



Postgraduate Certificate

Physiology of Respiratory Techniques 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/physiology-respiratory-techniques-nursing

Index

> 06 Certificate

> > p. 30





tech 06 | Introduction

Respiratory techniques used in Yoga have positive effects on people's health, such as reducing oxygen consumption at rest, strengthening the respiratory muscles, increasing diaphragm and lung expansion, and improving thoracic elasticity. These benefits are particularly relevant for patients with cardiovascular conditions, anxiety or stress.

For this reason, professionals in the field of Nursing are incorporating Therapeutic Yoga as a complement to traditional treatments, and it is important that they are up to date with the advances in this field and are oriented in how the different respiratory techniques affect the body. To this end, a Postgraduate Certificate of only 6 weeks duration is offered to update knowledge in respiratory techniques.

This program has first-class experts in the area of Therapeutic Yoga and offers high-quality materials, including classes taught by an internationally renowned instructor who provides rigorous and technical information about the physical activity. In this way, through the most exhaustive instruction, the professional will delve into the physiology of Pranayama, the complete yogic breathing, the Kumbakha, the Bandhas and the physiology of Mudras.

The Relearning teaching method used by TECH allows students to focus on the most important concepts and consolidate them in a simpler way. The updating process is flexible and convenient, as only a device with an Internet connection is required to access the content at any time of the day. This option is ideal for those with demanding responsibilities who wish to obtain a state-of-the-art program.

This **Postgraduate Certificate in Physiology of Respiratory Techniques 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 acquire advanced skills in the purification of pranic energy conduits and optimize the respiratory well-being of your patients thanks to this Postgraduate Certificate"



You will be able to study from anywhere and at any time that suits you with the 100% online format of this complete academic program"

The program's teaching staff includes professionals from the sector who contribute their work experience to this program, in addition to renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

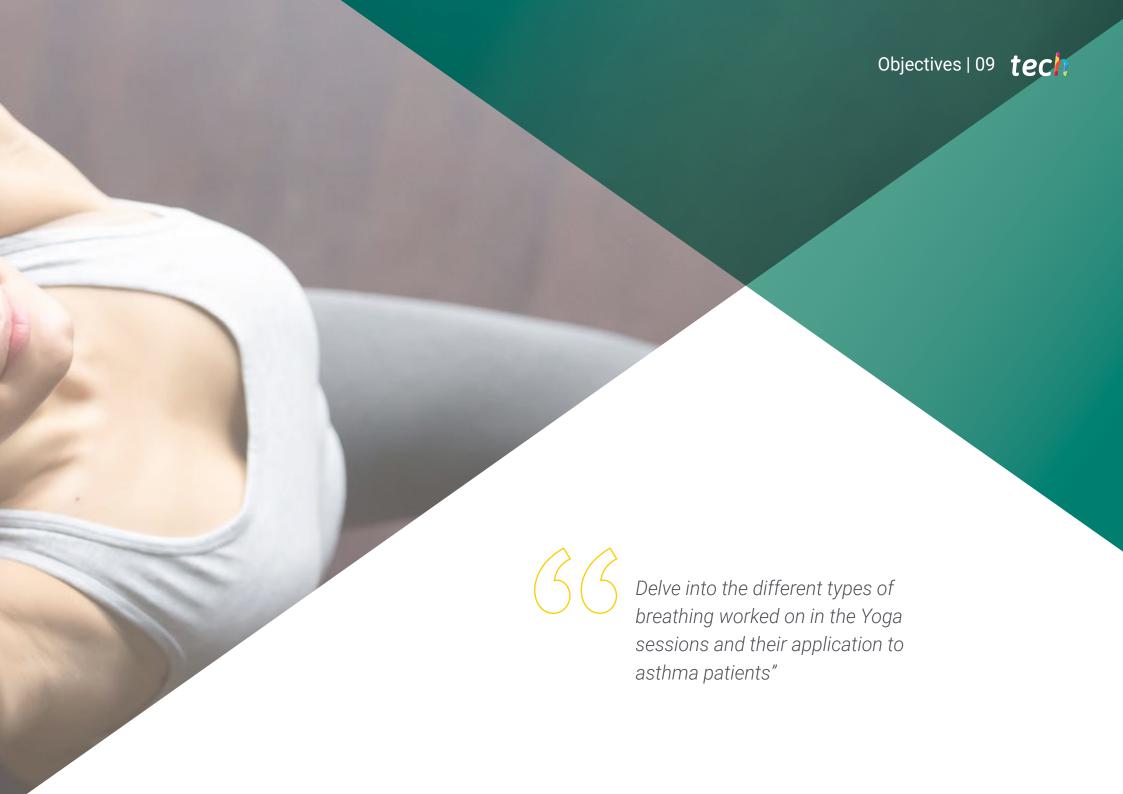
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

Delve into the complete yogic breathing and its effects on patients with respiratory diseases.

