that generate more interest.

You will have at your disposal the latest developments in the practice of Standing Asanas applied in the nursing field"

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

Delve into the Biomechanics of Asanas of hips, twists, stretches and more in this Postgraduate Certificate in Biomechanics of Standing Asanas for Nursing"

05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

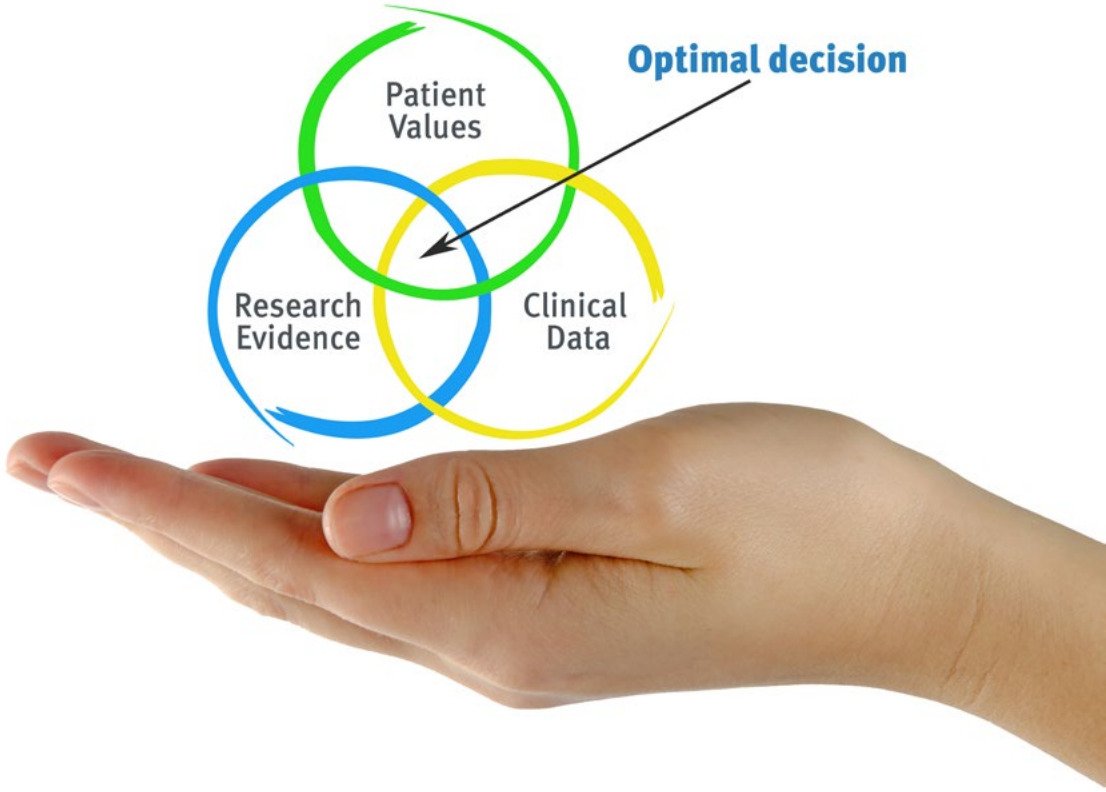
This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.

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:

