

# Postgraduate Certificate

## Physiology of Respiratory Techniques for Nursing





## Postgraduate Certificate Physiology of Respiratory Techniques for Nursing

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

Website: [www.techtute.com/pk/nursing/postgraduate-certificate/physiology-respiratory-techniques-nursing](http://www.techtute.com/pk/nursing/postgraduate-certificate/physiology-respiratory-techniques-nursing)

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# 01

# Introduction

Yoga focuses on the mind-body connection and promotes relaxation and stress reduction. Therefore, the practice of Yoga has demonstrated its effectiveness in the treatment of patients with cardiac and respiratory problems, thanks to the respiratory techniques used in each session. In a context where the Physiology of Respiratory Techniques is becoming increasingly relevant in the field of Nursing, it is essential to have specialized programs that meet the current needs of professionals. In order to meet this demand, TECH presents a university program in a 100% online format, which offers an advanced syllabus and innovative teaching materials, accessible at any time from any device with an Internet connection.



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*Discover the benefits of Yoga for respiratory health and learn how to implement them efficiently in your daily practice”*

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"*



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*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.*



# 02 Objectives

Designed with the purpose of offering a comprehensive update, this program provides nursing professionals with the theoretical and practical knowledge necessary to integrate the respiratory techniques practiced in Therapeutic Yoga into their clinical practice. Thanks to the theoretical-practical approach of this academic program, the graduate will be able to incorporate the knowledge and apply it directly in their clinical practice immediately. In addition, the program is developed in a 100% online format, which provides maximum flexibility so that students can adapt their learning to their schedules and needs.







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*Delve into the different types of breathing worked on in the Yoga sessions and their application to asthma patients”*



## General Objectives

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- ♦ 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”*





## Specific Objectives

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- ◆ 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



03

# Course Management

In order to offer students a high-quality Postgraduate Certificate, TECH has made an exhaustive selection of a teaching team distinguished by its high experience and mastery of Yoga techniques. In this way, the nursing professional who wishes to take this program will have the most accurate information from the hands of reputable professionals with experience in the field. All this, through 150 hours of the best contents presented in different audiovisual formats and in a totally online modality.





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*You will experience an innovative learning methodology that combines theory and practice for meaningful learning from the most knowledgeable experts in Therapeutic Yoga”*



## 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

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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. 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





# 04

# Structure and Content

The syllabus of this university program has been developed by renowned Yoga instructors and consists of a complete curriculum that will allow the graduate to catch up on scientific research related to the practice of this discipline and the benefits of the techniques in respiratory physiology for health. All this, gathered in a 6-week program and with the best pedagogical materials of the current academic panorama.





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*Thanks to TECH's Relearning methodology, you will be able to apply the Therapeutic Yoga respiratory techniques immediately in your clinical practice”*

## 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





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



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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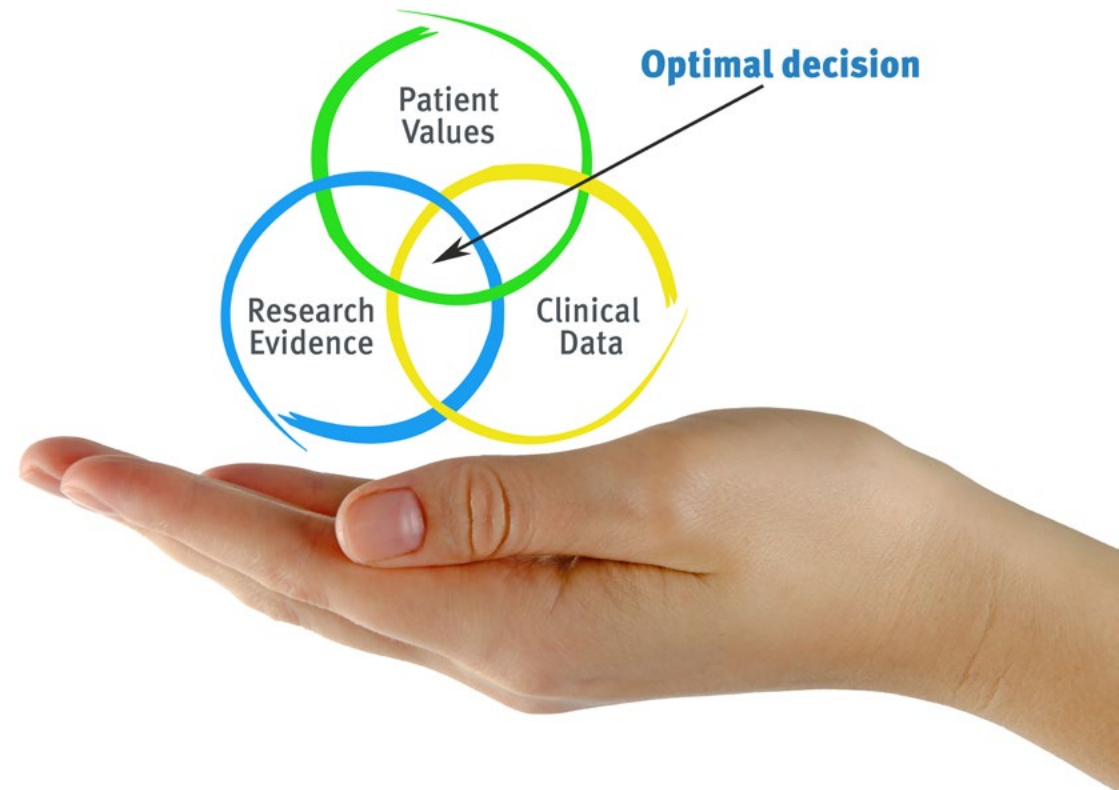
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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 Certificate in Physiology of Respiratory Techniques for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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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 Physiology of Respiratory Techniques 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 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 Physiology of Respiratory Techniques for Nursing**

Official N° of Hours: **150 h** .



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



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guarantee accreditation teaching  
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community commitment  
personalized service innovation  
knowledge present  
development language  
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university

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