Include to your clinical assistance the latest evidence in the use of Respiratory Techniques applied to Yoga with the knowledge provided by this Postgraduate Certificate.







tech 10 | Objectives

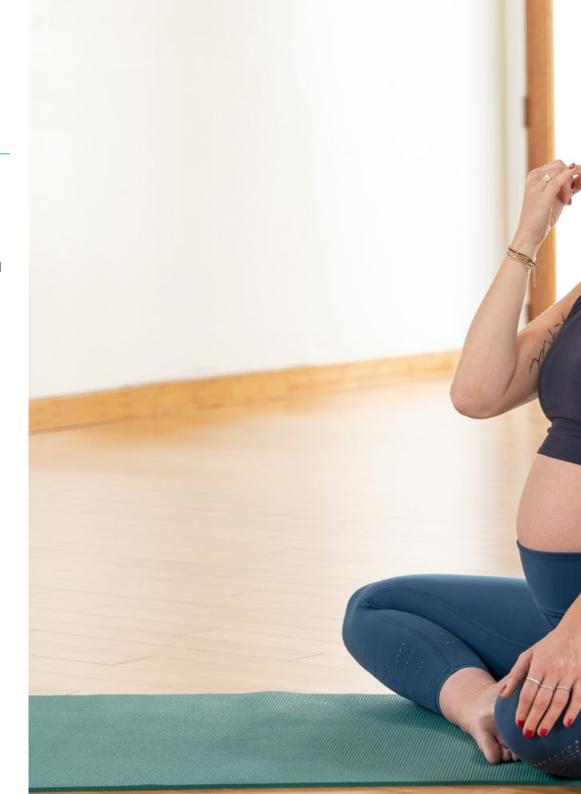


General Objectives

- 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 existing meditation and relaxation techniques



With the academic methodology used at TECH, it favors the updating of concepts and reduces the long hours of study"