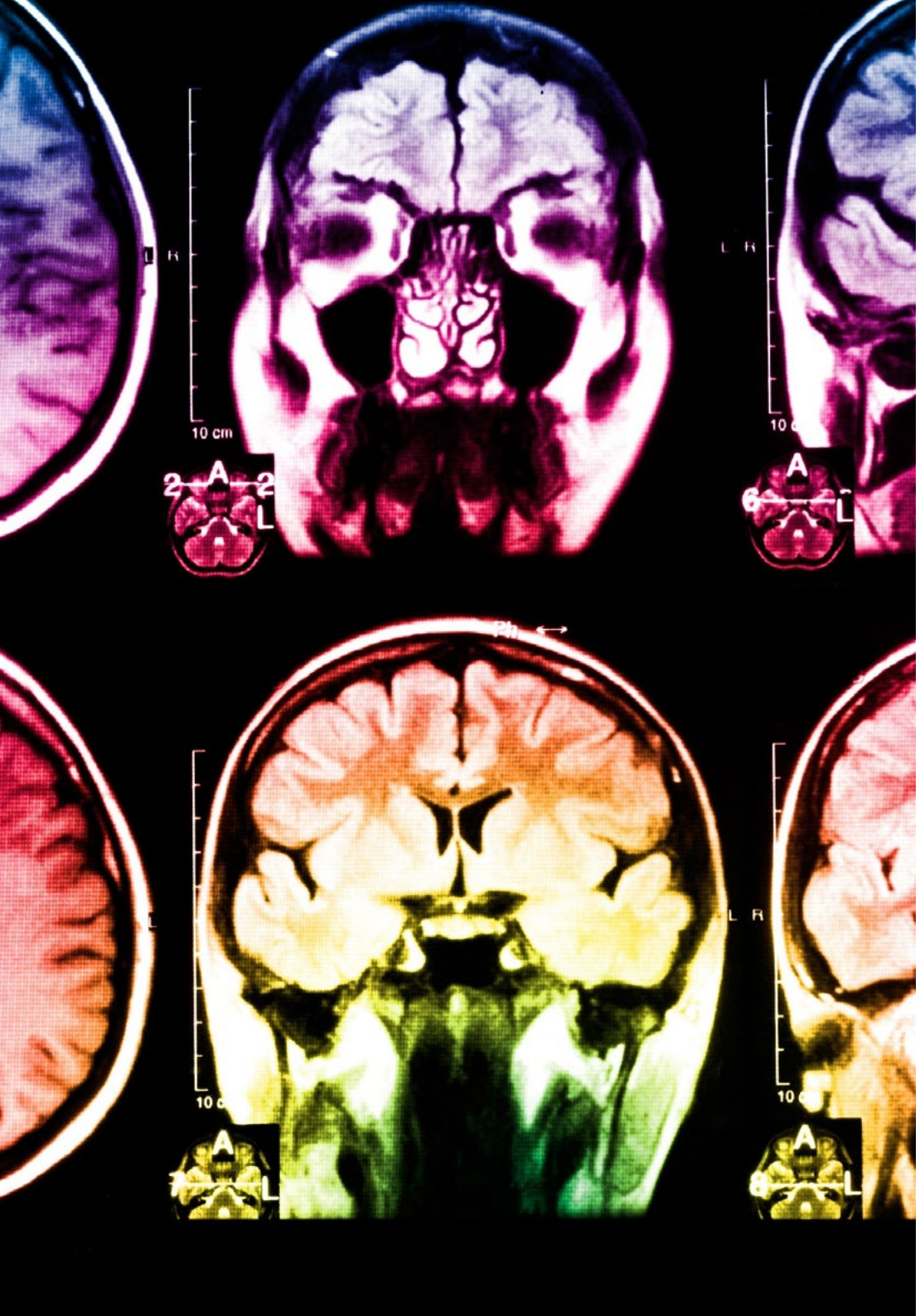
1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into 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.