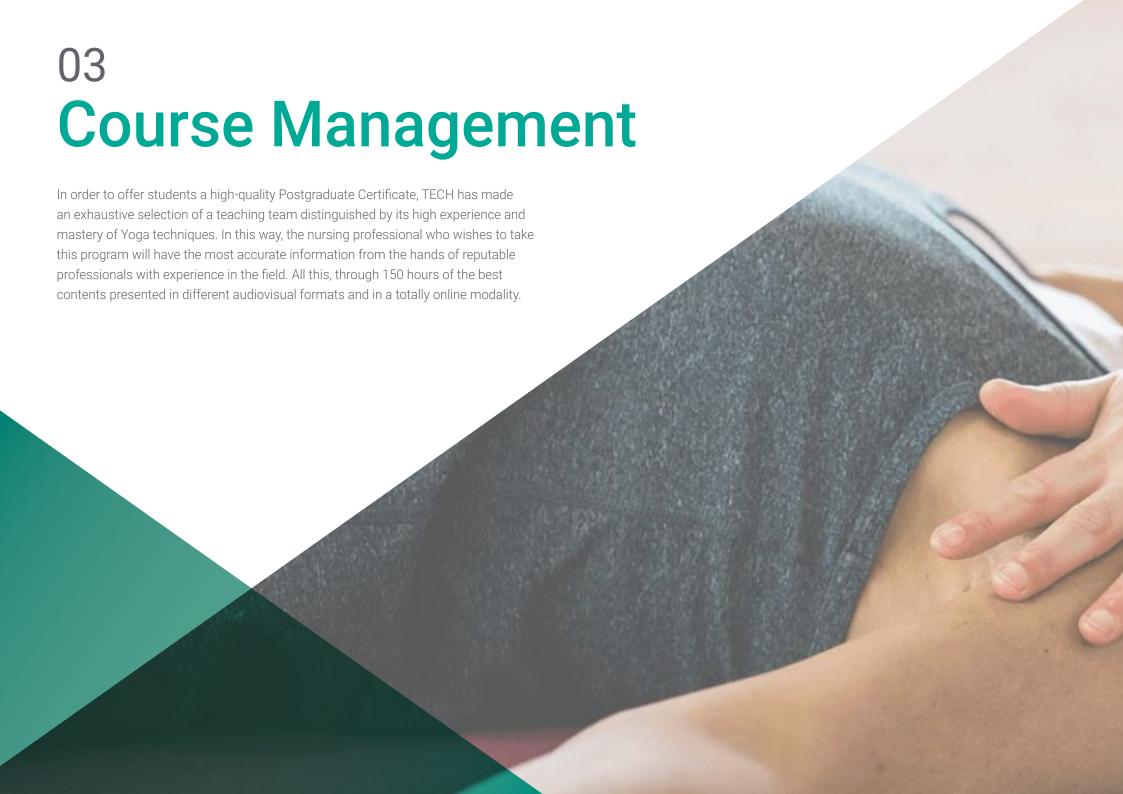


Objectives | 11 tech



Specific Objectives

- Describe the physiology of the respiratory system and how it relates to the practice of pranayama
- Delve into the different types of breathing and how they affect the respiratory system and the body as a whole
- Identify the different components of breathing, such as inhalation, exhalation, and retentions, and how each affects the body's physiology
- Delve into the concepts of energy channels, or nadis, and how they relate to the physiology of breathing and the practice of pranayama
- Describe the different types of pranayama and how they affect the physiology of the body and mind
- Identify the basic concepts of mudras and how they relate to the physiology of breathing and the practice of pranayama
- Delve into the effects of pranayama practice on the body's physiology and how these effects can help improve health and well-being





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

- Yoga Therapy Instructor at The 14TH Street Y
- Yoga Therapist at Integral Yoga Institute Wellness Spa in New York City
- Therapeutic Instructor at Educational Alliance: Center for Balanced Living
- B.A. in Elementary Education from the State University of New York
- Master's Degree in Yoga Therapy from the University of Maryland



tech 16 | Course Management

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. Salvador Crespo, Inmaculada

- Coordinator of the European Yoga Institute
- Yoga and Meditation Teacher at IEY
- Specialist in Integral Yoga and Meditation
- Specialist in Vinyasa Yoga and Power Yoga
- Specialist in Therapeutic Yoga

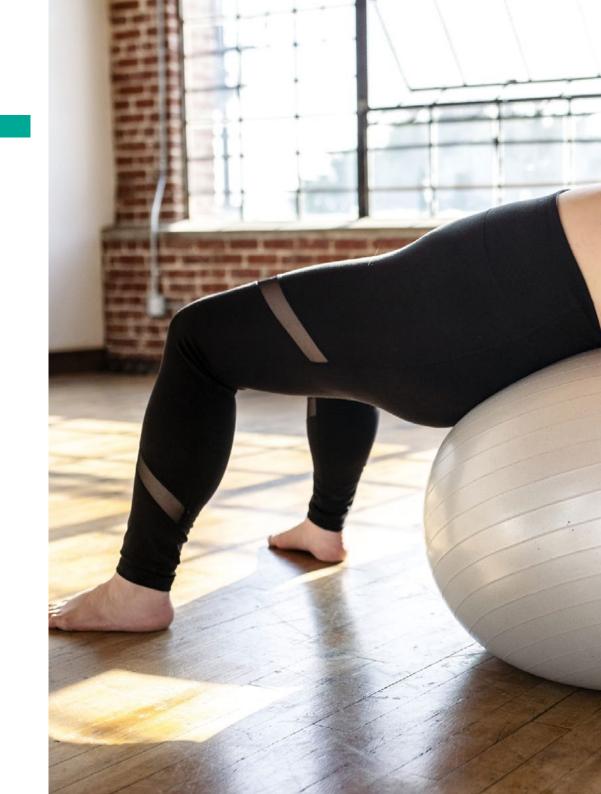




tech 20 | Structure and Content

Module 1. Respiratory Techniques

- 1.1. Pranayama
- 1.2. Types of breathing
- 1.3. Purification of the pranic energy conduits or nadis
- 1.4. Inhalation: Puraka
- 1.5. Exhalation: Rechaka
- 1.6. Retentions: Kumbakha
- 1.7. Purifying Pranayamas:
- 1.8. Stimulating and Refreshing Pranayamas
- 1.9. Regenerative Pranayamas
- 1.10. Mudras





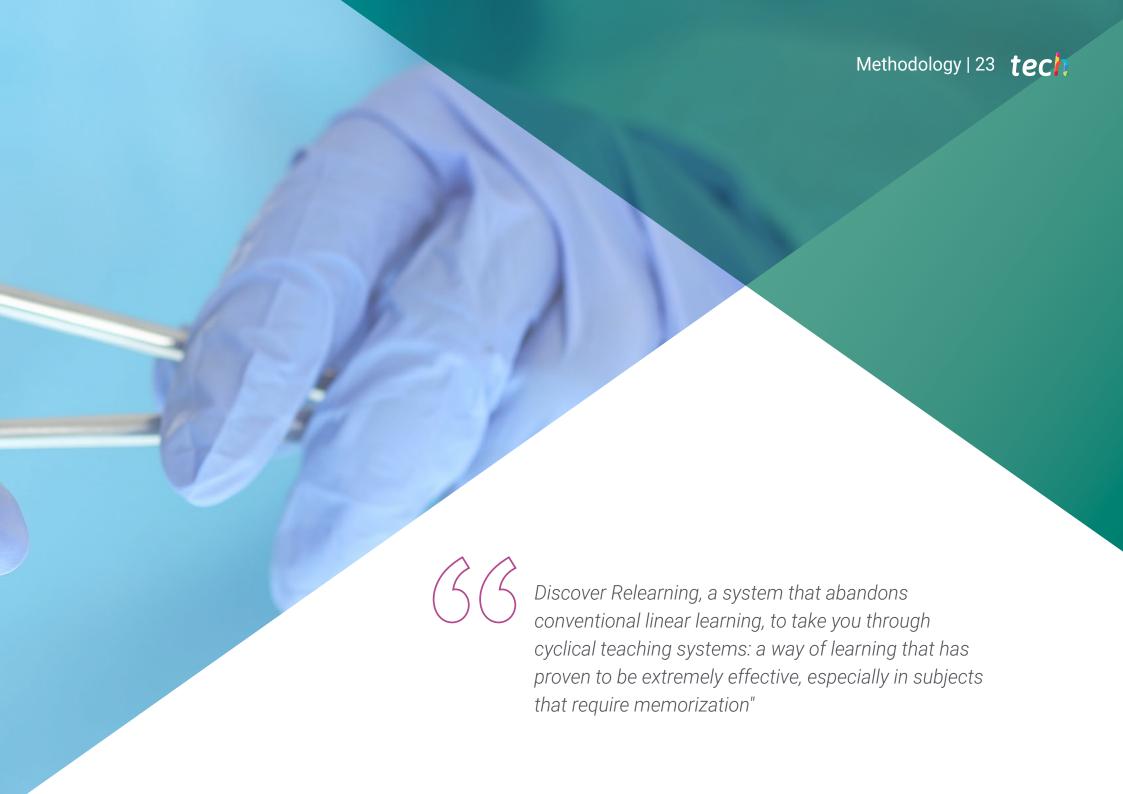


You will achieve an effective update on the Physiology of Respiratory Techniques applied to Yoga through a completely virtual pedagogical format"



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.

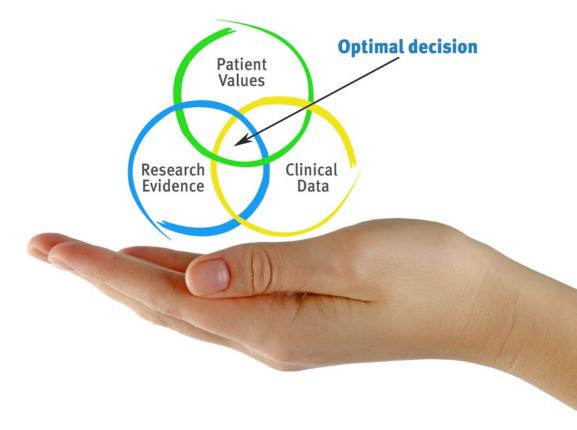


tech 24 | Methodology

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:

- 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.



Methodology | 27 tech

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

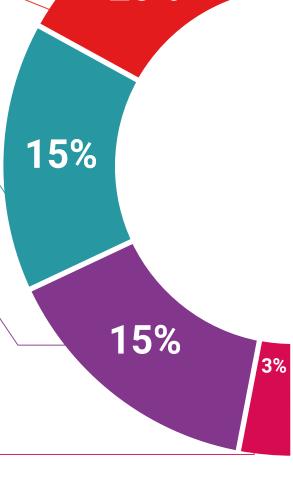
We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you 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.



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



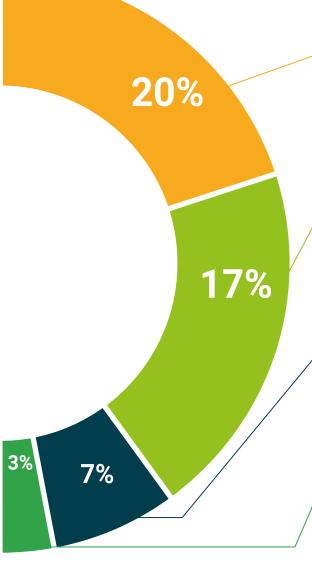
There is scientific evidence suggesting that observing third-party experts can be useful.

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.







tech 30 | Certificate

This private qualification will allow you to obtain a **Postgraduate Certificate in Physiology of Respiratory Techniques 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 Physiology of Respiratory Techniques for Nursing

Modality: online

Duration: 6 weeks

Accreditation: 6 ECTS



has successfully passed and obtained the title of:

Postgraduate Certificate in Physiology

Postgraduate Certificate in Physiology of Respiratory Techniques 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





Postgraduate Certificate

Physiology of Respiratory Techniques for Nursing

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