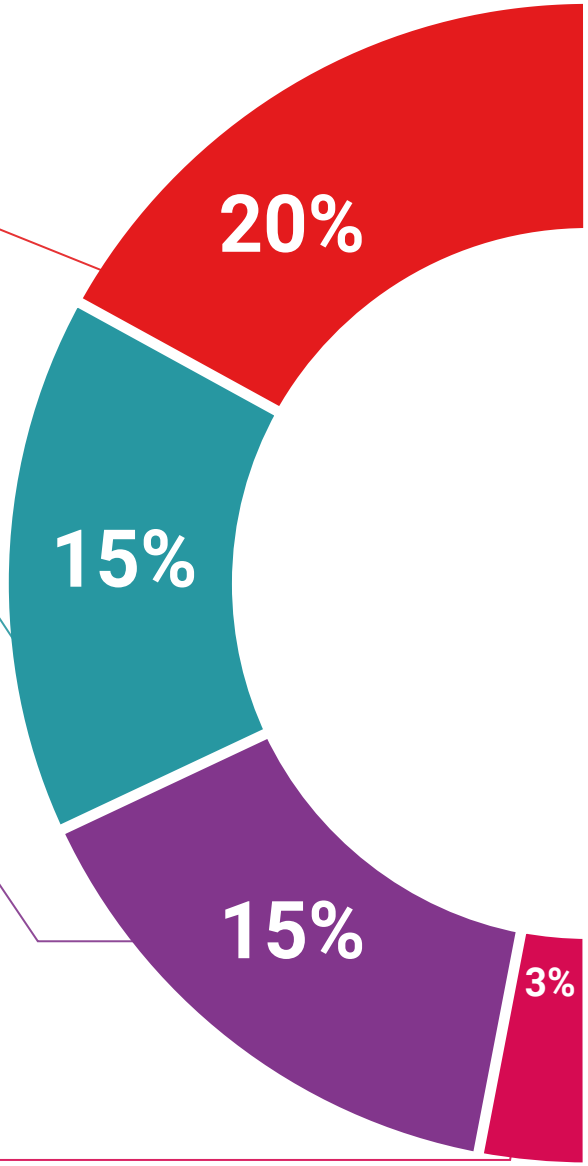
Interactive Summaries

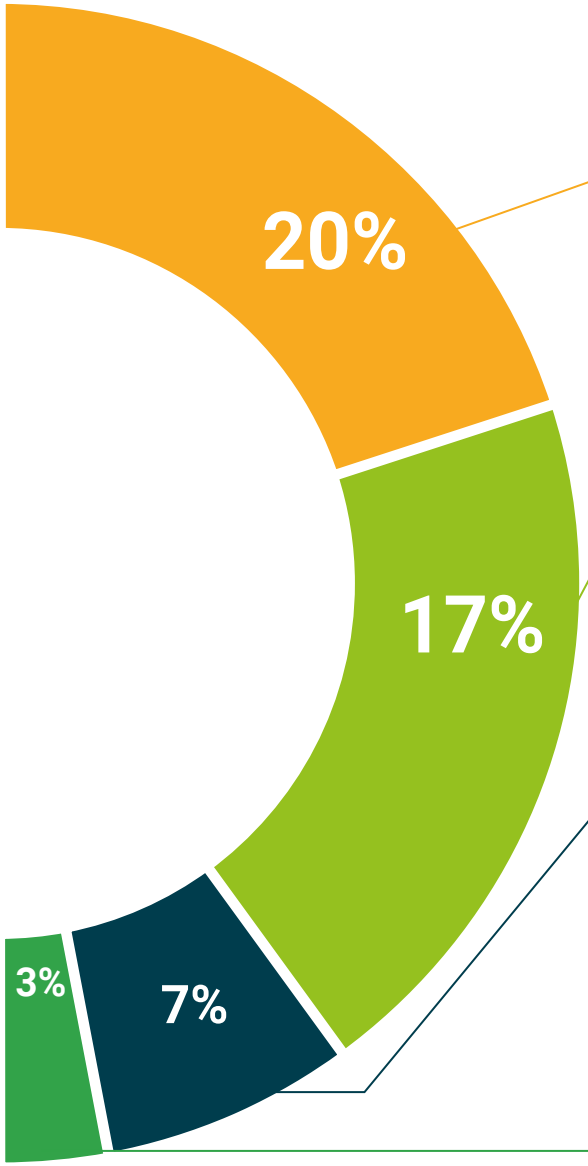
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

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

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

This private qualification will allow you to obtain a **Postgraduate Certificate in Biomechanics of Standing Asanas for Nursing** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra (***official bulletin***). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**

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Mr./Ms. _____, with identification document _____
has successfully passed and obtained the title of:

Postgraduate Certificate in Biomechanics of Standing Asanas for Nursing

This is a private qualification of 180 hours of duration equivalent to 6 ECTS, with a start date of dd/mm/yyyy and an end date of dd/mm/yyyy.

TECH Global University is a university officially recognized by the Government of Andorra on the 31st of January of 2024, which belongs to the European Higher Education Area (EHEA).

In Andorra la Vella, on the 28th of February of 2024

Dr. Pedro Navarro Illana
Dean

This qualification must always be accompanied by the university degree issued by the competent authority to practice professionally in each country. Unique TECH Code: AFWORD23S techtitute.com/certificates

*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

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